

Lighthouse Point

MAGAZINE

www.LHPmag.com

April 2012

The Bali Experience

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Lighthouse Point

Annual Arts Exhibition 400

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"Out and About"

with Debra Todd



Yorkies challenge the threat of an oncoming vehicle.



Happy volunteers help sell treasures at the John Knox Village thrift shop.



Allen Merritt turned 90 celebrating with family and friends at the Merritt Boat Yard.

Around the Point is a column that includes news items relevant to the residents of LHP. We reserve the right to reject material that may not be in the best interest of the community.

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Outstanding FLWG Writer Heads to California

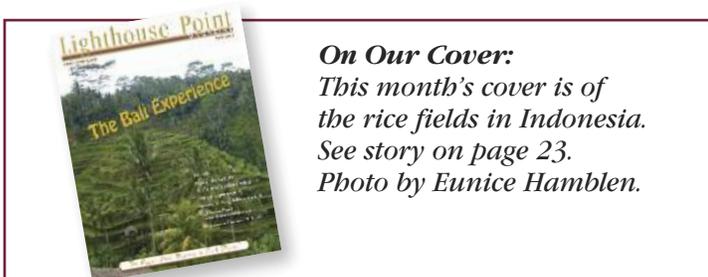
"Augustin Stucker here, I wanted to say a personal goodbye, my wife and I are moving back to California.

For myself, the single finest point of living here was the opportunity to be a part of the Ft. Lauderdale Writers Group for the months I was able to participate. I have worked with several other writer groups throughout the years, but FLWG was far and away the most enjoyable, due in no small part to the manner in which it was run as well as the enormous amount of talent present and genuine support offered to all writers. Please give my best regards to everybody in the group and tell them all to keep up the excellent work and efforts.

Finally, excellent cover story on the February issue of LHP Magazine regarding Jane Ellen Glasser's poetic and artistic talents. She truly deserves all the recognition which can be given to her. I still despise her (and all good poets) for their efficiency and effectiveness with words, but DAMN is she such an inspirational force!) I will be contacting her directly regarding the party and hopefully being able to buy a copy of her latest poetic offerings.

I have enjoyed all the issues of *LHP Magazine* while living here, and that will also rank in at least the top five things I will miss most about no longer living here. Best regards and wishes for yourself and everybody else in the writers group as well as at the magazine."

—Augustin Stucker



On Our Cover:
This month's cover is of the rice fields in Indonesia. See story on page 23. Photo by Eunice Hamblen.

Village Foundation Celebrates Dedication of Waterfowl Sanctuary

On Wednesday, March 21, a dedication ceremony was held for our Waterfowl Sanctuary at Rex Foster Lake. The highly anticipated event, featuring a brief presentation and refreshments, began at 10 a.m.

Funded by the John Knox Village of Florida Foundation, the sanctuary officially will be titled the Betsy Bousfield Waterfowl Sanctuary. A resident of The Village, Betsy, remains an ardent advocate for our wildlife, especially the waterfowl that also call John Knox Village their home. She currently serves as the Waterfowl Committee Chair.

"The John Knox Village Foundation is privileged to be able to fund this Waterfowl Sanctuary. We are honored to name it for a resident who has given so much of herself for many years so all of us may enjoy our beautiful waterfowl. Thank you, Betsy," said Beverly Cardinal, President of the Foundation.

In 2004, the National Wildlife Foundation proclaimed The Village as a certified Wildlife

Habitat site. Our two lakes, Maggie and Rex Foster, continue to attract a variety of birds, butterflies and other wildlife that thrive with proper food, water, cover and now a safe place to raise young.

The main purpose of the sanctuary is to provide a safe place for our newest swans to reside during the first eight weeks of their lives, at a time when they are most vulnerable to predators. In addition, it will be used to quarantine and treat waterfowl that are in need of care.

In January, the Waterfowl Committee reported six wild ornamental ducks were purchased for our sanctuary. This was a gift from the Rotary Club of John Knox Village to the Maggie Goetz Fund. They will continue to enjoy their view of Rex Foster Lake until the sanctuary is needed to protect the baby swans. The ducks will then be moved to open water.



Our Apologies...



Bonefish Mac's



Cap's Place

We apologize for inadvertently omitting Bonefish Mac's and Cap's Place restaurants from the Taste Around Lighthouse Point in our March 2012 issue.

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This complete issue and all back issues of **Lighthouse Point Magazine** can be seen on our great website at www.LHPmag.com

Advertising Rates & Information

The Lighthouse Point Magazine is published monthly by City News Group and delivered by mail, free of charge each month to residents of Lighthouse Point, Deerfield Cove, businesses and the surrounding communities. Check our website for advertising rates and specials for new clients, or call 954-486-3820.

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In Praise of Cultural Arts

Arranging the performance of the Florida Youth Orchestra at Frank McDonough Park on Sunday, February 26th, as one of her first duties in her newly-elected position as commissioner in Lighthouse Point, Becky Lysengen has shown us that the residents certainly have made the right choice.

Music is no longer a part of many school programs, or at least not to the extent it was years back. This blatant disrespect and neglect goes back to the Ronald Reagan years when support for the National Endowment for the Arts were stripped of funds.

Although Scientific research, as described in the book, "The Mozart Effect" by Don Campbell, has shown that by tapping into the power of music, one can heal the body, strengthen the mind, and unlock the creative spirit, little effort is made by parents and educators to embrace this concept.

We highly commend Commissioner Lysengen for her vision and courage in this sincere effort to bring a most worthwhile cultural event to our community.

People Getting Fatter is Not a Laughing Matter

My father was a fat man and died at 63. Like many, he could not resist eating foods containing all those ingredients known to be deleterious to living a long life. All things in moderation, unfortunately, was not his credo.

Disney recently had to pull the plug at Epcot's new Habit Heroes attraction that addresses childhood obesity.

Shortly after opening, the interactive exhibit was blasted by critics for stigmatizing fat kids. What?

"We're appalled to learn that Disney, a traditional hallmark of childhood happiness and joy, has fallen under the shadow of negativity and discrimination," was the heated response from the National Association to Advance Fat Acceptance.

"How Americans Became the fattest People in the World" by Lesley Garner describes the way fast food operators such as Wendy's, Burger King and McDonald's have been stuffing Americans with fat and sugar with wild abandon for the past 20 years.

Obesity is wreaking havoc in America. Obesity is draining Medicare of its funds. Diabetes is running in epidemic proportions among young adults, and young children.

If "fat acceptance" becomes the choice of many more Americans, our earth may soon spin out of its orbit!

Lighthouse Point

MAGAZINE

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NOTICE

Past issues of
**Lighthouse Point
Magazine**

can be viewed online at
www.LHPmag.com

To accommodate the many requests we get for our publication, copies of the **Lighthouse Point Magazine** are now available during the first week of each month at:

LHP Library, Daily Grind Café, Massage Envy, Heart Rock Sushi, Lito's Turf & Surf, Red Fox Diner, LHP Yacht & Racquet Club, JC Yahoo's, Bonefish Mac's, J. Mark's and Offerdahl's Cafe. Call for other locations.

In Memoriam



BERKEL 2002 - 2012

Berkel, my dear, precious friend, companion and confidant has passed. A source of great strength and inspiration for me these past ten and a half years, it will remain an emotional void very difficult, if not impossible, to fill.

I considered Berkel more a person than a pet for many reasons. Seriously, when decisions regarding what would be the best content to publish in *Lighthouse Point Magazine*, he would make his point strongly and succinctly. An unusually opinionated person, on his advice it was necessary to eliminate questionable material, all for the good of the magazine.

What I will miss most about my Berkel is the image of him stretched out on his back next to the piano with a smile on his face, listening to my Chopin. Lyrics from a Gershwin song can best explain Berkel in just two phrases—*Your'e my sweet embraceable, my irreplaceable you!*

Jon Frangipane

"Those who wander in the world avowedly and purposely in pursuit of happiness, who view every scene of present joy with an eye to what may succeed, certainly are more liable to disappointment, misfortune and unhappiness, than those who give up their fate to chance and take the goods and evils of fortune as they come, without making happiness their study, or misery their foresight."

—Frances Burney

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FLORIDA YOUTH ORCHESTRA PERFORMS AT POPS IN THE PARK

Photos by Debra Todd

On Sunday, February 26 the Florida Youth Orchestra gave a free concert at Frank McDonough Park hosted by The Lighthouse Point Cultural Arts Committee.

The Principal Orchestra, members ranging in age from 10 to 18 years and conducted by Steve Burnes, played numerous classical pieces that showed off their highly advanced skills.

Hundreds of residents came out to show their support, and were amazed at the great talent these teenagers have. Max Griffin, one of the violists, is a resident of Lighthouse Point and has been a member of The Florida Youth Orchestra (FYO) for eight years.

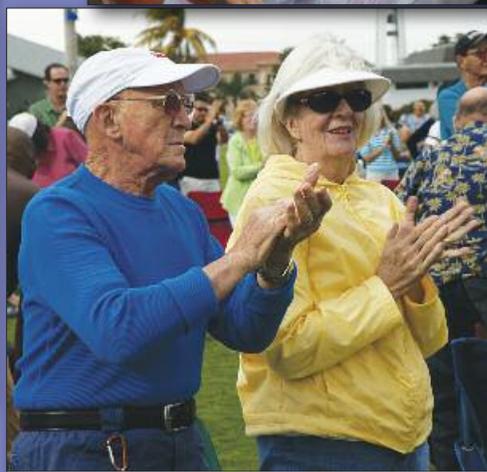
Myra Weaver, the director of FYO introduced the conductor Steven Barnes and gave a history of the organization. She and her husband, Bob Weaver (the South Florida television weatherman), began the orchestra 24 years ago and in recent years performed at both New York's Carnegie Hall (twice) and Kennedy Center in Washington, DC. The orchestra played a variety of pieces, including American Salute, Finlandia by Sibelius and Cuban Overture by George Gershwin.

The orchestra also brought an "instrument playpen" that allowed kids to explore with various instruments and hopefully encouraged some future musicians.

The concert was sponsored by local businesses and Lighthouse Point families, and was appreciated by all who attended.

Lighthouse Point Magazine supports music in the community and was one of the sponsors, that include the Jennaro Family, British American Chamber of Commerce, Complete Fitness, Dr. Aliossa Tran Orthodontics, Gaines Financial Group, Florida Shores Bank, Griffin's Yacht Services, Hecker Dermatology Group, The Maucker Family, Pine Crest Day Camp, the Proia Family and Real Dance Studios.





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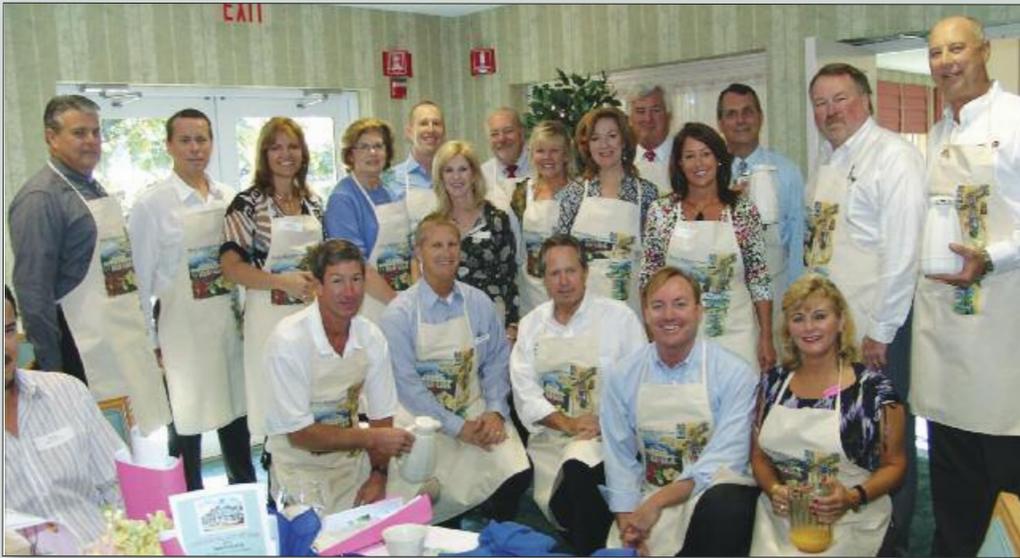
The Sample-McDougal House Preservation Society held its fourth annual “Breakfast for the Big House” fundraising event on March 2, 2012, hosted by John Knox Village. A full house enjoyed a delicious breakfast prepared in the John Knox Village kitchen and served by “celebrity” waiters, including Broward County Commissioner Kristin Jacobs, Pompano Beach City Commissioner Rex Hardin, Pompano Beach City Manager Dennis Beach, among others.

The highlight of the event was the presentation of the annual Champion of the Big House Award, which was given to Jerry DuBois of JWR Construction, who volunteered his company to

provide construction management services for the restoration and site development project.

Margaret White received the annual President’s Award for her long-time volunteer efforts for the non-profit Sample-McDougal House Preservation Society. It was in 1998 that Ms. White approached the City of Pompano Beach about providing a site to which the historic Sample-McDougal House could be relocated.

Pompano Beach Mayor Lamar Fisher finished up the morning event with a lively auction of donated items, the proceeds of which benefited the Sample-McDougal House at Centennial Park.



Continues on page 36



This award is proudly presented in cooperation with the
Lighthouse Point Chamber of Commerce.

**Is Your Child
a
Superkid?**



Jamie Parmanter

Each month, *Lighthouse Point Magazine* will award a \$50 check, or gift card to a child who has accomplished something special, or performed an extraordinary service to the school, or community.

We are thrilled to announce that our first *SuperKid of the Month* recipient is 11-year-old Jamie Parmanter. And because of her accomplishments, we felt this award is well deserved.

Jamie is a Lighthouse Point resident and a 5th grade student at St. Coleman's Elementary School and has shown extraordinary talent in being able to sell tickets for many events in the past 3 years.

Here are some of the reasons why she deserved the award:

1. In 3rd grade she sold 501 ten-dollar raffle ticket books for St. Coleman's School
2. In 4th grade she sold 400 books
3. In 5th grade she sold 250 books (economy crunch)
4. She has been the top selling student at her school for the past 3 years.
5. With her dad, she has traveled to all the surrounding communities in her effort to become a top seller.

Our entire staff applauds this young lady for her work ethic and entrepreneurial zeal, and we sincerely hope it will be an inspiration to all young people who read this story.

Lighthouse Point Magazine will now be accepting submissions (emails only) from parents who wish to enter our SuperKid of the Month Award Program. The word count should be under 500 words.

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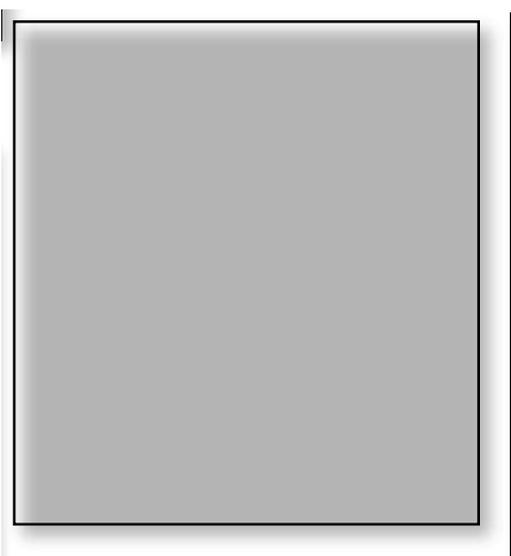
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Our Trip to Indonesia

Story & Photos by
Eunice Hamblin and Patrice Marker



Bali

Several months after I planned and paid for my 2011 summer trips, an opportunity to scuba dive in Indonesia dropped in my lap. This I could not turn down. It was not a standard scuba diving live aboard, it was on the ship, Damai, an Indonesian built vessel built to accommodate ten macro underwater photographers. This boat is entirely constructed of wood with a steel encased keel, 39 meters long and 8 meters wide with a 480 horsepower Mitsubishi engine, and it looked very much like a pirate ship. In fact, it was built



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The rest of the ship was equally impressive, as were the crew who carried everything up/down the ladder or stairs to the dive vessels.

We were allowed to carry our masks, but all camera equipment, tanks, fins, etc., were ported by the crew. This was easy diving.

The travel time to get to the Damai was challenging. Flying from Fort Lauderdale to Atlanta to pick up a Korean Air flight to Seoul (14 hours), and another Korean Air flight to Bali (8 hours) for a total of 23.5 hours flying time. It was another 1.5-hour flight from Bali to Flores, the start of our dive trip. Luckily, we stayed a day and a half in Bali to recuperate.



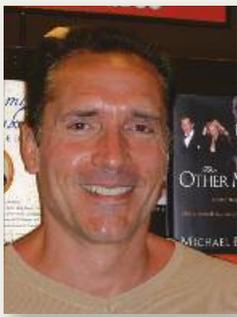
by the Bugis tribe of Sulawesi that once terrorized the area waters as pirates.

There were ten guests and 15 crew members that included a chef and sous chef. Food, drink, enhanced air (nitrox) and massages were included. The most amazing feature of this

special ship was the berth space and furnishings. Our cabin was as long as my living room from starboard porthole to porthole, that had two king-sized beds, bath tub, separate shower, as well as separate toilet and sink. All indoor spaces had beautiful wooden floors, walls and



Continued on page 30



AS I WAS SAYING

We Interrupt This Program...

By Alan Williamson

Before you get the wrong idea, let me get my cards out on the table: I'm not one of those TV snobs who claim to only watch the news and public broadcasting. The truth is, before I downgraded my TV service to basic cable a couple of years ago, my curiosity about "what else is on" was usually limited to random searches for basketball games, Seinfeld reruns, and intellectually stimulating biographical profiles like the E True Hollywood Story entitled "Yasmin Bleeth: The Curse of the Baywatch Bombshells."

But if television is a vast wasteland, basic cable television is a tiny, repulsive crawlspace where beastly, odious things lie in wait, hoping to jump out and plant their grubby stain on your unguarded consciousness. Marathon city commission meetings on storm drainage and street signage, pretentious book readings by gasbag authors with bad haircuts, shopping channel shows hosted by scaly reptilian creatures selling hydrating body lotion—these are the meager provisions that pass for quality programming in basic cable's desolate domain...

...Wow! How about that? Hi, everybody, I'm Jordan Chandler your PBS pledge drive host. We've been enjoying a column by Alan Williamson, a humor writer who really gives voice to the human dilemmas of everyday life. His comic musings about basic cable are intensely personal and yet really strike a nerve with so many, many of our viewers. I don't know about you, but I can't get enough of Alan's shameless clowning, warped wisdom and wonderful wordplay. Imagine what the world would be like without the uplifting, comic relief of Alan's observations about life in all its live-and-learn, give-and-take, yin-and-yang splendor. It would be a dark place indeed, I think you'll agree.

Unfortunately, without support from viewers like yourself, programs like this will not be there to offer soothing relief at the end of your hectic day. Funding to the arts has seen drastic cuts in recent years and many of our corporate sponsors have suspended their financial contributions. If you like seeing Alan's column read live on your local PBS station, it's up to you to get up right now, grab that phone and call in a pledge of support.

With a pledge of \$100, we will send you a brand new CD entitled "Alan Williamson at Border's Books: A Live Reading of His Columns." This CD isn't available in stores or online, but it's all yours with a \$100 pledge. Call in with a pledge of \$200 or more and we'll send you a special limited release DVD entitled "Alan Williamson at Border's Books: A Live Reading of His Columns With a British Accent." I've seen this DVD and

I've got to tell you, it's absolutely hysterical hearing and seeing Alan reading some of his most popular columns while using a British accent. It's kind of a cross between *Masterpiece Theatre* and *A Night at the Improv*.

Joining us live in our PBS studio right now is the man himself, Alan Williamson. Alan, thank you for stopping by to talk with our viewers.

It's my pleasure, Jordan. Glad to be here.

Alan, what has being on PBS meant to you?

Wow, what hasn't it meant? It's the difference between reading my column to a couple dozen people on a Tuesday night at my local Border's Books, to reading it in front of a TV audience of tens of thousands of people across the country.

How has that changed your life?

I'm able to buy premium brands of lunch meats at the deli, mostly Boar's Head. Also, people come up to me all the time now and say, "Hey, aren't you that guy who was on PBS last night?" I tell them I am and then they say, "Could you sing at my daughter's wedding, Mr. Bubl ?"

That's terrific! What's your favorite PBS show?

Anything that has the words "Live at the Greek" in it. *Josh Groban: Live at the Greek*, *Il Divo: Live at the Greek*, *Fergie: Live at the Greek*. It's all good.

What would you like to say to our viewers about the importance of supporting public broadcasting?

A couple of years ago, I had hit rock bottom. Basic cable had sucked the soul out of me. Just when my hopes for intelligent life in the TV universe had flickered and faded, I discovered one night that I had not one, not two, but three public broadcasting stations at my command. Suddenly there was wonder in the wilderness—an oasis of art, science, culture and inspiration waiting to enrich my barren mind. Andrea Bocelli: *Under The Desert Sky*; James Taylor: *One Man Band*; American Soundtrack: *Doo Wop's Greatest Hits*; Carreras, Domingo and Pavarotti in Concert; *This Old House*; Ken Burns' *History of Baseball*; Roy Orbison: *A Black & White Night*. Every evening was like an all-you-can eat buffet at a gourmet restaurant of entertainment. Let's all do our part to make sure that the feast of public broadcasting continues. For me, for you, for your children, and for your children's children's children. Thank you. God bless. Night now.

Thank you, Alan, for that heartfelt plea. I know those phones will be ringing shortly. Now, let's get back to our program already in progress— "Carrie Underwood: Live at the Greek." See you in three minutes everyone! ◆



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The Garden Lady Says . . .

Eternally Yours

By Donna Torrey



The Spring holidays are here and with them the focus on bulb plants. Grocery stores are brimming with daffodils, hyacinths, tulips, and Easter lilies. Perhaps the reason for bulbs being popular for the Easter holiday is that they so aptly describe rebirth, and rejuvenation.

Bulbs by their very nature, are a storage vessel for the next year's growth, with everything the plant will need for another season of bloom inside of itself, buried deep below the surface of the soil. It is a marvel of nature, and a symbol of resurrection.

However, most of the bulbs that you see will not have everlasting life in South Florida, which really spoils the effect for me! All of the grocery variety blooming bulbs need an extended freeze period in order to bloom again. All that is, except the Easter lily. In fact, most of the bulbs sold are not appropriate for zone 10. *Lilium longiflorum*, or Trumpet Lily, is one of the few lilies that will thrive in our climate.

If you purchase one or receive one as a gift, don't throw it out after blooming. These can be planted in the perennial bed, where there is partial to full sun, decent soil and average

moisture with good drainage. They are reliable bloomers here, so don't waste them, although they may not bloom right on Easter!

After blooming, all bulbs should be allowed to die back naturally, which means that you will have to tolerate some yellowing foliage, and untidiness. So, it is best to place your deciduous bulbs in an area where they are surrounded by other things that will pick up where they left off and camouflage them during the die back period.

Try some other bulbs that do very well here, including the orchid-like Gloriosa lily, which is actually a vine; the Rain lilies, many kinds and colors are available, and the foliage is green year round, much like liriopse (which is a bulb in the lily family, but doesn't flower here; not cold enough!), Blood Lily, and the spectacular Amaryllis. These bulbs will come back year after year, a gentle and beautiful reminder of our eternal souls. ♦

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| 3899 NE 25TH AVE | 4/5 | 1997 | 2,959 | \$949,000 | \$881,000 |
| 4250 NE 23RD TER | 3/3.5 | 1972 | 2,503 | \$799,000 | \$650,000 |
| 2621 NE 36TH ST | 3/2 | 1961 | 1,986 | \$649,000 | \$550,000 |
| 2730 NE 51ST ST | 2/2.5 | 1965 | 1,795 | \$549,000 | \$385,000 |
| 2560 NE 27TH ST | 3/2.5 | 1958 | 1,962 | \$425,000 | \$440,000 |
| 2240 NE 41st ST | 3/2 | 1959 | 1,806 | \$294,800 | \$267,500 |
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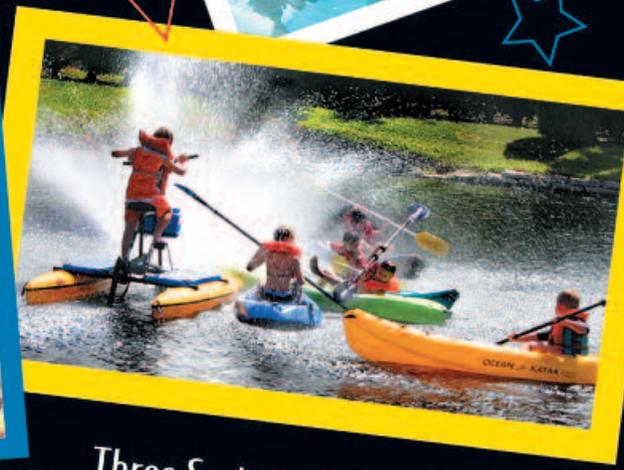
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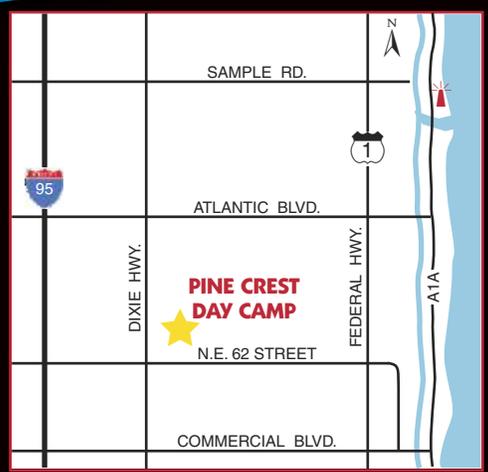


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Our Trip to Indonesia

Continued from page 23

Flores

One of my first impressions of Bali and again in Flores is that there are no discernable building codes. An elegant home would be located next to a used tire vendor or cell phone vendor, wood carver, baker, butcher or Indian Chief, you name it. My second impression was that motorcycles are the primary means of transportation and they were everywhere. Every human had a cell phone and motorcycle, and there were clear glass liter bottles of petrol for sale at roadside food stands, markets and sometimes by themselves. Gas stations seemed to be uncommon and troubled with long lines.

I was grateful to get on board the ship and away from the narrow crowded streets of the city. Fellow dive guests included: a French doctor, his wife and seventeen-year-old daughter; a German doctor and his wife; a California couple and their friend and trip planner, Keith, as well as Patrice and myself. On land, Patrice and I saw many more Europeans and Asians tourists than Americans. With Australia only a two-hour flight away,



they were also well represented.

The Damai trip lasted for eleven days. We traveled mostly at night around the northeastern coast of Flores and between the islands of Pantar and Alor. Dives

were scheduled at 7:30 A.M., 10:30 A.M., 2 P.M. and 6:30 P.M. We had a cold breakfast (fruit, yogurt, cereal) at 6:30 A.M. and hot breakfast around 9A.M. We could order most anything for breakfast, lunch and dinner if we did not care for the menu du jour. Dinner was served after the night dive that was a much-improved plan over most dive boats that serve dinner before your dive. The diving was amazing with a variety of sea critters we do not see in our hemisphere.

We also saw many of the local island folks who paddled their ancient dugout canoes with bamboo poles as outriggers up to the Damai. The women wanted to sell us woven goods and the children just wanted to see what we were about. I visited with four boys in one canoe. The stern man was five-years-old and in first grade. Another five-year-old was at the bow, and the middlemen were seven and nine-years-old. They got the biggest kick out of sitting on our little dive tenders. They

were out of school for Ramadan. A majority of the Indonesian population is Muslim, however, Bali is mostly Hindu and Flores is a mix of Christians, Muslims and Hindu. On two of the islands, our captain and translator visited the island's leaders to get their blessing for our presence in their waters.

The German doctor created a video of our dive experience which can be seen on Utube at: <http://www.youtube.com/watch?v=BB3XCFUM06M>



You will find a video of the Komba volcano erupting at night at the end of this video. Indonesia is known as the ring of fire because of its many active volcanoes. We saw no less than four active volcanoes on this trip. The many islands that make up Indonesia sit at the junction of the Asian and Australian tectonic plates. Once again, I find myself

traveling on the edge of tectonic plates with active volcanoes and commonly occurring earthquakes.

Before humans knew about tectonic plates, Alfred Russel Wallace (1823-1913), a British

naturalist and pre-Darwin proposer of evolution and natural selection, noticed the difference in flora and fauna between the island of Bali and the island of Lombok (as well as other east/west islands), that are 35 kilometers apart. He drew a line between these islands proclaiming a natural demarcation which is today called the Wallace line. For example, there are no monkeys and many bird species east of this line and no marsupials west of this line. The indigenous people west of this line more resemble Asians, and east of this line more resemble Africans.

At the end of our dive adventure, Patrice and I traveled to central Bali and stayed in Ubud for five days. This is where Elizabeth Gilbert was inspired to write *Eat, Pray, Love*, as well as where the movie was filmed. Ubud has





become a tourist Mecca since. Patrice visited Ubud ten years prior but did not recognize it because of the rapid growth and over abundance of restaurants, and tourist oriented vendors. Luckily, we hired a driver and could escape the

crowds to visit local villages that plied traditional crafts, such as woodcarving, painting, batiks, gold and silver jewelry and stone carving. Everywhere we drove there were rice fields. The water buffalos have been replaced by the "Japanese buffalo," or rotary tiller. Even though the plowing has been automated with a community sharing of the tillers, the harvesting is still done by hand. The fields are beautiful; those with terraces or steep terrain even more so.

Patrice and I took a bicycle ride down from Gunung Bator volcano (1700 meters). We traveled through many acres of farmland that included a large mandarin orange orchard, bananas, tobacco, cabbages, lettuce, tomatoes,

beans and all kinds of peppers. The volcanic soil is fertile.

We also stopped by many grass cottage industries along the way. There were wood carvers, weavers that

created many products made from bamboo. Also seen were exquisitely made fishing traps, pig cages, large and small birdcages. Bamboo was also used to build houses and fences and woven to create walls and ceilings. The people of the high country around Ubud use every possible natural resource to support their livelihoods.

There is a growing middle class in Bali, primarily as a result of tourism. We visited two middle class homes. One visit was to attend a wedding reception with our driver, which was a real treat. He explained the layout of the family compound and some of the mostly Hindu culture within.

The compound consists of a temple area where ancestors and other spirits visit and receive offerings. This is located on the Northeast corner or mountain and sun side. The kitchen is a separate building, located on the south or fireside (Lord of Fire) of the compound.

Buildings are traditionally without walls. Sometimes there are two or three walls but almost all living is in the open. There is the Baledangin or ceremonial building where special events take place, and a discussion room or area where family discussions and decisions occur, and finally there are living quarters with a patio to receive guests.

All women move into the family compound of the husband and become part of the husband's family unit. One compound will have several couples living together.



Continues on page 32



I asked our driver how long his family had lived in their ancestor's compound and he said even his great grandfather could not tell me, it had been that long ago. There is usually a dirt pit in the back yard where all the trash and sewage will be directed. Indoor plumbing seems to be rare probably because of missing infrastructure.

All the stores and restaurants we visited did not

have air conditioning. Since Bali is located eight degrees south of the equator, this might be a problem for some visitors. Many hotels do not have air conditioning. I was lucky that Patrice had enough experience to request this in our room.

Kites flew on a daily basis. Extra large kites with noisemakers flew overhead for days. One kite, as large as a bus, was being carried down a street, stopping traffic. Next to our hotel, a pigeon keeper fitted his pigeons with a small bamboo necklace that whistled when they flew so we knew when they flew overhead. Our driver said this



was common. Cockfighting is legal and common, but betting on the outcome is illegal. We saw many cocks in bamboo cages wherever we went. They were washed, well fed and very handsome, but

every other animal we saw was not. The contrast was huge. I will not talk about the dogs.

I will talk about the people: gracious and welcoming, extremely hard working, industrious, strong, open and appreciative. We saw women construction workers carrying bags of cement on their head. We saw men and women porters carrying huge rubber river rafts folded



on their heads up a hill that was 20-30 stories high. I tried to move one of them once they were placed on the ground and I could not.

These are amazing people. What little government exists rarely touches these people. They rely on themselves. If you think we have too much government in the USA, I challenge you to live in Bali for a couple of weeks and come back with the same opinion.

Once again, I have come home humbled by how people live and work in another country. I am most thankful for the things we often take for granted like plumbing, trash removal, air conditioning, zoning and leash laws.



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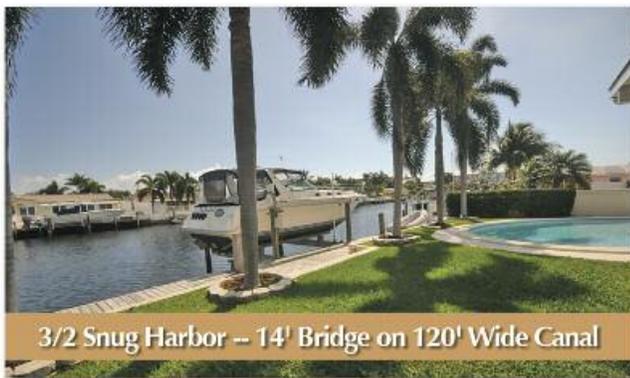
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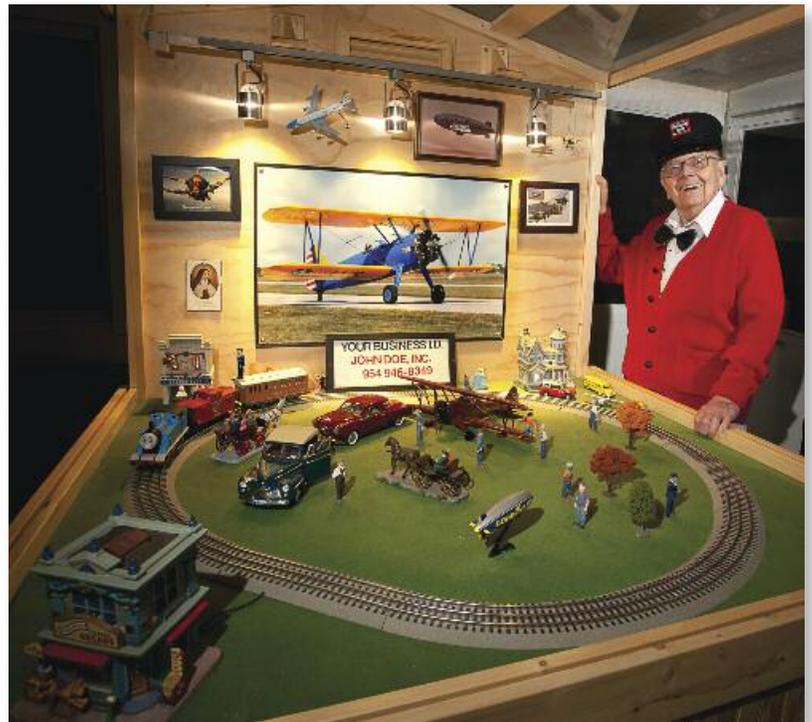


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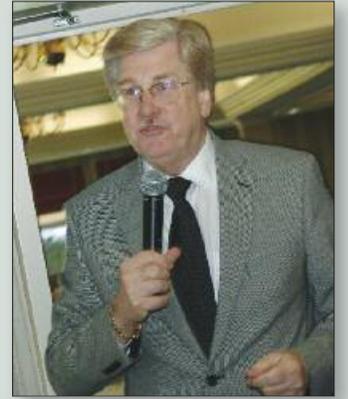
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Breakfast for the Big House

Continued from page 15





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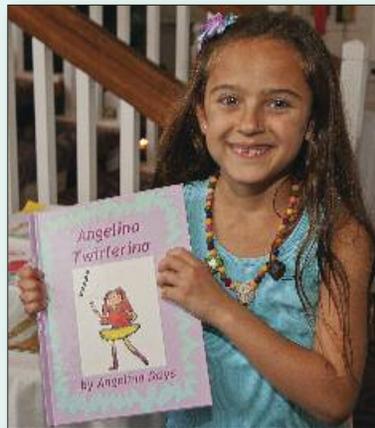
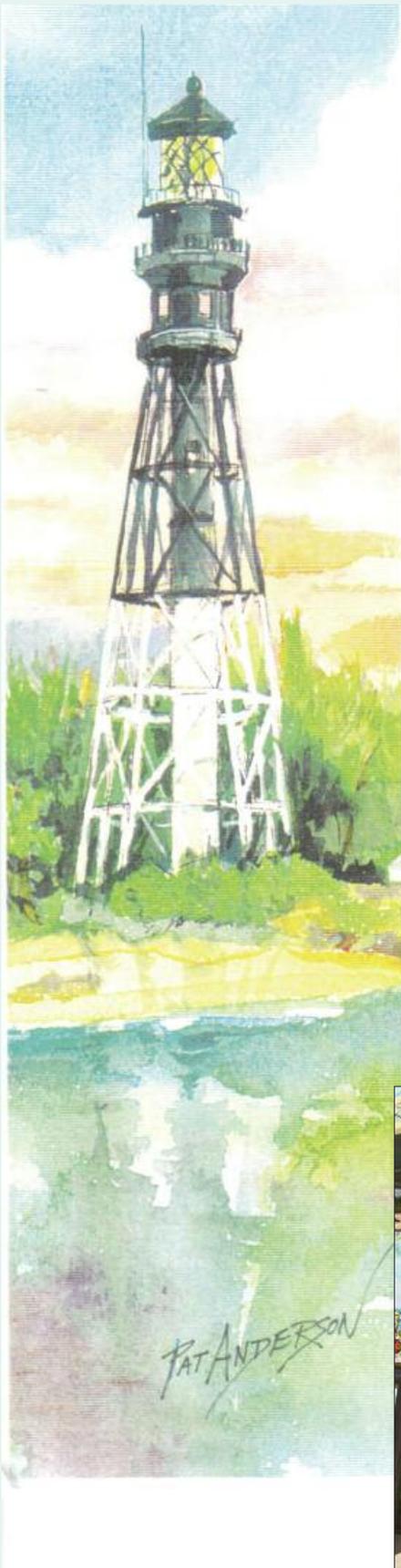
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Lighthouse Point Yacht & Racquet Club 18th annual ARTS EXHIBITION

Founded by Norma Cerino

The 18th Annual Arts Exhibition was attended by an enthusiastic crowd on Sunday, March 11th at the Lighthouse Point Yacht and Racquet Club. Founded by the late Norma Cerino as a way for talented artists of the city to meet each other and share their work with the community, the show has grown from nine to forty five diverse artists. Under the loving supervision of her husband, Dr. Larry Cerino and daughter, Becky Cerino Days, the annual event is a highlight of the cultural scene and anticipated by artists and art lovers from both near and far. Norma would be proud!



Angelina Days, author artist.



Dr. Larry Cerino and his daughter, Becky Cerino Days.



Pat Anderson, painter.



Glen Doyle, potter.



Babs Kall, glass artist.



Terri Kovacs, photographer.



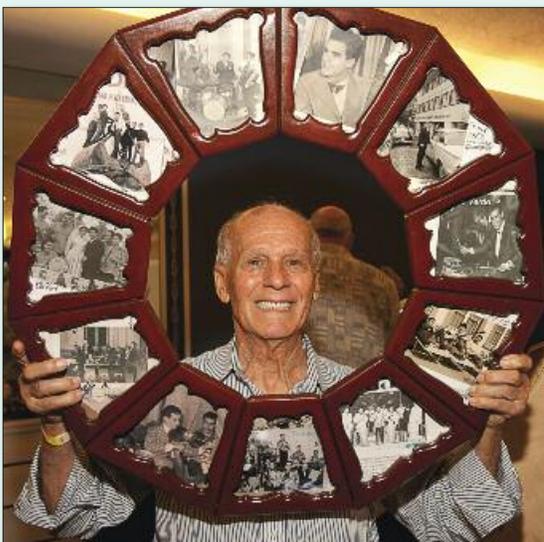
Joanne Williams, wildlife and nature photographer.



Barbara Doumar and Faren, painter.



Valerie Lecklikner, painter.



Dino Verde, framer.



Harley, wildlife art.



Diann Brassord, painter



Francine Maille, painter.



Patricia C. Moore, watercolor and pastels artist.



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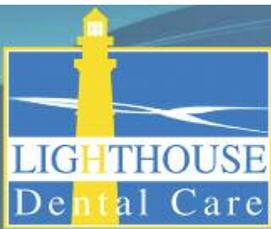


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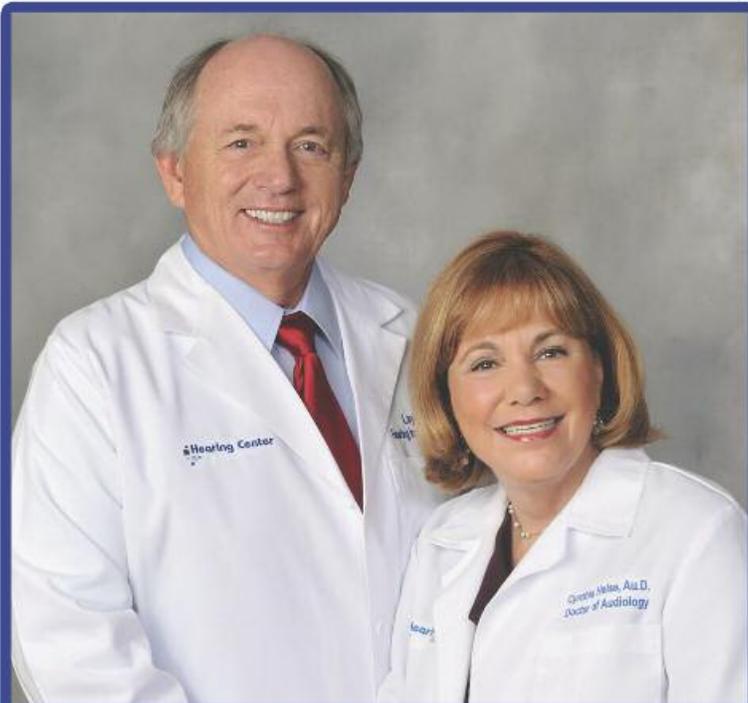
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Photos by Debra Todd







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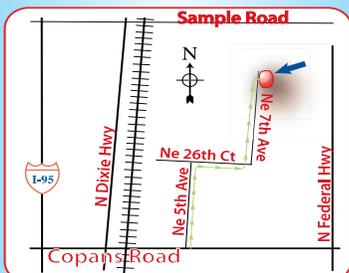
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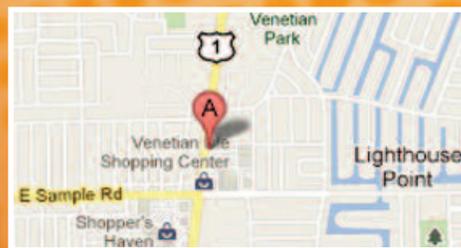
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FASHION BLOG

It's Q and A time.

By Millie Walsh

Q I love the lightweight, thin materials they are making t-shirts with, but I keep getting holes in them. What am I doing wrong?

A Depending where the holes are it could be many things. If the holes are always on your belly, the culprit is most likely your seat belt. It rubs your t-shirt against your belt, or the snap of your jeans and in a short amount of time weakens the material and creates holes. The easiest fix to this is just to pull your shirt over the seat belt after fastening it. If the holes are located in random locations it could be happening in the laundry. Make sure you zip and snap all pants and turn everything inside out before putting them into the washer. Try putting your delicate tops in a garment bag to keep them from getting snagged on other items in the washer. Don't wash Velcro closures with your gentles as they may open up during laundering and snag soft materials. Also, don't over-dry your delicates. Fluff on gentle and hang or lay flat to dry. If the holes are most often on the shoulder, it could be a moth in your closet. The shoulders of your clothing are all exposed and easy prey for moths and their fabric eating larvae. Another pest that eats the starch from fabric is silverfish. Silverfish live in humid environments and are often found in closets. To help diminish the chance of silverfish taking up residency in your closet, do not store anything in cardboard boxes, do not store books in your clothes closet, and keep the humidity low.

Take care of your clothing and it will make you look good for years.

Q I'm in the market for new jeans and I want to pick something that won't go out of style too quickly. I have wider hips and a flat butt. What do you suggest?

A I would stick with what looks best for your body and not worry about the newest trends. Right now almost every cut of jean is in style —bootleg, straight, skinny, flare, wide-leg, low, mid and high-rise. We will see a lot of ankle length skinnies this summer in lightweight denims and in a wide array of colors. No longer are your denim choices blue or black, you have a multitude of choices from pastels to vivid brights. But if you are looking for a basic, blue is still the number one choice, in lighter washes for daytime and darker washes for a dressier, evening look. The rolled bottom in an ankle length straight, capri or short is a retro look that along with the frayed cut-off is big this summer. But, back to your question, what should you pick? Spend a day jean shopping and take a girlfriend with you for some feedback you can trust. (Pick your girlfriend wisely!) If a skinny jean doesn't flatter your figure, stick with what does. A boot cut or flare helps balance out wider hips, and the right choice of pocket style and placement will add lift and roundness to your derriere. A lower pocket placement diminishes the appearance while a higher pocket or a pocket with a flap or embroidery detail will help add fullness.

The best thing about today's fashion is that almost anything goes, so go with what looks best on you. ♦

I'll be answering your questions and sharing fashion news and tips each month in the Lighthouse Point Magazine's Fashion Blog, a print version of my Web Log. Address any fashion related questions to millie@shopbody.com, or stop by the store, Body & Soul Boutique, located in the Shoppes at Beacon Light, 2430 N. Federal Highway, Lighthouse Point, 954-942-6446.

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Lighthouse Point Chamber of Commerce

Story and Photo By Andrea Freygang

The Lighthouse Point Chamber recently gathered at Norcrest Elementary for a member and partner breakfast. Norcrest Elementary named the chamber its business partner of the month during the event held in the sensory garden, also made through a partnership with Krutek &

Associates. Mr. William Nicholas, the school liaison for Partners in Education that works with schools to help develop business partnerships presented the honor along with PTA President Jeannie Proia. Learn how to become a school business partner at www.browardpartners.com.



LEGAL MATTERS

It's the Law! Use of Deadly Force – What You Need to Know

By Catherine (Kate) Iaconis Favitta

With the increase in break-ins due to the down turn of the economy, many have obtained guns to help protect their loved ones and belongings. Florida Statutes Chapter 776 covers circumstances when the law justifies use of deadly force (force that is likely to cause death or great bodily harm). It is important to understand when the law does not allow use of deadly force. Using or displaying a firearm improperly could result in an unfortunate criminal conviction for someone trying to protect his family.

Here is an example of improper use of deadly force provided by the Florida Department of Agriculture and Consumer Services: Two neighbors got into a fight and one of them tried to hit the other by swinging a garden hose with a metal nozzle. The neighbor who was being attacked with the hose shot the other in the chest. The court upheld the conviction of the shooter for aggravated battery with a firearm because an attack with a garden hose was not the kind of violent assault that justified responding with deadly force.

Verbal threats are also not enough to justify use of deadly force. There must be some "act" that causes a person to reasonably believe that he is in danger of suffering serious bodily harm to justify using deadly force. Deadly force may be used by a home-owner, business owner or occupant of a vehicle, for example, when a person

unlawfully and forcefully enters a home, place of business or occupied vehicle. The law allows the owner to presume the intruder has intent to commit an unlawful act involving force or violence, so the owner may defend his safety and belongings with deadly force. Shooting a fleeing felon just to keep the intruder until police arrive is not permitted, since the danger passed once the intruder started to leave.

Deadly force is not just the shooting of a gun at someone. Firing a weapon in the general direction of someone or an occupied vehicle, even though there is no intent to kill or inflict harm, is considered use of deadly force. A gun should never be displayed or fired in an attempt to gain leverage in an argument. Threatening someone verbally while holding a gun, or pointing a gun at someone, may result in a conviction for aggravated assault, even if the gun had no bullets or was broken. A woman served three years in jail for pulling an unloaded gun out of her purse during an argument with a mechanic who ripped her off.

It's everyone's desire to be safe, so make sure you know when you can use deadly force— it's the law! ♦

Kate is a Supreme Court Certified Marital & Family Law Mediator who recently retired from her law practice. She has been serving South Florida for over twenty-eight years.

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An Open Letter to George Clooney

By Wendell Abern

Dear Mr. Clooney,

I have some good news and some bad news for you.

I will start with the bad news, since I can be quite succinct: I may likely replace you as a selectee on this year's list of the world's 100 most beautiful people.

Since *People Magazine* first compiled this list eighteen years ago, I have been summarily snubbed each year – an oversight I consider heinous and criminal.

This year, however, my outstanding credentials can no longer be ignored. Please observe the accompanying photograph. Note that my hemi-facial tic has now created a droop to one side of my mouth, resulting in an asymmetrical rakishness; clearly, the likes of Halle Berry and Jennifer Lopez will consider this irresistible.

Unseen, but unequalled, are my back and shoulders, which boast a mature character no peaches-and-cream complexion could match: I have sprouted so many warts, welts and liver spots that every Dalmatian in the county wants to mate with me. Also invisible, but enticing: my love handles have reached the size of elephant ears.

Needless to say, George, you are in deep trouble here. I suggest you prepare yourself emotionally to be bumped.

As for the good news, you needn't worry about me entering the acting profession.

I recently took a role in the play, *"Murder in the Cathedral,"* T.S. Eliot's famous take on ugly Twelfth Century English political juggling and back-stabbing (much of which sounds eerily like the shenanigans going on in our current presidential campaign).

I thought if news reached you that I was engaging in my first acting experience, you might start quaking. But fear not, Mr. C. I had a small part in a staged reading of the drama, which was performed only twice at two different cathedrals. (Actually, it was a full production with actors on book.) I played one of Thomas a Becket's tempters.

The lead, a superb professional named Todd Caster, memorized his entire role, and played it so well I doubt you could have matched it. Another of Becket's tempters, a beautiful professional and Carbonell Award winner, Nina Baeza, also memorized her role—and she had twice as many lines as I did.

At the first read-through, I thought ...if Todd can memorize three entire acts and Nina can memorize three pages, I should be able to memorize three paragraphs.

I started slowly, deciding to master only my opening line for the first rehearsal: "I am an unexpected visitor." Concentrating so hard on these five simple words—~~I am an unexpected visitor I am an unexpected visitor~~—I almost missed my cue and tripped when I came onstage and blurted out,

"I am an unexpected klutz."

Todd looked at me and tried to say his next lines with a straight face. He very generously dismissed my mistake as a typical faux pas due to inexperience.

I'm not sure why, but learning my lines became somewhat of an obsession. I recited them while driving; mumbled them to myself while shopping (eliciting many stares); delivered them to my mirror while shaving.

One day, while dusting, I was so deep into my role that when the phone rang, I picked it up and shouted, "I am a country-keeping lord who minds his own business!"

Long pause. Very long pause. Finally, a timid, "Dad?" Amy. My daughter. My kids call from Chicago a few times a week.

I had told my kids about the play, and thought Amy understood I had simply been rehearsing by myself. Until five minutes later, when my son called.

"Dad," Joel said with no preliminaries, "are you okay?"

I explained again. I was sure my kids had been mollified. However, since then, one of them calls every single day.

Eventually, I gradually learned most of my lines and seemed to be doing well until we moved into the blocking phase of rehearsals.

Marge Lyons, our canny director, worked out a simple routine for my role, one in which Todd and I sort of circled each other while delivering our lines. I felt the action worked very well, kind of like a Medieval dance.

Later, Todd took me aside and said very politely, "Look, I know you're new at this, but it's kind of hard for me to move around when you're standing on my toes."

By the time of our first performance, I knew my lines well and the play went over very well.

Then we moved to our second venue at another cathedral. On the day of our second (and last) performance, I stood backstage while our sound technician hooked up my microphone, silently going over my lines.

The play would start in a few minutes. The sanctuary was filling up. We all talked very quietly.

I sat down next to another tempter and started kidding him, telling him his shirt wasn't black enough. (We had to wear black shirts and pants, black shoes and socks underneath the white robes we were about to don.)

Suddenly, the audience started laughing. We all looked around, curious, when Marge came racing in and said, "Your mikes are on! Your mikes are on! They're laughing because they all heard Wendell saying he feels like a greeter in a funeral parlor!"

Well, Georgie old boy, you'll be happy to know the performance went well in spite of me. I did not forget one line. In fact, to this day, the words still haunt me.

But I'm sure you'll be very grunted to learn I have no aspirations in the acting world.

However, you have been forewarned about the *People Magazine* "most beautiful people" issue. I fully expect to be contacted for a photo op any day now.

Cantankerously Yours,

Wendell Abern

Wendell Abern can be reached at dendyabern@comcast.net.

Cantankerously Yours, Wendell Abern

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It's time for spring cleaning. But why stop at your house? This year, consider applying some spring-cleaning techniques to your investment portfolio.

For starters, get rid of "clutter." If you own investments that are duplicates, have chronically underperformed or no longer meet your needs, consider clearing them out of your portfolio and using the proceeds to explore other opportunities.

And, just as you may place similar items together in your home, you may want to consolidate your various investment accounts with one provider. You'll cut down on paperwork, reduce fees and, most importantly, unite your investment dollars so that it's easier for you to see what you have and then follow a single, coherent investment strategy.

Performing some spring cleaning on your investment portfolio, may help improve your financial outlook — for all the seasons yet to come.

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Consistency is Key

By Jennifer Kovacs

Being in business, I can almost guarantee that you get calls, maybe even on a daily basis, from solicitors promising to get you on the first page of Google. Merchants beware; many of these people (notice the exclusion of the word “companies”) are out to make a quick buck. There are plenty of companies locally that offer these services that you can meet face to face and legitimately review their client portfolio. Regardless, let’s not put the carriage before the horse. In this article I want to give you some few key pointers that will help your online searches.

The first thing is your company name. Are you an LLC, Inc., Corp, etc.?

Now, what is your mailing address and phone number? The reason I ask these questions is because it is actually very important to the search engines that the basic information is consistent. If you show ABC Company Inc., it should be displayed that exact way in everything you do. So, when you’re registering for Directories, Maps, Listings and review sites, the littlest thing like not having the Inc., the wrong phone number, even showing (954)555-5555 as opposed to 954.555.5555 can work against you.

In regard to Social Media, eliminate or consolidate multiple pages you may have on Facebook. A lot of times a company will have set up multiple pages unknowingly. You want to make sure that you have one Facebook Fan page getting traffic and being updated DAILY. That’s right readers, on a daily basis. More and more Social Media is becoming a key component in any marketing campaign. And with Facebook going public, it is only going to become a bigger and bigger animal in the advertising space. Go

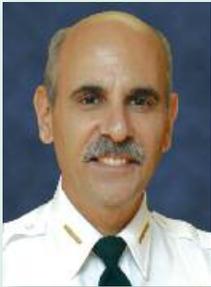
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With email addresses, assign one point of contact on the web. So, if on your contact page the email is info@abccompanyinc.com, don’t confuse customers as well as your staff by also putting abccompany@gmail.com online because you are creating a situation where a lead can get lost. Assign someone in your office to answering online leads and make sure they are attentive. A web lead should be answered within 24 hours. Usually, a lead coming from the web is a pre-qualified, HOT lead. If you consider the instant result the worldwide web provides, also consider the consumers’ expectations. If I can find them this quickly, I should get a response from them this quickly. Correct?

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Sheriff Al Lamberti Reports

Move Over and Make Way for Emergency Vehicles

By Sheriff Al Lamberti

Have you ever approached an intersection and heard a siren? Perhaps you have looked in your rearview mirror and saw flashing lights behind you. Chances are that you have passed an emergency worker or a law enforcement officer who pulled off the roadway with his or her lights flashing. You should be aware that in Florida the law requires that you move over, make way and slow down when approaching all emergency and law enforcement vehicles stopped on the roadway. The law, known as the *Move Over Act*, is designed to protect law enforcement officers, firefighters and other emergency workers from needless, accidental tragedy.

After 34 years in law enforcement and public safety, I have learned that driving, especially when responding to calls for service, is the most hazardous duty performed by law enforcement officers, firefighters and emergency service professionals. We at the Broward Sheriff’s Office are not immune to such tragedies. This past February was the six-year anniversary of the death of Deputy Ryan Seguin, who was killed by a motorist while conducting a traffic stop. This tragedy and numerous other fatalities and injuries to emergency service workers could have been avoided had the driver simply slowed down and moved over.

The Broward Sheriff’s Office strictly enforces the *Move Over Law* to help keep you and all public safety professionals safe. While on the roadway, please be alert, pay attention and remember the following:

- If an emergency vehicle is approaching from behind, put on your turn signal, yield to the right-of-way, slow down or pull over. Once the emergency vehicle has passed, use your turn signal and carefully re-enter the roadway.
- On a two-lane roadway, you are required to slow to a speed that is 20 miles per hour less than the posted speed limit. If the speed limit is 20 miles per hour or less, you must slow down to five miles per hour.
- If you are driving on an interstate or roadway with multiple lanes of travel in the same direction and you approach an emergency or law enforcement vehicle parked along the roadway, you must vacate the lane closest to that vehicle as soon as it is safe to do so.
- When arriving at an intersection where an emergency vehicle is approaching from the cross street, come to a complete stop and wait until all emergency vehicles have safely passed before continuing.

If you are a driver who violates the *Move Over Law*, you can be charged with a moving violation, which results in a fine and points on your license. More importantly, by violating this important law, you would be putting both yourself and a dedicated “first responder” at risk.

On behalf of the men and women of the Broward Sheriff’s Office, I urge you to help protect those who are sworn to serve and protect you. Always remember to make way, slow down and MOVE OVER when approaching an emergency or law enforcement vehicle—it’s the law. ♦

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What You Need to Know About Antiaging Products

By *Melanie S. Hecker, MD, MBA*



Are Antiaging Products Effective?

The skin care market is a \$9 billion per year industry, but in a recent interview of three major cosmeceutical experts, they all agreed that even the best, over-the-counter, antiaging products can be summed up in two words: “moisturizer” and “sunscreen.”

This finding comes on the heels of some of the largest, antiaging advertising promotions to the public. The three experts stated that there is little science to back up the claims that many over-the-counter products make about being effective against aging skin.

What Are Cosmeceuticals?

Cosmeceuticals are a combination of a pharmaceutical and a cosmetic. In this category, pharmaceutical companies are not legally required to show any evidence that cosmeceuticals have any antiaging effectiveness. When there is evidence available, it usually points to the sunscreen or moisturizer property of the product. One expert found that 80% of products are basically moisturizers that act as the vehicle to deliver the antiaging ingredient promoted in the product. Her conclusion is that the antiaging claim is really the moisturizer claim, and many just have a sunscreen added to them.

So What Should I Use for My Skin?

As a Dermatologist, I have an important role to play by reviewing the claims made by cosmeceutical companies to see if their claims are valid. There are some products that I feel very good about, but I do feel that further research on this subject, of what is really working as a great antiaging product, is necessary. I personally think it is a good practice to use the products we dispense for several months first before they make it onto the shelves of my office. Even though moisturizers and sunscreens are the main ingredients in most cosmeceutical regimens, there is still great data to support many antiaging products that are currently available, with retinoids/retinols as a good example. Many years of data for retinoids/retinols demonstrate that these products are effective in the fight against aging skin.

Some good, over-the-counter products that I find effective include: Neutrogena Norwegian Formula Hand Cream for hands, Johnson & Johnson’s Aveeno Positively Radiant Daily Moisturizer SPF 30 for the face, and Galderma’s Cetaphil Cream for the body. ♦

To learn more about this exciting topic or for any other Dermatologic concern, contact us at Hecker Dermatology Group, P.A. Contact us at: 954-783-2323, visit us on-line at: www.heckerderm.com or like us on Facebook.

ASK THE PSYCHOLOGIST

Andrea Corn, Psy.D.

Dear Dr. Corn,

I am in my mid-30s and have been dating a wonderful man for the past 6 months. The problem isn't him, it's me. I have a horrible fear of flying and he keeps

talking about my accompanying him to Ohio in June to meet his family and friends. I haven't shared my fear of flying with him because I am worried about his reaction. Maybe he'll understand, but I've convinced myself he won't, and that stops me from speaking up. — Dear Annoyed,

Dear Scared,

Hiding this aspect of yourself due to a fear of criticism, disapproval, or anger is what's keeping you stuck. Actually, the plane is not the culprit. What becomes terrifying is the not knowing of how to adequately manage worrisome thoughts and feelings, leaving them to spiral out of control, without a way to safely escape. Avoiding or ignoring bad feelings or situations doesn't prevent you from experiencing discomfort; if anything, these anxieties continue to build up inside.

Relationship patterns evolve from many variables, including what's inherited as well as what's learned through family of origin interpersonal interactions. Starting in early childhood, each of us develops a particular way of relating with others as well as how we feel about ourselves. Generally speaking, we learn to feel safe and secure, anxious and fearful, or at worst, reluctant to engage in close, intimate relationships. For instance, if you grew up swallowing angry or sad feelings due to fearing confrontation (i.e., what's wrong

with you, stop that), then, it's understandable you are still struggling as an adult. Feelings are not facts; but feelings do matter.

Statistics have shown that flying is one of the safest means of transportation. However, this fact isn't going to allay your fears, which is why this problem needs to be resolved emotionally and with professional help.

Thus, individual therapy is strongly recommended so you can acquire constructive coping skills to break this longstanding cycle. You can learn to become mindful and aware of your negative internal dialogue so you can replace those thoughts with empathic and comforting statements and shrink your emotional distress. As you learn assertive and supportive communication techniques you will attain greater emotional and mental control. Changing unrewarding patterns takes time and patience, but the rewards are immense.

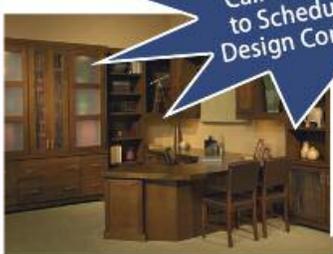
Unless you can learn to appropriately speak up rather than shut down, your relationships will continue to be constricted. Worst of all, your inhibition will render you as limited as your fear of travel, leaving you grounded and unable to expand your relationship horizons. ♦

Dr. Andrea Corn is a licensed Psychologist who is in private practice in Lighthouse Point, FL. Dr. Corn is a member of the American Psychological Association (APA), Florida Psychological Association (FPA), and National Register of Health Service Providers in Psychology, Registrant #44838. Her office is 2040 East Sample Rd. Lighthouse Point, FL, 33064. For additional information, please call 954- 942-3344. Or, her website at: www.DrAndreaCorn.com.

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Cookin' With The Community

We encourage those who can perform magic in their kitchens to submit favorite creations that can be enjoyed by readers of our magazine. To submit your recipe, please email us at: LHPnews@bellsouth.net and type "RECIPE" in the subject line.

Teriyaki Chicken Kabobs

Serves 4 - 6

Ingredients:

- 4 boneless skinless chicken breasts
- 1 large zucchini
- 1 medium red onion
- 1 can pineapple chunks
- 1 red bell pepper
- 1 cup sugar snap peas

Marinade

- 1 Cup soy sauce
- ½ Cup vegetable oil
- 3 Tbsp brown sugar
- 3 garlic cloves, minced
- 2 Tbsp sherry vinegar
- 1 Tbsp grated and peeled fresh ginger

Preparation:

Mix together all marinating ingredients. Cut up raw chicken into large bite size pieces. In freezer bag, mix a half of the marinade with the chicken pieces. Store in refrigerator. Cut up all other veggies into thick slices, and marinate with remaining marinade. (Marinate for as long as desired, no more than 1 day in the refrigerator).

30 minutes before cooking, soak wooden skewers in water to prevent splintering. Place a variety of chicken and vegetables on skewers and grill until chicken is cooked thoroughly and veggies are crisp.

Quick and Easy Pasta Salad

Serves 8 - 10 Side Dish

Ingredients:

- 1 Box Rotini pasta (whole wheat optional)
- 1 Can large pitted black olives
- 2 Cups raw broccoli, cut into small pieces
- 1 Box cherry tomatoes, halved
- 1 package dry Good Seasons salad dressing mix (mix according to package with olive oil, white vinegar and water)
- 3 Tbsp Salad Supreme seasoning
- 3 Tbsp parmesan cheese
- Salt and Pepper

Preparation:

Cook pasta, rinse and drain. Mix together with all ingredients. Toss well and let marinate in the refrigerator. Serve chilled.

*Lighthouse Point resident,
Courtney Stephens,
shares some of her
favorite recipes.*



Broiled Parmesan Tomatoes

Serves 2 Side Dish

Ingredients:

- 1 large vine ripe tomato
- 2 Tbsp margarine, melted
- 2 Tbsp lowfat mayonnaise
- 2 Tbsp grated parmesan cheese

Preparation:

Heat oven to broil. Slice tomato into 4 one-half inch thick slices. Mix margarine, mayo and cheese, and spread evenly on tomato slices. Broil in oven until brown and bubbly, about 5 minutes.

Almost Completely Sugar-Free Lemon Pound Cake

The original recipe for this came from my mom, and was always one of my favorite desserts. Well, if you know me, you know I always try to "healthify" stuff. Mostly so I can eat more of it. "I made this 90% sugar free, and it was fantastic! It is such an easy recipe, and is a great item to have for company. I love to have a slice with my morning coffee.

Ingredients:

- 1 package sugar-free yellow cake mix
- 1 3.5oz package sugar-free lemon jello pudding
- ¾ Cup vegetable oil
- ¾ Cup water
- 5 eggs
- 2 large lemons
- 1 Cup powdered sugar
- Strawberries* optional, for garnish

Preparation:

Mix together cake mix, pudding, water, oil and eggs with a beater for several minutes, until smooth and blended. Pour into a greased bundt pan.

Bake at 350° for one hour. Let cool; invert cake.

Mix juice of 2 lemons with 1 cup powdered sugar. Pour over cake. Keep covered.

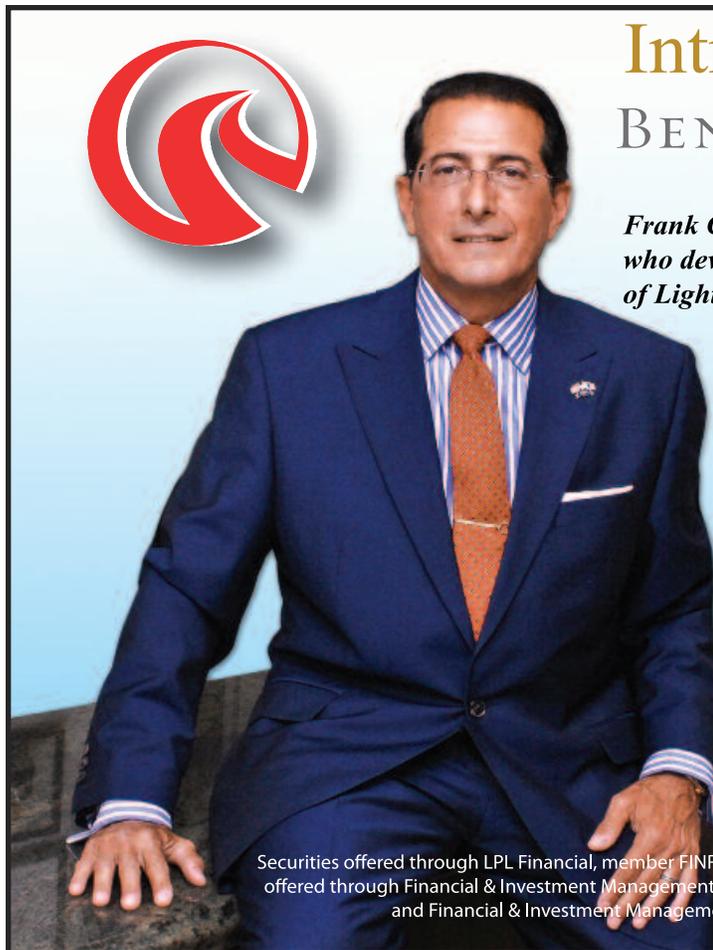
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John Offerdahl is...

The Gridiron Griller

What does a Gator/Dolphin know about grilling lamb? When it's former wide receiver Nat Moore, a little lamb is Moore! Miami Dolphin great Nat Moore teamed up with Chef Marco Vico of Café Vico (Ft. Lauderdale) in last year's Gridiron Grill-OFF to score big points with this month's recipe for savory chops. The simplicity of great meat seasoned with fresh garlic and herbs and grilled to perfection will leave you licking your chops! .



Dolphin Nat Moore and teammate Chef Marco Vico of Cafe Vico: .

Moore's Little Lamb Chop

READY...Line up your ingredients

Dressing

- 1 T red pepper flakes
- 3 cloves fresh garlic minced
- 3/4 c vegetable oil
- 1 t salt
- 1 c chopped parsley
- 1 t black pepper
- 1/4 c olive oil

Lamb

- 4 Racks of New Zealand lamb Chops (16 oz. each)

PREP...Prepare your entrée, rubs, dressings and sauces...

Dressing: Mix all ingredients and whisk for 1 minute.

Lamb: Rub the dressing on the meat and marinate for 3 hours or overnight in the refrigerator.

LET'S GRILL...Take it to the Grill...

Pre-heat the grill to 400° (Medium High) and brush the grill with olive oil to prevent the lamb from sticking. Cook lamb rack for 3-4 minutes on each side. Remove from heat and cut into individual chops. Brush with olive oil and season with salt and pepper. Grill each chop for 2 minutes on each side, turning the chops after 1 minute to make cross marks.

Pre-heat the grill to 400° (Medium High) and grill steak for 3-4 minutes on each side or until desired doneness. Slice thinly. Serve on flour tortilla with grated pepper jack cheese, shredded lettuce, fresh cilantro sprigs, and corn and tomatillo relish.

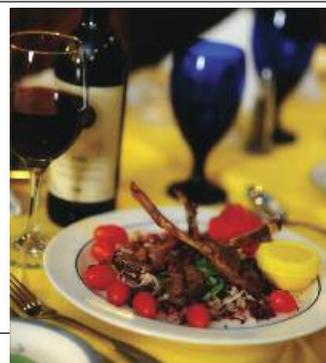
Recommended wine pairing... Kendall-Jackson "VR" Pinot Noir

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IDENTITY THEFT

ID Theft and Phishing Scams Top the IRS “Dirty Dozen” List for 2012

By Denise Richardson

The IRS recently released their “Dirty Dozen” list for 2012. This list contains the twelve most common types of tax fraud that taxpayers may encounter, ranked from most common to least common. The list is released annually during tax season to help keep consumers informed of the dangers that they might face from scammers and thieves when filing their taxes.

1. **Identity Theft:** Identity theft tops the list this year as the biggest threat to taxpayers. As I’ve mentioned before, the IRS has been cracking down on identity thieves but has been unable to catch them all. The sheer number of cases has left the agency overwhelmed and struggling to sort through consumer complaints.
2. **Phishing:** Phishing is always a major concern, and this year it ranks in the second position of the Dirty Dozen. Phishing occurs when a scammer sends an email claiming to be from the IRS or a similar agency, requesting personal information so that the scammer can use it to commit tax fraud. If you suspect that an email you receive is a phishing attempt, forward the message in its entirety to phishing@irs.gov.
3. **Return Preparer Fraud:** Sometimes you’ll find what seems like a good deal from a tax preparer only to find out later that there are hidden fees or that the return amount you were promised was artificially inflated to make the tax preparer more money. Fortunately, the IRS has instituted a new Preparer Tax Identification Number that preparers have to enter on every form that they file to help track and prevent fraudulent charges or inflated returns.
4. **Offshore Income Fraud:** Hiding money in offshore accounts is a major tax no-no, and the IRS is becoming much stricter on taxpayers who attempt to hide their income in this manner. You should never put money in a foreign account as a means to hide it from the IRS, even if advised to do so by an accountant or tax preparer.
5. **“Free Money” Tax Scams:** The IRS says that flyers have begun appearing around the country claiming that taxpayers can get more money on their returns and file their taxes with little or no documentation, and that these flyers are often aimed at the elderly or other Social Security recipients. Falling for these scams can get you in trouble with the IRS, resulting in fines of up to \$5000.
6. **False Income and Expenses:** Just like hiding money in offshore accounts can get you in trouble, claiming income that you didn’t make or expenses that you didn’t have can have serious tax repercussions. The IRS stresses the importance of filing honest returns to avoid major fines and possible criminal charges.
7. **False 1099 Refund Claims:** Similar to claiming a false income, some scammers use fake Form 1099 filings to justify a larger tax return. This can also result in fines and possible criminal charges as it’s considered another method of filing a false return.
8. **Frivolous Arguments:** The scammers who run “frivolous argument” scams claim to be able to help taxpayers get out of paying their taxes by making outrageous claims as to why they don’t have to pay. Most of these frivolous claims get thrown out of court, and the IRS actually maintains a list of claims that have previously been used unsuccessfully.
9. **Claiming Zero Wages:** This one fits right in with false income and expenses and false 1099 claims, but instead of increasing the amount of income or expenses these scams claim that the taxpayer didn’t earn any taxable income. As with the other scam types, this type of tax fraud can get you in serious trouble with the IRS.
10. **Charity and Deduction Abuse:** This scam can be performed by individuals or businesses, and may be encouraged by unscrupulous tax preparers or other scammers. A non-cash donation is made to a charitable organization with its value artificially inflated or with the same donation being claimed by several people or businesses for its full value.
11. **Disguised Corporate Ownership:** It’s illegal for an individual or company to use multiple Employer Identification Numbers and quickly-made corporations to hide the true owner or owners of an existing company. This scam allows company owners to hide income and claim deductions that wouldn’t normally be allowed by the IRS.
12. **Misuse of Trusts:** Some scammers claim that individuals can transfer assets into trusts to save money on their taxes. Unfortunately, this isn’t a legitimate use of trusts and can result in fines or other penalties from the IRS.

Awareness is an effective weapon against many forms identity theft. Be informed and aware of how information is stolen and what you can do to protect yours. Stay up to date on the latest scams and identity theft crimes that can pose risk to your mobile device, your bank account, —and even your home, monitor your personal information to uncover any problems quickly, and know what to do when you suspect your identity has been stolen. Have a plan of action! ♦

For additional information visit Denise at GiveMeBackMyCredit.com or email her directly at deniserichardson@givemebackmycredit.com



Clear Choice

Is fluorocarbon really worth the extra money?

By Capt. Mike Genoun

Anglers are always looking for new techniques and equipment that will give them an advantage over their gill-bearing opponents. While fresh bait and bulletproof terminal tackle are no doubt advantageous, perhaps the greatest asset of all is that of stealth. This is where fluorocarbon fishing line and leader material come into play.

To the naked eye fluorocarbon leader material may appear identical to monofilament, but the buck stops here as fluorocarbon fishing lines cost upwards of double the price when compared to equivalent monofilament lines. However, the benefits are clear and as technologies continue to develop the edge fluorocarbon provides is only going to get better.

Starting at its most notable selling point, fluorocarbon offers a distinct stealth advantage in its ability to reflect light. Refraction is the degree to which light rays bend as they pass through a certain material or substance. Saltwater has a refraction index of approximately 1.33. Fluorocarbon lines vary and can be as low as 1.42, with monofilament coming in around 1.52. This tells us that the path of light and associated reflections traveling through water and through fluorocarbon are very similar and don't change significantly. With that being said, there are claims that abraded, scratched or damaged fluorocarbon leader material can shine bright and actually deter wary fish from striking. This may be true with poor quality fluorocarbon, but top shelf 100% fluorocarbon lines have a refractive index that will remain constant even when damaged.

While science proves fluorocarbon is less visible than monofilament, there's more than meets the eye. Fish don't rely solely on sight to track prey and your selected line will also create a disturbance in the water. Since fish also use their lateral lines as "ears" to detect movements underwater, line diameter may be as important as line visibility. Taking this into account...when fish are spooky is a stealthier approach to downsize your monofilament leader to a substantially thinner diameter and risk losing fish, or is the better bet to rig with less visible fluorocarbon in the same diameter? Here lies the \$25,000 question.

When it comes to manufacturing materials, fluorocarbon leaders



Fluorocarbon leader is essential when targeting sharp-eyed bonefish.

utilize polyvinylidene fluoride polymers and are non-porous, unlike monofilament lines that can lose a fair amount of breaking strength when saturated. In addition, fluorocarbon leaders are more abrasion resistant and more capable of withstanding extreme temperature changes and extended exposure to ultraviolet rays. The bottom line (no pun intended) is that fluorocarbon is simply more durable and lasts longer than monofilament.

Although manufacturers have introduced fluorocarbon lines that are suppler than ever before, fluorocarbon will typically always retain more memory than monofilament. This goes hand in hand with its inherent stiffness and limited elasticity, which in turn results in a more sensitive line or leader material. When fluorocarbon was first introduced, knot strength was a big issue, although manufacturers have since overcome this obstacle with new recipes and anglers have also developed knot variations that hold tight with slippery, thinner-diameter fluorocarbon lines.

It's important to note that not all fluorocarbons are created equal and you get what you pay for. While fluorocarbon makes for the ideal leader material, anglers have relied upon monofilament for years and it remains the most cost effective, all-purpose fishing line. In the end, the choice is yours. For us, fluorocarbon leader material is the only choice. ♦

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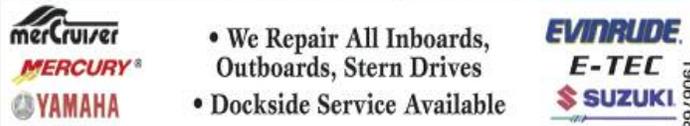
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Hey Kids! Born in May–

Send us your photos before April 6th!

Include your name and birthdate and

Email to: LHPnews@bellsouth.net and

Please type **"Lighthouse Point Birthday"**

in the Subject Line, or mail to:

City News Group, LHP Birthday, 3467 17th Terrace,
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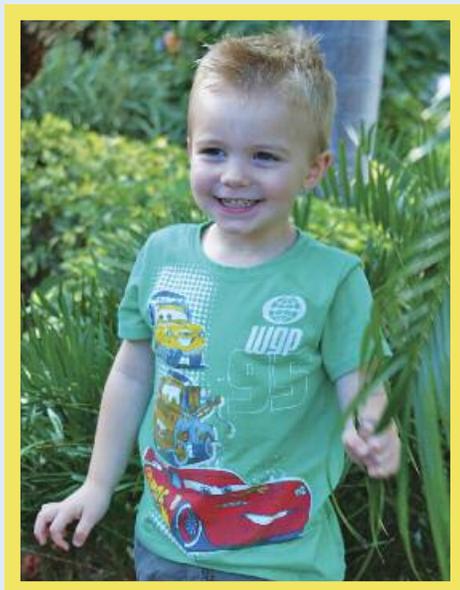
Summer

turned 10 on March 26th



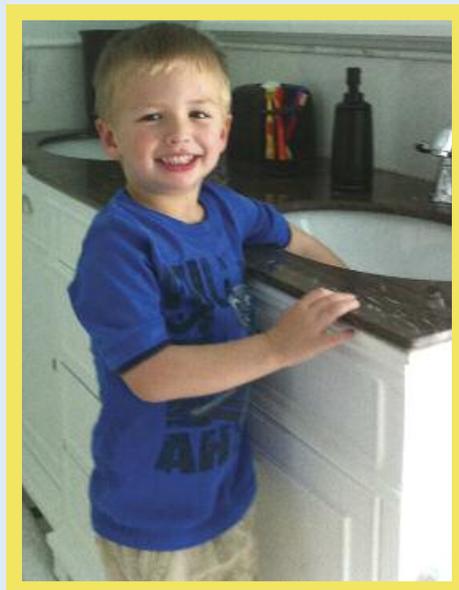
Quinnie

turned 2 on March 28th



Carson Lee Pritchard

turns 3 on April 18th



Max Sher

turns 4 on April 29th



Chelsea Lynn Pritchard

turns 1 on May 3rd

Loving Pet Birthday Gallery



Send us your pet photos before April 6th!

Include the pet's name and age and **Email to: LHPnews@bellsouth.net** and

Please type **"Lighthouse Point Pet Birthday"** in the Subject Line,
or mail to: City News Group, LHP Birthday, 3467 17th Terrace, Oakland Park, FL 33309



Chico is 12 1/2
Lulu is 3



Tyreese
turns 8 on April 11th



Sadie Belle
turns 3 on April 12th



JAEGER
turns 6 on April 17th



ON RELIGION

The Hidden Treasure

By Reverend Jack Noble

For over a billion people on this troubled planet, the year's most poignant moment comes at dawn on Easter morning. Not much mystery there, I should think. I mean, our deepest dread is the fear of extinction, of being the candle blowing in the wind finally sputtering-out, the ceasing to be, the losing of our place. In Easter morning though, leaping as it does across continents and oceans, plains and mountains, Christian believers everywhere feel once again that great tug of hope.

I am certain that we each have holidays that stand out in our memory—a special Easter or Christmas. In our thinking-back, for reasons that are not always immediately clear “that one stands-out above all the others.” For me, the one I will always remember is the Easter sunrise I spent aboard a cruise ship where I was serving as chaplain. I remember it like yesterday. In my mind's eye, I can yet see those great spears of light breaking across the skies from east to west, the wake of the ship reaching out, and out, and out into the darkness, and then of course the ageless words of that ageless story.

After everyone else had wandered-off I stayed behind soaking-up that lingering moment. Over next to the rail was one of the ship's engineers. We had become friendly. So I walked over to him. As you might expect he was plain-spoken, but there was a bit of the wistful poet in him, too. The horizon was empty—for as far as we could see. Our ship was alone in this vast ocean. But those moments of worship had left me with a sense of wholeness and the awareness that I was a part of something big and powerful. I mentioned this to my friend.

Looking out toward the sea he said, “you felt it too? That was the treasure.” As dawn broke over head, everything was quite. And after a moment or two, I inquired, “The treasure?”

I thought he sounded suddenly a bit shy, as he explained what he meant. He said the thought was not original to him, and he couldn't remember where he'd heard it first—but it came to him from childhood no doubt. Then he said something about since that first Easter a vast treasure had been gathering. Not of gold or anything like that. This treasure, he said, was invisible. Going on he said, this treasure, being stored in some great house somewhere, was

being made up out of all the thoughts and emotions evoked by that first Easter, from countless minds and hearts down through the centuries. All of the awe and reverence and wonder, all of the love and the yearning, all of the gratitude and prayer was being stored, and that we had just added to it.

These things, he said, did not just happen and then vanish. Not at all. Like tiny particles of energy, or light, they had their own permanence. None of it was ever lost. He explained that it's all still there—out of sight, out of time—but with unending reality. These things are a kind of infinite reservoir from which any human being could draw.

Then, with the matter-of-fact tone one might expect from a man who worked in and on machinery all his life and throughout his day, a man no doubt who'd seen a lot of life over the years, he concluded the matter with, “And that, my friend, is what you're talking about just now. The hidden treasure of Easter.”

Over the years I've thought about that conversation many times, especially in this season. And each time I do, I have been caused to wonder. We have been, by our culture, conditioned to think of reality in terms of tangibles—the material. Yet, I am becoming more and more convinced that deep inside us we know that we are not merely bone and flesh. We know deep down, that we are not only whirling electrons. Away at the core of our existence we understand that we are something more. We are our hopes and dreams. We are that great conundrum of pain and joy, anger and tenderness, tears and laughter. We understand somewhere deep in our psyche that in the great balance such things outweigh all of the measurables with which we surround ourselves and fill our lives.

My friend the engineer was right, at least as far as I am concerned. In the legacies of Easters-past there is much from which to draw—faith to be borrowed, strength to be found, courage to be taken. Each of us have our own problems, we have our areas of weakness, our moments of despair. But that triumphant cry rings down through the ages, Be of good cheer! I have overcome the world!

So it comes again this year. The light pours over the rim of the world and once more it is Easter Day! ♦



AL'S CORNER

Customer Owned Street Lights

By Al Siefert

We have some friends that just moved to Lighthouse Point from Pompano. They like the street that they are on except that there are no street lights. This caught me by surprise. I never noticed that the streets had no lighting at night for pedestrian walking or for security. There are many homes with landscape lighting and decorative lighting but nothing lighting the streets.

Florida Power and Light and ATT own the poles that bring utility services to the homes. They will not allow anyone to use their poles without some kind of licensing agreement. Therefore FP&L is the only company that can install a light on the existing poles FP&L will install a street light on an existing pole under a street lighting agreement for an initial term of 10 years. They will install the light and maintain it for a fee of \$12 to \$14 per month for the open bottom fixture.

The Cobra head fixture has a glass shield and is nicer looking with an enclosed bulb and will cost \$12 to \$22 dollars per month.

One street light will usually light the street in front of three to four houses. The cost of the light could be shared by the neighbors benefiting from the light. The City could also have the lights installed on streets needing lights and pass the charges on to the residents. This would offer even lighting and more safety for the residents.

The draw back to the lights that are installed by FP&L is that they use high pressure sodium (HPS) fixtures. These fixtures give off an orange color and are not very attractive. High pressure sodium fixtures were the most efficient form of lighting until light emitting diodes (LED) came on the market. Now the LED's could easily replace the HPS and give a much better quality of light with lower maintenance and higher efficiency. These fixtures are more expensive to purchase and I do not believe they are offered by FP&L.

FP&L offers this basic lighting program to anyone concerned about having enough lighting in an area whether it is residential, commercial or industrial property as long as they have a pole to mount to.

In areas where FP&L does not have a pole or in places that you may want a better quality of lighting you could consult with an architect or an electrical contractor to determine your options.

One advantage of owning your own lights is that after the initial cost to install them you only pay for the power usage and the maintenance that you need. With FP&L you will pay a fee every month. ♦

Al is a State Licensed Electrical Contractor and owner of Al Siefert Electric. The articles he writes are about items of interest and questions from his customers. Please call Al if you have questions concerning electric service, installation and repair. (954) 493-9411

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Asclera Injections For Spider Veins

By Melanie S. Hecker, MD, MBA

WHAT IS ASCLERA AND HOW DOES IT WORK?

An injection sclerotherapy medicine, Asclera (polidocanol) was approved by the FDA on March 30, 2010. It had been available in Europe for years and is now approved to treat spider veins of the legs in the U.S.

Injection sclerotherapy is a primary treatment option for small varicose veins and spider veins. Once injected, Asclera works like other pharmacologic sclerosing agents by irritating the interior wall of the vein causing them to constrict and close. This prevents the flow of blood through the affected vein and can effectively eliminate the swelling, bulging, discomfort and discoloration which may be caused by small varicose veins and spider veins.

WHAT AREAS OF THE BODY DOES ASCLERA TREAT?

Asclera injection is indicated for sclerotherapy of spider veins in the lower extremities. Asclera treats uncomplicated spider and reticular veins of the lower extremities. It has not been studied in larger varicose veins.

WHAT ADVANTAGES ARE THERE TO USING ASCLERA?

Asclera has been used in Europe to safely and effectively treat spider veins in the legs for over 40 years. In this time, over 5 million treatments have been performed with a very high success rate. In addition, Asclera has aesthetic properties, which may make treatment more comfortable for patients.

In a recent published study experts concluded that Asclera is a highly effective treatment for spider and reticular veins. The authors found that Asclera demonstrated significant efficacy over other treatment options and patients reported better results and satisfaction with Asclera treatment over other treatment options available. The study also showed that Asclera was safe and generally well tolerated.

For more information about this new, FDA-approved treatment for lower extremity spider veins, please contact the doctors at: **Hecker Dermatology Group, P.A.** New patients are welcome and most insurances accepted. Consult with us at: **954-783-2323** or visit us on-line at: **www.heckerderm.com.**

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Certified Distressed Property Expert



This lovely updated 3 bed, 2 1/2 bath home sits on 85' of deep water with unrestricted ocean access - just off the South Grand Canal! The third bedroom works well as a comfortable den. This home features dual A/C and water heaters. Other updates include; granite counters & stainless steel appliances in the kitchen, porcelain travertine tile throughout the living areas and new 85' dock! \$699,000.



Beautiful 3 bedroom, 2 1/2 bath - plus den - pool home with 100' of waterfront on one of the best streets in Lighthouse Point! Remodeled with newer, island kitchen, marble floors and family room with wet bar. Designed to take full advantage of gorgeous water views. Tropical pool patio surrounded by yard. A lovely home! \$999,000.



6 bed, 5 1/2 bath pool home located on one of the best streets in Lighthouse Point. 100 feet of deep water dockage, minutes to the Hillsboro Inlet. Totally rebuilt in 2006! Marble and wood floors as well as granite and stainless steel in the kitchen. The living spaces are wide open featuring beautiful canal and pool views. Large cover patio and outdoor kitchen for enjoying Florida. \$1,875,000.



Beautiful estate home in sought after Venetian Isles, Lighthouse Point with 90' of deepwater frontage and eastern exposure. 5 bedrooms, 5 bath, plus loft/den with master bedrooms up and down. Surrounded by professional landscaping with a lovely, private pool and spa. Quality and detail is evident throughout and the gorgeous furnishings are negotiable. \$1,695,000.



Charming 3 bedroom, 2 bath pool home with 98 ft of gorgeous deepwater! This old Florida style home has a nice split bedroom floor plan, large laundry room and screened pool/patio area. This is a lovely, large lot with beautiful wide water views. Built on pilings, this is a perfect home to remodel or to expand. \$789,000.



Great cleared lot in the Venetian Isles (middle area) section of Lighthouse Point. Currently there is a 20' dock, but you can put a full length (85') dock on the property. \$729,000.



Fabulous 6 bed, 5 1/2 bath, pool home, with 80 ft of deep water just off Lake Placid in Lighthouse Point! This home was completely remodeled in 2007. It features a custom kitchen with upgraded appliances, two complete master bedrooms, one up and one down, impact windows, chiseled marble flooring, saline pool system, 3 power stations on dock and so much more! \$1,725,000.



Estate Sale! Bring offers. Large point lot on the Intracoastal in the beautiful Cove section of Deerfield Beach. Almost 1/2 acre and 280' of deepwater frontage. Existing house has been gutted, but may be usable. \$1,100,000.



Beautiful one story 4BR, 3BA pool home on one of the nicest cul-de-sac streets in Lighthouse Point. Moments to the Hillsboro Inlet with 93' of ocean access water frontage. Totally remodeled with most rooms overlooking the sparkling pool and water. Expansive patio and deck area is perfect for entertaining. \$1,300,000.



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MAGNIFICENT WATERFRONT HOME



Mediterranean 5BR/7BA/2HB custom-built home is situated on a corner lot. 175' on water with adjacent lot, extra large walk-in closets, very large bathrooms, pool has a 26' waterfall with cave, tiki hut over summer kitchen and swim up bar. Media/game room and pub/mahogany study. ML#F1168822

MICHELE HALE, 954-648-2065 \$4,600,000

BEAUTIFULLY DESIGNED CUSTOM HOME



Spacious 5BR/5BA home located in the Cove. Large main living area is perfect for entertaining with a gourmet kitchen, large family room, and formal dining room. Renovated master bathroom complete with oversized shower, Jacuzzi tub, and bidet. Large pool and deck area overlooks wide ocean access canal. ML#F1172187

DIANNE MATTIACE, 954-675-0800 \$1,150,000

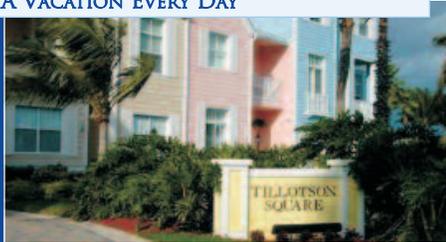
4BR/5BA HAS LAND AND QUALITY



Updated throughout with very unique design and style. 110 ft. on water. Impact windows, wide plank hickory floors, custom cabinets, sub-zero fridge, gas stove, dual wall oven. 2 water heaters, 3 zone A/C, plantation wood window treatments. All updates 2007 including roof. ML#F1166781

FAYE BRUNER, 954-303-9249 \$1,050,000

A VACATION EVERY DAY



When you live in Tillotson Square. This 3BR/2.5BA three story townhome has a very open kitchen with granite and lots of cabinets. It boasts a private elevator and large 2 car garage. Don't miss your chance. Call Dot Today! ML#F1170655

DOT COWDREY, 954-592-2640 \$648,000

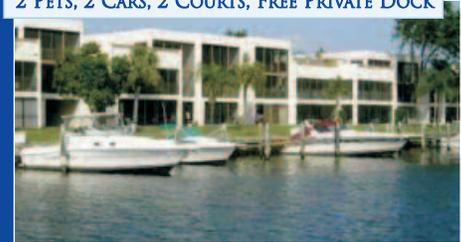
STATELY LIGHTHOUSE POINT HOME



Large 3BR/2.5BA on big lot in a great Lighthouse Point area. It has oversized garage, pool and the potential for an in-law suite. Kitchen opens to breakfast area and family room. ML#F1171748

DOT COWDREY, 954-592-2640 \$445,000
FAYE BRUNER, 954-303-9249

2 PETS, 2 CARS, 2 COURTS, FREE PRIVATE DOCK



Totally renovated, waterfront townhome with 2 balconies and private, corner sun deck. Wide water views from floor-to-ceiling. Resort style amenities include tiki hut, picnic bbq, pool, hot tub, clubhouse with kitchen, gym, showers and sauna. Nobel Point, Pompano Beach. ML#F1171047 www.circlepix.com/home2/XGWJKE

NANCY PEDICORD, 954-868-6517 \$299,000

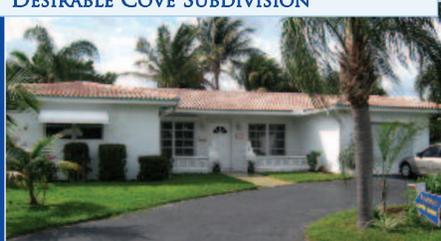
TRULY AMAZING VIEW



This 2BR/2BA first floor corner unit is directly on the Intracoastal in a no-wake zone allowing quiet enjoyment of an endless boat parade. Updated and shows beautifully inside and out. Must see to appreciate! ML#F1174867

CAMILLE HALL, 954-254-2085 \$225,000

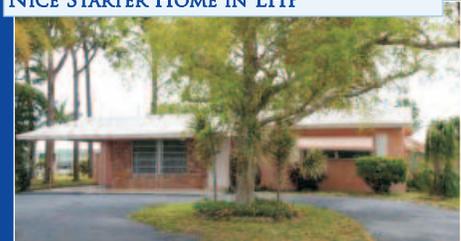
DESIRABLE COVE SUBDIVISION



2BR/2BA with family room and a newer paved pool and s-tile roof. Good sized corner lot with lush tropical landscaping, exotic fruit trees and even a butterfly garden! Eat-in kitchen has pass through for easy access to the pool area. ML#F1143487

JUDY TRUDEL, 954-242-5272 \$249,000

NICE STARTER HOME IN LHP



Great opportunity for a starter or investor. Quietly tucked away...this 2BR/2BA has an extremely large private property. Nice open layout, terrazzo floors throughout and a screened porch. Don't miss it. Lighthouse Point. ML#F1175379

MAUREN RUCKERT, 954-415-9398 \$199,900

