

Lighthouse Point

MAGAZINE

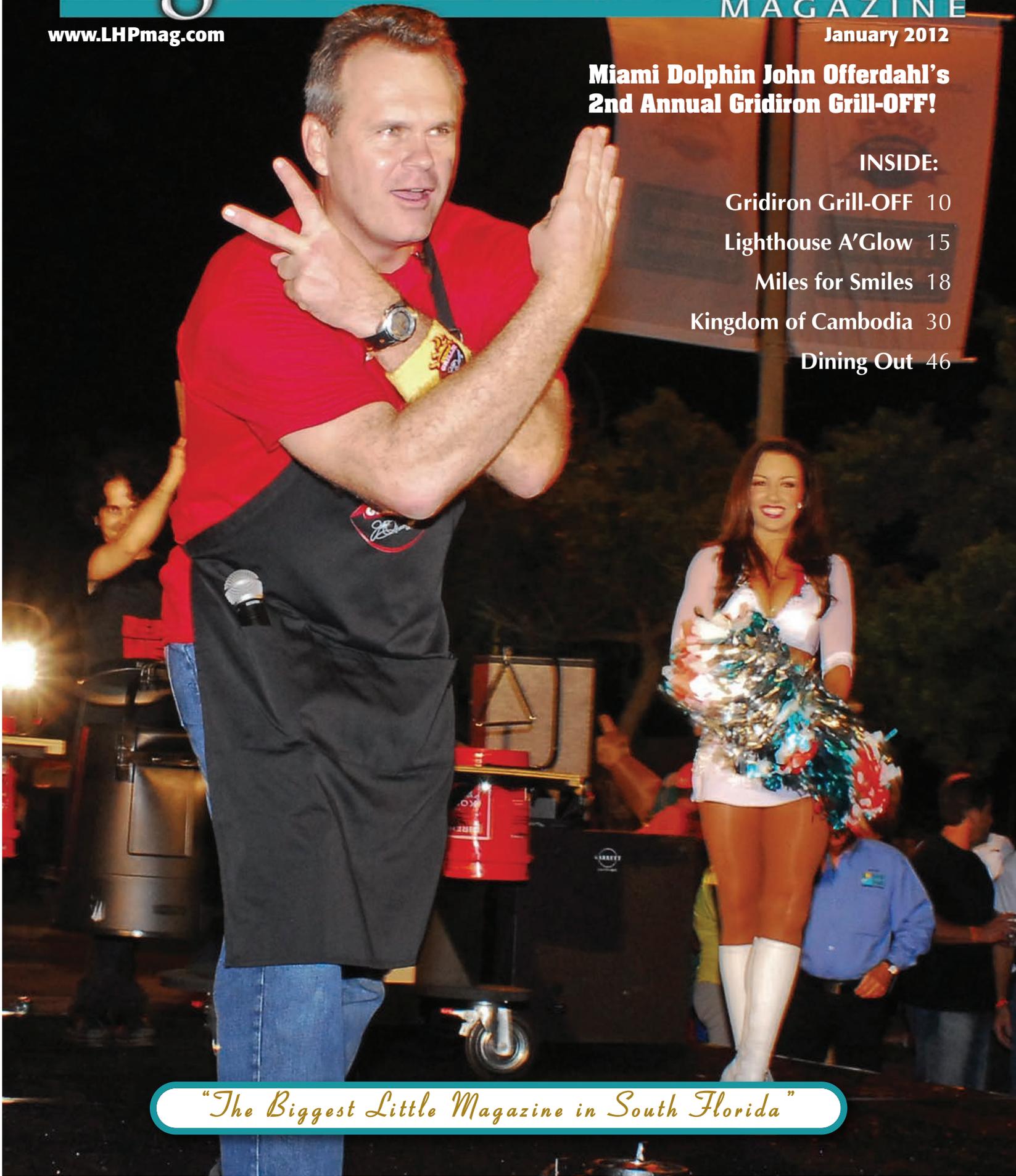
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January 2012

**Miami Dolphin John Offerdahl's
2nd Annual Gridiron Grill-OFF!**

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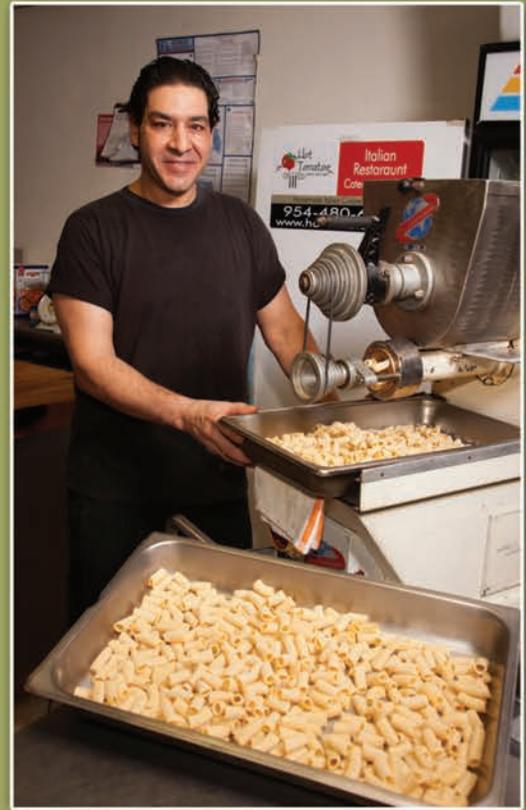


"Out and About"

with Debra Todd



Judy Trudel is back and busy selling lots of homes with Balistreri Realty.



Chef Enzo at Hot Tomatoe takes pride in making fresh homemade pasta for their customers.



American Senior Benefits, Jim Martin, helps you insure your future.



The Burns family of Lighthouse Point jumps for joy during the Christmas Season, happy to be in sunny South Florida.

*Debra Todd Photography.com 954-941-4294 email=debra@debratodd.com
Weddings, Family Portraits, Children, Pets and Underwater photography*

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.

United States Coast Guard Auxiliary Flotilla 3-7

The U.S. Coast Guard Auxiliary Flotilla 3-7 in Lighthouse Point, as a public service, will conduct a one-day About Boating Safety (ABS) Course on Saturday, January 7, 2012 at the Dixon Ahl Recreation Center, 2200 NE 38th Street in Lighthouse Point, Florida.

For more information and to register, call Gene Cain at 954-557-0582 or email auxcain@hotmail.com. Starting time is 8:00 a.m. The cost of all materials including lunch is \$45.00. Space is limited.

The ABS program meets all the requirements for the Florida's Boater Education Identification Card which is now required for all boaters born after January 1, 1988. New and experienced boaters are welcome. Topics include the identification of navigational aids, elementary boat handling, required safety equipment, and the rules for using the local waterways.

Garden Club Of Lighthouse Point Annual Membership Drive

Join us on January 19 at 11 a.m. at St. Paul's Educational Hall for membership tea at 2700 NE 36 Street, LHP.

- Bring a guest for a chance to win a prize!
- Program "Tea Time Gardening," Janine Griffiths, Green Thumb, Inc.
- Lunch and "Tea" from around the world
- Ways & Means Table and 50/50 raffle

For more information visit our website: www.lhpgc.org or contact Membership Chairman, Inger Jones: mjinger@att.net.

Marcha's Breakfast Shack



The old favorite Skipper's Ice Cream store has recently been transformed into a pleasant, newly-decorated breakfast/lunch nook where you can get a great variety of food.

Your eggs cooked to order for both the herbivore or the carnivore are featured, lunch items and homemade bread, cakes and cookies. A number of protein drinks for the health-conscious crowd are also available.

Stop in and say hello to Charlotte and Michael Angelo at 3110 N. Federal Hwy. in Lighthouse Point. Call 954-786-3447.

AAUW Membership Meeting

American Association of University Women (AAUW), Pompano Beach Branch, will hold a membership meeting at the Pompano Beach Civic Center (1801 NE 6th St) on Monday, January 9, 2012 at 12:30 p.m. After a brief meeting, there will be a presentation on "Women and the Law" by Diana Centorino, attorney. No charge. Please RSVP to (954) 524-2938

I'm just saying...

Dear Readers, I am using this forum to air a pet peeve of mine that I'm sure many of you share. While riding down my street in beautiful Lighthouse Point last weekend, I admired the many holiday decorations that were going up and the tastefully manicured yards. The contentment that I was feeling was short-lived, however, as I saw curbside after curbside junk. There was a recliner, an old dresser and countless mounds of bulk garbage dotting the street—two days before pick up.

Some of these items should rightfully be offered to a local charity, they may even be picked up from you. Maybe that's something to consider before casting off usable items.

I understand it's not a "law" to set out your bulk items for pick up the night before or morning of pick up, although the ordinances suggest it. Isn't it common courtesy not to set out these things two and three days ahead of time? Sure, there is the occasional need to set it out early if you are going out of town or some other good reason, and I understand the feeling of not wanting to move these bulky things twice. But come on, aren't we all living in the "paradise" of Lighthouse Point because it's a beautiful place? Let's try and keep it that way, please, out of respect for each other. — *Anonymous LHP Resident*

Letters to the *Editor* Heartfelt Thank You...

Good Afternoon Jon,

I wanted to thank you on behalf of everyone here at Broward Children's Center for continually supporting us in *Lighthouse Point Magazine*. The publicity is really great for us, and we actually have had multiple people call in saying they heard about BCC from your magazine. Your effort is greatly appreciated!

Bridget DeSeno

Foundation Associate

Broward Children's Center Foundation



On Our Cover:

*This month features
Miami Dolphin John Offerdahl's
2nd Annual Gridiron Grill-OFF!
Photo by Jeff Graves*

Features

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- 15 Lighthouse A'Glow**
- 18 Miles for Smiles**
- 30 Kingdom of Cambodia**
- 46 Dining Out**

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

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Congratulations For Nothing!

As if "In God We Trust" wasn't a given fact with most people in America, the House of Representatives passed a bi-partisan resolution on Tuesday, November 1st reaffirming *In God We Trust* as the official motto of the United States. The American people thank you for once again by wasting precious time in a sad attempt to distract all those in desperate need during a national crisis, a crisis so devastating that the collapse of countries on two continents lay in the balance. Congratulations for nothing!

A few weeks ago a special committee, laughingly dubbed "the supercommittee," fell on their set-in-stone partisan faces, only to add to the sad, pathetic machinations of a do-nothing Congress. And the one-percent, unapproachable, untouchable zillionaires continue to find tiny loopholes provided by present government laws that are specifically designed to allow these skinflints from paying their fair share of taxes. We wonder what blood, sweat and tears they may have given that gives them the right to ignore their fellow man. Live in shame!

Whether or not you agree with the "Occupy" movement growing around the entire continent, the use of pepper spray directly into the faces of protesters by

From the *Editor*

police at the UC Davis campus in California, and caught on videos that went viral, globally, is a disgrace to a nation that is supposed to respect and enforce First Amendment rights. More and more often we are beginning to see laws bent, twisted, manipulated and squeezed to accommodate a small, self-serving segment of our society, while the rest suffer the consequences. So Congress, and all other transgressors, let it be known that lemmings we are not...and truth will out!



I write this editorial on Thanksgiving morning. Except for an occasional dog bark, it's peaceful. The phones aren't ringing and Berkel is asleep at my feet. I haven't reached for the TV remote, so any inkling of any new disaster that may have occurred during the night has not yet come to light.

As discouraging and threatening as the entire world situation may be, I still have childish fantasies, believing that some comic book character will suddenly come to life and save the world. Hey Superman! Hey Spiderman, we need you!

I'll spend today with my family and give thanks that we can still enjoy such privileges, yet give prayer and try to do more in helping those American families who remain in such desperate need. At this reading, I sincerely hope that you and yours will have had a happy and blessed Thanksgiving!

Jon Frangipane

Lighthouse Point

MAGAZINE

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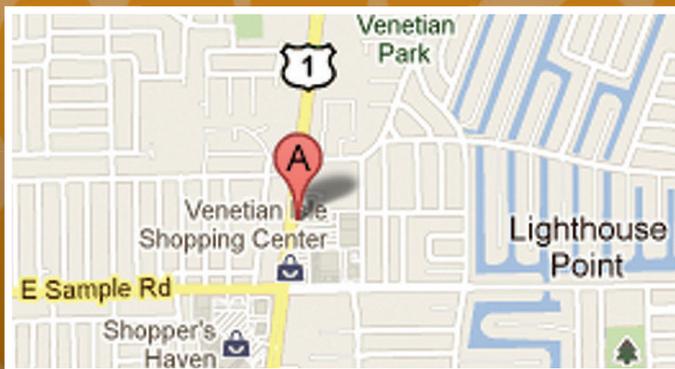


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NOTICE
 Past issues of
**Lighthouse Point
 Magazine**
 can be viewed online at
www.LHPmag.com

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, Loti's Surf & Turf, Red Fox Diner, LHP Yacht & Racquet Club, JC Yahoo's, Bonefish Mac's, J. Mark's and Offerdahl's Cafe. Call for other locations.

A Pet Who Needs Love

Spud



Debra Todd Photography

My name is Spud and I was given up by my family to Animal Control. I spent two months there with no luck. The animal control people decided that I had been there too long so they called the good people at Florida Humane Society. If you are looking for a buddy to go for walks or to the park, then I am your perfect dog. I am a 2-year-old male English Setter. I am calm, not a barker and good with other dogs and love people. I need that special person or family that will love me so I will never be homeless again. Are you that person?

Spud and all his friends can be seen at the Florida Humane Society, 12pm-4pm, Thursday-Sunday. We are located at 3870 North Powerline Road, Pompano, at the northeast corner of Sample and Powerline next to the Citco car wash. You can also view us online at floridahumanesociety.org or call 954-974-6152.

Please come meet me and my friends.

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John Offerdahl Gathers Broward's Top Chefs & Miami Dolphins' All Star Alumni as Fans Eat, Drink & Vote for Charity

Photos by Jeff Graves

Five-time Pro-Bowl Miami Dolphins' linebacker, John Offerdahl, hosted the second annual Gridiron Grill-OFF Food, Wine & Tailgate Festival Friday night to a sold out crowd of fired up fans! 20 Miami Dolphins' legends teamed up with Broward County's best chefs, while fans were able to EAT, DRINK, VOTE by text on their favorite Grill-OFF recipes paired with Kendall Jackson wines, SEEK Autographs & COMPETE in the Great Gridiron Toss-OFF, a bean-bag competition that paired athletes with fans!

Balmy breezes were blowing, while BBQ Beat filled the stands with sounds of rhythmic drumming on grills and the band High Tolerance energized the crowd with classic rock & roll favorites. After sampling savory recipes and meeting Dolphins' players, fans competed in the Great Gridiron Toss-OFF, while enthusiastic Dolphin cheerleaders pumped up the crowd. David Gergely, John "Footy" Kross & Paul Castronovo emceed the night

broadcasting highlights of the Grill-OFF and Toss-OFF competitions. #11 Jim Jensen, Chef Greg McGowan from Pelican Landing at Hyatt Regency Pier 66, and Matt Kowalsky, Newington, CT (FAN!) took the Toss-OFF Title winning Weber Grills, compliments of Culinary Concepts of Pompano Beach.

After all votes were tallied, the Grill-OFF winner was announced. #25 Louis Oliver and Chef David Hackett from Hollywood Prime at the Westin Diplomat Resort & Spa, defended the Grill-OFF title by winning again this year with grilled duck confit on potato skins. This unstoppable duo was planning next year's recipe shortly after the win was announced! At the end of the night Offerdahl exclaimed, "The Gridiron Grill-OFF Food, Wine & Tailgate Festival! What a night! The city of Pompano Beach along with my friends from the Gridiron and Grill teamed up for a gastronomical event where celebrity, competition & charity collided! I couldn't be more humbled and thankful for



Bob Brudzinski, Jim Jensen, Mark Duper, AJ Dube, Pat Surtain, Don McNeal, Nat Moore, Sam Madison, Louis Oliver, Troy Stradford, Dave Shula and John Offerdahl in front.



Gridiron Grill-OFF

Food, Wine & Tailgate Festival

everyone's service & support in a team effort to raise funds for 4Kids of South Florida, Here's Help Publix/Badia Culinary School & the Miami Dolphins Foundation. Celebrities & fans in competition for a great cause! Now that's a worthy collision!"

Over \$25,000 was raised for 4Kids of South Florida (Changing the face of foster care one child at a time), Here's Help (Drug Rehab Culinary School), and the Miami Dolphins Foundation (Youth Charities).

For a list of all chefs, players, and competing recipes with videos and photos, visit www.gridirongriller.com.



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Lighthouse A'Glow 2011

Photos by Jon Frangipane



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Continued from page 15



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Miles for Smiles Walkathon a Triumph for Children

Story by Bridget DeSeno Photos by Lori Selman

Hundreds of supporters of children with disabilities set off from Pompano's Goodyear Blimp Base on Saturday, November 12th as part of local nonprofit Broward Children's Center's Eighth Annual Miles for Smiles Walkathon.

Walkers warmed up with Custom Bodyz Fitness before circling the 4.7 mile route around Pompano Beach Air Park. At the finish line participants celebrated with the children Broward Children's Center serves every day. The event saw entertainment from the Pompano Beach Firefighters' 'squirt' truck, and a live musical performance by Michael Maytin. The children enjoyed clowns from Cole Brother's Circus, bounce houses, face painting, and My Gym tumbling lessons. Participants also enjoyed breakfast courtesy of Panera Bread, Dunkin Donuts, and Starbucks of Pompano Beach. Lunch was generously donated by Galuppi's, Amato's Italian Grill, Duffy's Sports Grill, Tijuana Flats, Riverside Grill, Bonefish Mac, Checkers Old Munchen, and Chick-fil-A.

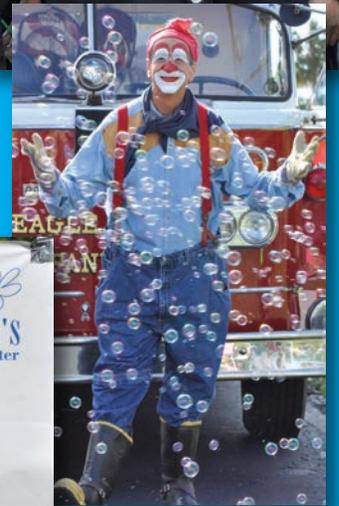
This year's walk was especially important, as it marked Broward Children's Center 40th year of service to the community. Marjorie Evans was honored with a proclamation from The City of Pompano Beach for her work as founder and CEO of the Center.

"Each year we have seen an outpouring of support from our community and this year surpassed our expectations," said CEO Marjorie Evans. "It is because of the community's immense involvement that we raised \$33,000 to support critical recreational and educational programs for our kids."

All proceeds from the walk will help fund Center recreational and educational programs for children and young adults with special needs.

For more information on Broward Children's Center please contact us at 954.605.7964, or visit www.bcckids.org.





Miles for Smiles Broward Children's Center

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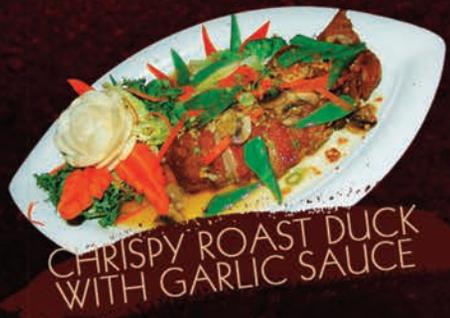
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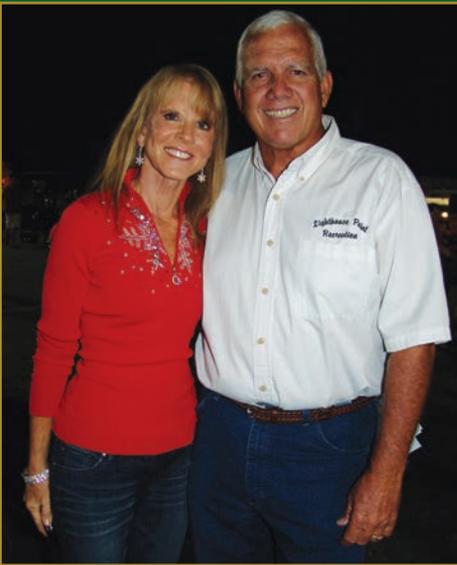
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Lighthouse A'Glow 2011

Continued from page 16





AS I WAS SAYING

Resolutions 2012

By Alan Williamson

If nothing changes, nothing changes. So here are my resolutions for a better 2012. May they inspire you to find your own path of renewed purpose and personal fulfillment in the year ahead. (Or at least be grateful that you're not me.)

- **Resolution #1:** I will use the power of social media to unite, enlighten and inspire people in search of greater meaning and purpose in life. I will also provide timely updates on when I'm getting my car washed, buying yogurt, growing a goatee, or thinking of throwing out old running shoes.
- **Resolution #2:** I will think big thoughts, but relish small pleasures. Big Thought: I must build a body of work that will reach across time and space and enrich people's lives long after I'm gone. Small pleasure: Mmmm, sweet potato fries.
- **Resolution #3:** I will pick a hairstyle that works for me and stick with it over the long term. This will end my life-long experimentation with hair styles that resulted in my hitting bottom last year when I was mistaken for Art Garfunkel at a family reunion. (It changed me.)
- **Resolution #4:** I will approach both love and cooking with the same reckless abandon but will cut costs on both fronts by buying off-brand syrups and dipping oils.
- **Resolution #5:** To make the work week seem shorter and less of a grind, I will lead a historic petition of the Federal government to officially rename Thursday "Friday Eve." While I'm at it, I will also formally request that Tuesday be renamed to reflect what it actually feels like, which is "Monday, Part 2."
- **Resolution #6:** I will rekindle my personal pursuit of cultural enrichment by reading more books and watching less TV. First book on my list: "How to Read More Books and Watch Less TV." Second book: "Paradise Unplugged: The Hidden Perils of Reading Too Many Books and Watching Too Little TV." Third Book: "No Reading Required: A Guilt-free Guide to Watching the Shows You Love and Loving the Shows You Watch."
- **Resolution #7:** I will reunite with the original members of my 1980s punk band "Chronic Caucasians" and launch a nationwide tour of second-rate amphitheatres, dilapidated band shells and flea market food courts. I plan on calling it the "No Refunds Tour" to convey our commitment to delivering a crowd-pleasing performance and to head off any frivolous lawsuits that would require my appearance in small claims court.
- **Resolution #8:** I will beat a Kenyan in a short foot race and finally cross that goal off my bucket list. (I actually beat a Kenyan in a 50-yard race in a park last year but he was pushing a stroller at the time and may not have been aware I was racing him. Also, he may have been Cuban.)
- **Resolution #9:** I will develop an alternative to the Internet called "The Infobahn." It will have only a fraction of the content but will be 10 times faster.
- **Resolution #10:** I will make plans to throw a big party sometime. (Wait, did I say "big party"? I meant "discussion group with light refreshments.")
- **Resolution #11:** I will work day and night to put together the Leno/McCartney reunion concert that the world yearns for. (I just can't help shake the feeling that the concept is fundamentally flawed. Must talk to Jay and Paul's people about their interest levels.)
- **Resolution #12:** I will lose 35 lbs. on The Chicken Pot Pie and Low-Fat Fudgesicle Diet and inspire millions to do the same by appearing in a series of national ads using my old pants as a parasail while being pulled over the ocean by a powerboat.
- **Resolution #13:** I will only LOL when I find something LOL funny, which won't be nearly as often as a lot of LOL people who will LOL without any provocation whatsoever. (Example #1: Just bought two cans of diced tomatoes, lol." Example # 2: "Thought today was the 24th, not the 23rd, lol." Example # 3: One of these days I'll get to Wyoming, lol.) I hope that gratuitous LOL people everywhere will follow my lead and stop the insanity. LMAO (but not really).
- **Resolution #14:** I will finally learn my lesson and stop listening to TV weather people who give advice like "good day to hit that street fair downtown." Instead, if they predict 'no rain' for the day, I'll make it a point to load up on DVDs and wait for the torrential downpour.
- **Resolution #15:** I will use my extensive experience to work with governments, nonprofit agencies and international organizations to help developing countries build self-reliance and economic independence. I'll get right on this right after I find a job.

Happy New Year everyone. May you live fully, love deeply, share generously and laugh often. (That whole "dance like no one is watching" thing is totally up to you.)



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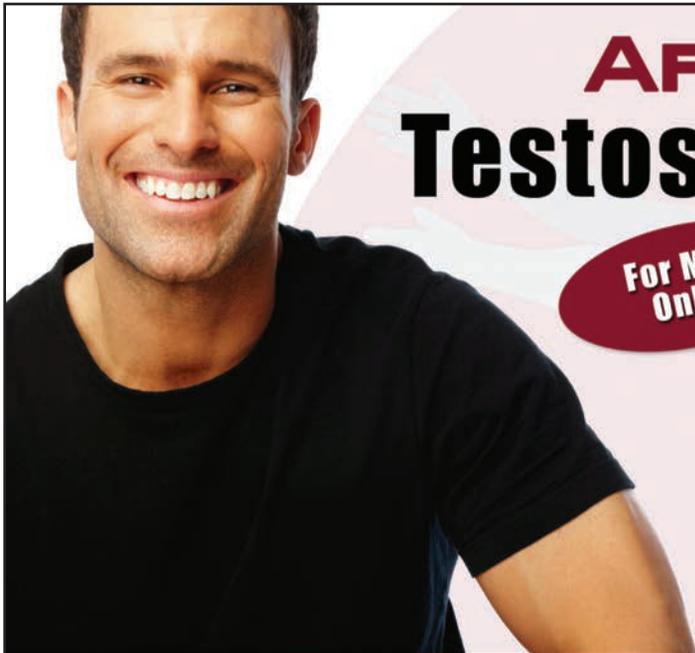
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The Garden Lady Says . . . Time to Play!

By Donna Torrey



With the holidays finally behind us, we're ready to take a peek outside and see what's been going on for the past month or so. Now that we have the crisp cool days, it's time to put out what I call "plant candy"; the perfect chance to indulge our senses and use those plants that only grow here during the cooler, winter season.

Brilliantly colored Geraniums look spectacular right now and are perfect for ocean front condos, as they are sturdy, salt tolerant and love the sun. Sweet white alyssum, amazing sapphire lobelia, adorable viola and the elegant fuchsia are just a few of the colorful choices right now. Paired with variegated, or silver trailing accent plants, we have a recipe for a delicious treat.

Find an old pot at least 10 inches in diameter and up to 14 inches, and using three different plants, make a lovely specimen pot for the front door, patio or balcony. Think; THRILLER, FILLER, SPILLER for the three types plants. The more contrast you have the more they will pop and form a good combination.

Don't think that because these annuals last only 6-7 months before they peter out that they are frivolous. Just

think about those poor souls up North who only have 3-4 months to enjoy them. The plants are inexpensive, so don't miss out; the color and whimsy they provide are well worth whatever time and energy you give them.

Plant up several special "pots of candy" and scatter them around the grounds. You don't have to plant beds. All that's needed are a few accents to really give the whole landscape a boost. Just remember to always use a good potting soil. These are formulated with special products to make it well draining, which is the key to container plants so don't skimp here. Black muck will only disappoint you and in the long run, cost more when the plants die for lack of oxygen.

If the post holiday doldrums have gotten to you, try nature's antidepressant: colorful, fresh, always cheerful, flowering annuals. It's a delight to the eye and like chocolate for the soul, only with zero calories and guiltless. ♦

Garden gate Nursery is located in the Pompano Citi Centre. Donna can be reached at 954-783-GATE, or at www.donnasgardengate.com



Beauty Spot of the Month

Photo By Debra Todd

Congratulations to Nick Poulous at 3410 Lighthouse Point Drive, winners of the Lighthouse Point Community's Beauty Spot of the Month Award for December, chosen by the LHP Beautification Committee.



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Kingdom of Cambodia Part 2

Story By Judy Sullivan Photos by Bill Sullivan

There is a striking contrast between the bustling Vietnam and the more tranquil Cambodia. It remains a land immune to the flow of time. It too, has two distinct seasons: rainy with high humidity, and the dry season when the temperatures can reach as high as 104 degrees.

Cambodia, about the size of the state of Missouri, has changed its name a number of times. Most recently, during the reign of the Khmer Rouge, they insisted on the name Kampuchea. It is now known officially as the Kingdom of Cambodia, a constitutional monarchy with an elected king, chosen by the Royal Throne Council as head of state and a Prime Minister. All life centers on the family, and the family includes anyone in the bloodline reaching even remote cousins, no matter how far removed.

Sometimes, the travel experience is enriched by the foods we find. There are exceptions, however. The majority of the population is country folk and they find nothing strange in eating insects, algae or fish bladders. They will brew up brains or BBQ a frog, or anything that will sustain a body. This is not strange given their legacy of periods of famine. One signature dish we did sample and enjoy was Amoc. This is fish with coconut, lemon grass and chilies baked in a banana leaf. Rice porridge is a national tradition and can be found for breakfast, lunch and dinner.

No meal is complete without rice. Baguettes and donuts were introduced by the French and are still sold in baskets on the street sometimes even in artistic and imaginative shapes. We even found some shaped like crocodiles. It is never a challenge to find a beer. Like its counterpart, Tiger Beer in Viet Nam, Angkor Beer, the national beer of Cambodia, was tasty, plentiful and could be

purchased on draught for under a dollar. The dollar is welcome here, too. In fact, this is the only country in the world we have visited where the ATM machines will, if prompted, deliver US dollars.

The typical greeting in Cambodia is the pressing of the hands together (as in prayer), and a slight bow. The higher the hands and the deeper the bow, the more respect is conveyed. We received this greeting at every encounter at the hotel, from the bus drivers and even some merchants in the street. Their social customs and taboos are similar to the Vietnamese, such as removing shoes and hats and covering the

shoulders at religious sites, never showing the bottom of the feet, and never leaving the chopsticks in a bowl upright. Reminiscent of incense sticks at the temples, it is a symbol of death. They too, are a predominately Buddhist country and it is estimated there are over 60,000 monks there. Frequently, becoming a monk is the best, if not the only way, to receive an education. The duration of service ranges from a few years to a lifetime. We saw some on the streets dressed in the traditional saffron robes who appeared to be as young as five.

Cambodia does have a pollution problem. Like their Vietnamese neighbors, the majority of the country suffers the ill effects of virtually non-existent sanitary facilities, even in urban areas. The river is used for the disposal of waste, garbage and sewage, a situation that is extremely hazardous to health. Traveling on the river, boats can be seen with an "outhouse" on the back. This is nothing more than a primitive wood structure for the purpose of modesty. The waste enters the river through a hole in the deck.

We began the cruise to Phnom Penh on the Tonle Sap River, a tributary of the Mekong, fed by the Tonle Sap Lake. During the wet season, the current in this river reverses its flow and fills the lake with its flood waters, protecting the Delta area from flooding.

Phnom Penh, the vibrant capital city, blends golden-roofed temples with French colonial buildings. It features wide boulevards and the Tonle Sap riverside walk where there is exercise equipment

seemingly used constantly. It is the perfect introduction to the culture of the country, and we began with a cyclo tour of the city. These cyclos were more in the





tradition of the rickshaw, hence more comfortable. We hurtled through the city, dodging bus and motorbike traffic. Seeing the sights from the street level gives one the opportunity to see everything, from the side streets with barbers cutting hair on the sidewalk, to Lexus dealerships and elegant embassies and government buildings. We circled the huge Independence Monument celebrating Cambodia's independence from France in 1953 in a traffic island south of the Palace Quarter.

Our first visit was the magnificent Imperial Palace, inspired by the architecture of the ancient Khmer but built by the French in the 19th century. The area around the palace is known as the Palace Quarter with a large square used in the evenings as a gathering place for all ages. We enjoyed watching the children chasing the flocks of pigeons. I guess children are children everywhere!



Located behind a protective wall the Palace is a huge complex divided into three compounds: the Silver pagoda, the Khemarin Palace and the central throne hall, still used for royal ceremonies. It is all surrounded by beautifully-maintained gardens and courtyards. The Silver pagoda is named for its floor paved with over 5000 silver tiles, each weighing a kilogram.

It supposedly

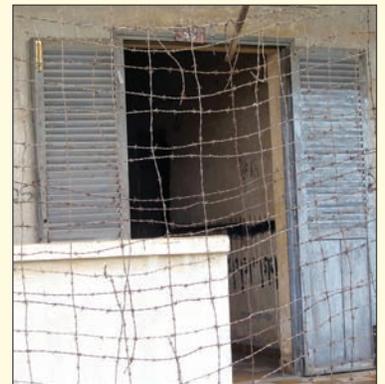
survived the Khmer Rouge in order for them to demonstrate to the outside world its concern for the conservation of Cambodia's cultural riches. Inside, is a huge standing Buddha adorned with diamonds and a seated emerald Buddha. There is an equestrian statue of King Norodom outside. The Throne Hall has a 193-foot spire with 4 sculpted faces similar to those at Bayon at Angkor. Strikingly, there is also a French Pavilion given by Napoleon III as a gift to King Norodom, which bears no resemblance to the architecture of the surrounding buildings.



The Khmer Rouge reached Phnom Penh in 1975, led by Pol Pot, calling himself Brother No.1. Few anticipated the hell that followed. Pol Pot immediately evacuated all the cities and sent the entire population on forced marches to rural work projects. Proclaiming this the year zero, they attempted to rebuild the country's agriculture on the model of the 11th century. This began unfathomable nightmares of cruelty and suffering and ruthless destruction of cultural heritage. Anyone suspected of being from the educated middle class was systematically tortured and murdered. They discarded western medicine, and destroyed temples, libraries and schools. At least two million

Cambodians out of a population of 8 million, I quarter of the total population, died from executions, overwork, starvation and disease giving rise to the term Killing Fields.

The afternoon tour of the Tuol Sleng Genocide Museum was chilling. It is estimated that over 14,000 people were detained, tortured and killed here. It is surrounded by two rows of corrugated iron fence covered with dense barbed wire. It is located in the former primary and high school taken over by Pol Pot's security forces and turned into a prison designed for detention, interrogation and inhumane torture. As soon as "confessions" from detainees were received, they were killed. There are photographs of the prisoners, some as young as five, with paintings and eyewitness accounts of the murderous insanity here. The upper-floor corridors are wrapped in a fishnet of barbed wire



Continues on page 40

Moonlight at The Shoppes at Beacon Light Event



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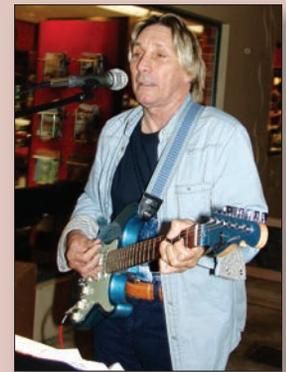
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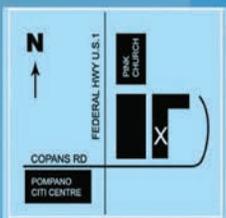


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The 2012 LHP Chamber Is Full Speed Ahead!

By Andrea Freygang

With the holidays over (and two great socials at Hecker Dermatology and Lighthouse Point Library), this is the favorite time of year for the Lighthouse Point Chamber of Commerce—time for the 8th Annual Taste of Lighthouse Point. Filled to the brim with delicious restaurants and amazing auction items, the Lighthouse Point Yacht & Racquet Club is once again the host for this signature annual community fundraiser that happens every January (Jan 17, 2012 this year!).

“With 28 fabulous local restaurants already signed up, we are sure this is going to be an amazing event this year,” said co-chair Cynthia Tenberg.

Restaurants this year include: Bobby Rubino's, Bonefish Mac's, Café Maxx, Cap's Place Island Restaurant, Coldstone Creamery, Cucina Orecchio, Daily Grind Coffee House, Duffy's Sports Bar, Edible Arrangements, El Jefe Luchador, Fifth Avenue Grill, Frank & Dino's, Heart Rock Sushi, Hot Tomatoe, JC Wahoo's, JMarks, LHP Yacht & Racquet Club, Lito's Turf & Surf, MarCha's Breakfast Shack, Morton's Steakhouse, Nauti Dawg Marina Café, Oceans 234, Olympia Flame Diner, Packy's Sports Grill, Publix, Red Fox Diner, Sicilian Oven and Totti's Mediterranean Kitchen.

“This event raises money that goes directly back into the community—to charities, schools, parks, library, recreation programs, business development and more,” added Tenberg. “We are so glad for the support and attendance at this annual event.”

Tickets are \$55/advance and \$60/at the door for the January 17 event from 6-9 p.m. Purchase your tickets at Michele Greene's

State Farm office in Lighthouse Point by calling 954-781-0400. Learn more at <http://lhpchamber.com>.

January 5: How to be organized for filing your business income tax, Liberty Tax.

Description: A little guidance goes a long way. Learn how to organize your paperwork and receipts in order to maximize deductions to achieve the optimal tax return and get a good financial snapshot of your business. RSVP to susangerich@libertytax.com. 6-7:30 p.m., Lighthouse Point Library, 2200 NE 38 Street, LHP.



The Hecker Team, Nicole Kavanagh, Justin Diener, Melanie S. Hecker, M.D., Melissa Buckley, Reta Roberts.

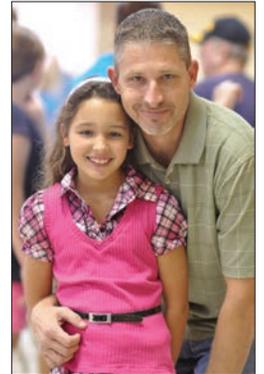


Trinity's Feeding Ministry

Photos by Lori Selman

Trinity Christian School, Trinity Learning Center and Trinity Church came together on November 19, 2011 to provide a hot meal to the patrons of Trinity's Feeding Ministry and reach out to others in the community that were in need. Event organizers Dr. Jill Selbach, Ralph Crawford and Jacki Bornaman together with a team of over 60 volunteers prepared the meal and served it to the community. "It's a great day to see so many people who love God serving those that God loves," stated Debbie Galup, Trinity Christian School Administrator.

Trinity's Feeding Ministry operates a food pantry every second and fourth Saturday of the month. Anyone in need is welcome to come by to receive food and other necessities.





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- Soup & Salad
- Spinach Salad
- Ahi Tuna Sliders
- Buffalo Chicken Sliders
- Footlong Hot Dog
- Five Cheese Pasta
- Fresh Scottish Salmon
- Chicken Madeira
- Orange Chicken
- Havarti Cajun Burger
- Half a Roasted Chicken



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- Calamari
- Jamaican Grilled Wings
- J.Mark's Tender Salad
- "Deluxe" Hickory Ribs
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- Shrimp Scampi
- Blackened Chicken Pasta
- Chicken Fierro
- Classic Burger
- Hawaiian Rib-Eye
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Kingdom of Cambodia Part 2

Continued from page 31



in order to keep the prisoners from committing suicide by throwing themselves over the rail. 14 bodies were recovered following the liberation. These were the last of the prisoners to be tortured and killed by S-21 forces before they fled. They were unidentifiable, due to decomposition but are buried in the courtyard.

No less a grim experience, was the visit to Choeng Ek, the Killing Fields. This site is about nine miles south of the prison and the

location where the majority of the prisoners held at S-21 were executed and buried in mass graves. It is a stark reminder of the hideous cruelty of those times. Most were bludgeoned to death, or stripped naked and thrown into the crocodile pits to save precious bullets. The mass graves are said to contain remains of over 17,000 people. It is now a peaceful place with

a glass-paneled memorial stupa, filled with approximately 8,000 skulls. In front of it are the craters of the excavated graves and a small museum. There are 43 of the known 129 graves unexcavated, but heavy rains will frequently bring teeth, bones and cloth fragments to the surface.

Three years, 8 months and 21 days after his entrance into Phnom Penh, the regime's belligerence toward Viet Nam prompted an invasion by them, causing the Khmer Rouge to flee. Pol Pot escaped into the jungle, where he lived until 1998. His death was reported numerous times, and the population refused to believe his death, until his body was seen in the newspaper or on TV.

On a lighter note, the National Museum is home to some of the most beautiful of Khmer sculpture and artifacts along with bronzes and pottery from the 4th to the 8th century. It is built of terra cotta with four courtyards facing a central garden located near the Royal Palace. They claim that bats living in the roof come out at sunset, although we saw none. With an afternoon at leisure, we joined a group of fellow travelers at a local Irish pub, appropriately named Paddy Rice (He was a famous Irish



boxer). Being from Scotland, they were interested in the current World Cup Rugby match being shown on TV there.



Cruising the river the next morning brought us views of village life. Floating markets, fishing boats, tombs and temples overlooking the river passed by until we reached the Khmer river community of Chong Koh. The island village is famous for its weaving, and the boat was met by children all anxious to wave hellos and practice their English. There were children getting their morning baths in the river and the cows tethered to the surrounding trees. Stepping off the boat brought hundreds of barefoot brown children all ready to sell you the weaving of their mothers and sisters. We had a walk through the village, but those who had "attached" themselves to us never left our sides! At the end of the tour, we purchased hand-woven scarves and tablecloths of Cambodian cotton (no silk is woven here) at very reasonable prices, and chatted with the children who had the most remarkable grasp of English! Our special friends were Vera, Lida and Lei, all who assured us they themselves had woven the scarves we purchased!

Kampong Cham is the heart of the Cambodian rubber industry. Rubber plantations stretch all across the province. Many are no longer commercially used, but are tapped by locals for their uses. We stopped at a



mistook it for daylight and ceased their work. Since the women won, it became tradition that the woman no longer had to ask for the man's hand in marriage, the previous tradition. There are gardens with sculptures showing the life of Buddha, a huge reclining golden Buddha and a beautiful "library" (this term is often used for those buildings for which no known actual use can be determined). The gardens are also frequented by roving bands of monkeys.



On our return to the ship, we stopped at Amica Village. Lifted right out of a picture book, we found water buffalo returning home, workers gathering and



large one, Chup Rubber Plantation, where we saw the trees and their cups. Kampong Cham is also known as the "waiting port," a gateway to eastern and northern provinces. A hub for both the road and the river, enhanced by the opening of the bridge, it is the first and largest to span the Mekong in Cambodia

We visited the hilltop temple of Wat Hanchey. This visit required a long, steep climb to the top of the hill, where again met by the



children who all wanted to "hold our hand." At the top of the hill, we were afforded a stunning view of the river below. The temple itself was built in the 8th century, but there is a large modern wat (places of worship, like churches) and is surrounded by small religious sites scattered along the hillside. There was a carnival atmosphere here, as it was still the celebration of P'chum Ben, a sort of All Souls day. During this 15-day festival, respects are paid to the dead through offerings at the wats. Gifts of food are brought to the tombs to honor the dead, as well as gifts of rice and paper money to the monks. We witnessed the parade of the monks who followed masked and costumed priests and received offerings of rice from those along the route.

planting rice, small children playing in the dirt and homes built on stilts with hammocks and animals beneath. Our guide enlisted the services of a small and very curious young boy to show us the way that the traditional scarves are used as a modesty drape for both men and women while relieving themselves without the benefit of indoor and private plumbing. For his services he received a small token of money which he proudly ran to show to his mother! The Pandaw line has adopted this village and the children are beautifully behaved; shy and staring with their big brown eyes. We had stopped outside of town at a small store to purchase candy and treats for the children and they were eagerly awaiting their chance to sing their song for the visitors (and get their rewards). They wanted to hear our song as well so we lapsed into a chorus of "If You're happy and you know it, clap your hands"!

This marked the end of the cruise portion of the trip so after breakfast, we boarded a bus for the three hour trip through the Cambodian countryside to Siem Reap and the Angkor portion of the trip.

Next month see Part 3 on Cambodia and return to Vietnam.



The Twin Holy Mountains of Phnom Pros and Phnom Srei are still used in many traditional Khmer festivals. They are often referred to as Man Hill and Woman Hill. Legend has it that two teams, one male and the other female, worked in a competition at night to construct a stupa (burial tomb) on the hilltop before daybreak. The women built a fire; the men



A Norcrest Elementary Learning Experience

By Eunice Hamblen

The kindergarten children in Mrs. Deleuze's class are growing hydroponic vegetables outside their classroom this year. The garden is of simple construction; a wood frame with plastic liner and a floating platform of Styrofoam with 2 inch holes for the porous plant cups. The "tank" has 6 inches of fertilized water from which the plants absorb what they need to flourish. (If you want to make one for yourself the instructions can be found: <http://edis.ifas.ufl.edu/hs184>). The Friday before Thanksgiving, twenty heads of various types of lettuce were harvested and sent home with the students.

The lettuce starts were placed in the cups by the students on October 21st. It was harvested four weeks later which is faster than growing lettuce in dirt. They also placed basil in the cups and harvested two quart bags of basil on the same day.

At first the students, ages five and six, thought they could grow anything in the floating garden. Suggestions for plants ranged from lemons to carrots to spaghetti! To appease the overwhelming request for carrots and tomatoes (which require dirt and/structural support), a hybrid system or "Earthtainer" was built. This still involves a stationary water source in the container bottom, but it also has dirt sitting on a porous platform over the water. The dirt contains the minerals and fertilizers and it acts as a wick absorbing the water from the bottom as needed. Unlike the floating garden, the Earthtainer requires refilling weekly. This was in place by the first of November. ("Earthtainer" instructions: <http://earthtainer.tomatofest.com/pdfs/EarthTainer-Construction-Guide.pdf>)

The students have been measuring the growth of all the plants and learning parts of plants as well as observing the veins, flowers and roots through their magnifying glass. Measuring became somewhat problematic when the plants grew over 12 inches as they had only been learning the first ten numbers. Since all the rulers have both English and metric numbers, it was even more confusing to the students. Similar questions were raised when we measured the outside temperature with a thermometer, which they learned to pronounce, that had both Fahrenheit and Celsius. Why have two systems? I think most of us asked similar questions when we were that age.

Volunteers at Norcrest Elementary built the hydroponic garden as well as other traditional garden areas on the campus. Nuturf of Pompano Beach donated plants and mulch. More importantly volunteers have been assisting in the classroom learning experience. Resources continue to be cut from public education and

the classroom. Many of the children have special needs and/or do not speak English. They need the extra attention and encouragement it takes to overcome these obstacles to learning. Teachers cannot perform miracles on their own. Volunteers can and do make a difference. If you are interested simply fill out the application at: <http://www.getinvolvedineducation.com/volunteers/>

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Ryan, Alex, Anna and Jack.



Volunteer Jim Kall.





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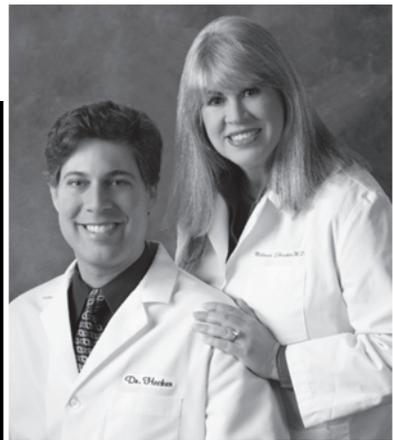
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XEOMIN: THE NEXT GENERATION OF BOTOX

By Melanie S. Hecker, MD, MBA

What is Xeomin?

First there was Botox, and then there was Dysport, now there is Xeomin. The Food and Drug Administration (FDA) recently approved this new form of botulinum toxin type A to treat severe frown lines or the '11' wrinkles between your eyebrows. Although the FDA had already approved Xeomin for other, non-cosmetic uses, it now has this indication as well. Xeomin has been used on more than 84,000 people worldwide in over 20 countries. Like other drugs in this category, Xeomin works by paralyzing wrinkles in the treated area. As a result, the targeted muscle cannot contract.

Xeomin vs. Botox vs. Dysport

Although these three therapies have a lot in common, they also have important differences. Unlike its predecessors, Xeomin does not need to be refrigerated. This is a distribution advantage over the other two therapies. Xeomin is a "naked" product, meaning there are no additives; it is just the botulinum type A. This may lessen the patient's likelihood of developing antibodies to the product. When your body does sense a foreign invader, it responds by creating antibodies and mounting an attack. This is not a desired effect and may be an advantage for Xeomin.

It takes about one week for the full effects of Xeomin to occur, similar to Botox. The results last from three to six months, like the other two forms of botulinum toxin type A. Like with any neurotoxin, Xeomin should be injected by an experienced Dermatologist or Plastic Surgeon who has years of experience with injectables and a strong understanding of facial anatomy.

We are currently using Xeomin in our practice with great results. To find out if you are a Xeomin candidate, please contact our office and schedule an appointment at: **954-783-2323** or visit us on-line at: **www.heckerderm.com**.

Hot Tomatoe Still A Gastronomical Delight

Article by Linda Kaufman Photos by Lori Selman

After more than fifteen years, Hot Tomatoe, the Italian Bistro in Deerfield Beach known for its freshly prepared and consistently good Italian food, has changed ownership. Elsa Addario, the dark-haired, engaging Italian woman has sold the business to Tony Bianco, an Italian businessman from Montreal.

Although Elsa is still involved with greeting and serving her loyal customers whose favorite dishes she is all too familiar with, and with whom she is on a first name basis, Tony has introduced some important changes.

Knowing fully well that Hot Tomatoe's longevity in the restaurant business is due to Elsa and her brother, Chef Vincenzo, Tony has kept them on, but has favorably tweaked the menu and wine list. The 50-seat dining area now has re-upholstered chairs in a deep, crimson red, with dim lighting, an open black ceiling, and golden Florentine walls, decorated with artworks of the local artists. You will hear pleasant background music of Dean Martin, Frank Sinatra and Chris Botti.

Having lived and traveled extensively from Europe to the Far East, Tony has cultivated a worldly knowledge and appreciation for fine food, aside from being a true Italian whose passion for food is inbred. As in many Italian families, he grew up with parents and grandparents who loved to cook and share their love through food and congregating as families around meals. His grandfather had his own farm in Italy and his parents used to make almost everything from scratch, including their tomato sauce and roasted peppers. In fact, his parents still jar their own tomatoes in Montreal.

With his collaboration with Chef Vincenzo, certain dishes that were offered only as specials have now become permanent menu items, such as the beautifully prepared wild salmon that is grilled and topped with roasted garlic and sundried tomato cream sauce. It's always a treat to find wild salmon on a menu, especially for those who shy away from farm-raised salmon.

Fortunately, the Osso Bucco (\$33), the soft, fall-off-the-bone braised veal shank that melted in my mouth, was also added to the menu, permanently.

The Italian Antipasto (\$18) we started with was enormous and absolutely divine. Served on a large, white platter, it included homemade mozzarella



Osso Bucco



Tony Bianco and Elsa Addario.

Photo by Debra Todd

cheese that makes it almost impossible to return to store-bought mozzarellas, marinated eggplant that I could devour a whole platter of, as

well as the freshly marinated mushrooms, homemade roasted red peppers, prosciutto di Parma, salami, capicollo, and artichokes.

The Prince Edward Island mussels, another appetizer that we tried, was in a delicious, light red sauce and was large enough for a party of two or more to share.

Although I am not a huge fan of cream sauce, the Penne Enzo (\$17) that is penne pasta tossed with large, succulent shrimps, onions, and

peas in a light cream sauce, was surprisingly good.

Now that I had ventured out of my usual longing for the Linguine with White Clam Sauce (which is fabulous here), I have opened up my horizons having discovered new dishes to order at Hot Tomatoe! You cannot possibly go wrong with my own daughter's standard favorite, the Veal Parmigiana (\$19), the tender veal that is layered with mozzarella, parmesan cheese and tomato sauce, and



Italian Antipasto



Mussels

sprinkled with fresh basil. All pasta, chicken and veal entrees include a house salad and homemade bread. A side of pasta accompanies the meat entrees.



Rack of Lamb

Another Italian specialty that Tony added, the Rack of Lamb (\$38), brushed with Dijon mustard and coated with garlic, rosemary, pepper and homemade breadcrumbs, was perfectly cooked and very flavorful. All specialty entrees come with a choice of broccoli, broccoli rabe, escarole, spinach or small roasted potatoes. And I can assure you that the vegetables are superb here! I've been coming here for almost fifteen years, and I do understand why this restaurant has stayed in business so long!

The bottle of Chianti Reserva (\$55) that we were served was deep and full-bodied, yet extremely smooth. There is an excellent Italian wine selection at Hot Tomatoe you can take advantage of on the first Tuesday of each month when they host a wine tasting with a fixed menu for a reasonable price. The sold out December event, was co-sponsored by Opici wines, and included homemade pappardelle pomodoro and rack of lamb, and featured several different selections of fine wine. They will also be including organic wines to their list soon.



Mediterranean Salad



Wild Salmon

No matter how much food I consume, one can't pass up their homemade desserts. This night, we were served the warm, pumpkin bread pudding I am still dreaming of. Moist and delicious without being too sweet, the bread pudding is one of my favorite desserts here. Using fresh, seasonal ingredients, Chef Vincenzo makes pumpkin bread pudding only in the fall and winter. As mentioned in my past article on Hot Tomatoe, the fresh homemade pasta that they make daily is worth the visit. For those who have never tried it, you will find it difficult to go back to dried, packaged pasta!

For those value-conscious diners, there is an early dinner menu of Homemade Pasta, Chicken Marsala and Parmigiana, to name a few for only \$13.95 that includes soup or salad, coffee, tea and dessert. Tony will also be creating a bar menu consisting of select appetizers for only \$6 each that will include popular items, such as fried calamari, meatballs, mussels, and personal pizza, as well as half-priced house wine from 5 to 7pm.



Homemade Bread Pudding



Penne Enzo



Eggplant Parmigiana



*Author,
Linda Kaufman*

HOT TOMATOE

Hot Tomatoe is open seven days a week for dinner. They do catering and host parties, as well. The address is 626 South Federal Highway, Deerfield Beach, FL 33441. For reservations, please call (954) 480-6464. To visit their website, go to www.bottomatoe.com. (THIS ARTICLE IS FOR PROMOTIONAL PURPOSE ONLY)

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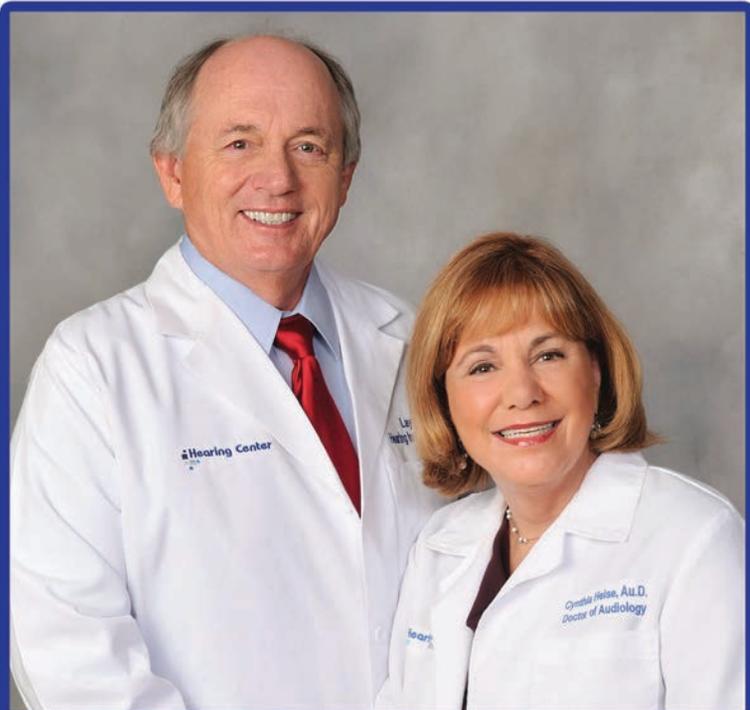
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FASHION BLOG

The Secret to Longevity

By Millie Walsh

Did I get your attention with that headline? Well of course this is a fashion column so I am talking about the longevity of your clothing. The key to keeping your wardrobe in top condition is taking care of it. Something like laundering that should be so simple can be your most dreaded task. With a few simple tips you will think twice about sending your items to the dry cleaner and take care of them yourself. There are a few items you will want to keep on hand: mesh laundry bags in small and large sizes, detergent that is fabricated for delicate materials, spot cleaner, deodorant sponge, and Dawn dish washing detergent.

Spot treatment away from home—The most important thing is to act fast! The sooner you take action the better your chance of removing the spot. Blot (do not rub) the area with a clean white paper towel. If the spot has set into the material, alternate blotting the area with cold water and then the paper towel. Do not soak the material, just lightly wet to help transfer the stain to the towel. Do not dry the item until the stain is fully removed as drying will set the stain.

Inside out—Washing your clothes inside out will help keep them looking new. This is very important when washing embellished items that will bang against the washer and dryer drum if not turned inside out. Washing inside out will also help keep darker colors from fading.

Laundry bags—Mesh laundry bags are a must when laundering delicate materials in the washing machine. Use a size appropriate for the item and wash in cold water. The mesh bag will keep your delicates from getting twisted or snagged.

Dry Clean Only—Even though the label says “Dry Clean Only” that may

not be the case. I have found over the years that many manufacturers use that label to take the liability of laundering out of their hands. Use common sense when it comes to laundering. Check the fabric label— if it is a washable fabric, chances are you will be able to hand or machine wash it on gentle with cold water.

Dawn®—It works as well on oil stains on your clothing as it does on your dishes. I picked this tip up from my mother-in-law—After a dinner party, put a drop of Dawn on any spots left on the tablecloth. Launder it the next day and whether the spot was gravy or butter, the spot will be gone.

To Hang or to Fold—Most of a women’s wardrobe hangs in her closet however there are certain items you should never hang. Sweaters— whether a top, dress or jacket should be folded. The delicate weave of a sweater will “grow” and become elongated if hung, and don’t forget hanger marks. Nothing is more frustrating than the bumps on your shoulders created by even the most padded hanger.

Steaming—I think everyone should own a steamer. Steamers are easy and convenient, take the wrinkles out in seconds and help freshen your clothing.

So take care of those clothes and if you have any questions on specific stains or fabrics, send me an email and I would be happy to help you out. ♦

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.



HEALTHWISE

Killer Heels

Are your shoes causing pain and permanent injury in your feet, knees and hips?

By Kelly Doyle, dfp Pilates Health Studios

Style trumps comfort when it comes to shoes. Women make some drastic choices in order to continue wearing high heels. From Botox shots in the toes, to plastic surgery shaving down bone, the look we get from heels is one some don’t want to live without. A new study puts shoes in an order from good to poor, and the top of the list for the poorest shoe is the high heel (three inches or higher).

High heeled shoes have been linked to many foot ailments like bunions, hammer toes, Achilles tendonitis, ingrown toenails, corns and calluses. Chronic knee pain and back pain can also be linked to high heeled shoes. Daily wear of heels can cause serious damage, such as shortening of the calf muscles, excess pressure on the balls of the feet, and in some cases the shape of the shoe can squeeze the toes together, slowly bending the foot inward.

Here are a few recommendations our clients are told to do outside the studio to compliment the specific leg and foot exercises that prevent or relieve pain, and strengthen and lengthen out the legs: (1) Be aware of the pointy toe shoes. Try a square or tapered toe. In some instances designers extend the toe of the shoe out further than the toes giving the look of a pointed shoe without the discomfort of the squeeze. (2) Try insoles that can distribute your

weight evenly over the entire foot taking most of the stress off the balls of the feet. (3) Buy shoes that fit, that are made of a natural material, such as leather and wait to purchase shoes towards the end of the day when your foot may be a little swollen.

To help prevent pain at the end of a long high heeled day or night here are a few stretches that will help: (1) For a Calf and Achilles tendon stretch, put the toes and ball of the foot up against a wall or step and slowly lean in until you feel a great stretch running up the back of the ankle and the calf. (2) For a Plantar stretch, sit with your legs stretched out in front of you, reach out and grab your toes. If you are unable to stretch that far, use a towel around the toes. Slowly start to pull the toes and ball of the foot toward you.

We ignore our feet until they force us to think about them due to pain. This is one part of the body you don’t want to take for granted as any pain can work its way up and maybe one day make walking an uncomfortable chore. ♦

For more information: Kelly Doyle, dfp Pilates Health Studio, 33000 E. Oakland Park Blvd., Ft. Lauderdale, 954-648-5831.



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Mrs. Karen Deleuze, Norcrest's Teacher of the Year

By Jack Vesey, former principal at Norcrest School



Some 17 years ago, August of 1995 in fact, a petite, blonde, fair skinned girl entered her first public school class in Coconut Creek, full of nervous energy and the unabashed curiosity that one finds in a child who sees the world as her oyster. For the next two years, while chasing frogs in the playground and trying to sneak them into class, learning how to read and work numbers, Mrs. Karen Deleuze, Norcrest's Teacher of the Year, guided my daughter.

Karen's way of doing business was not your typical classroom, it was not about the do's and don'ts, rather, it was about a love for books, writing and your personal best. Students that struggled in other environments, melted in her setting. Reading is developmental; yes a science, but not one that should be measured early on in a normative sense. She taught students a balanced approach to reading, one that incorporated phonics and whole language. Children were allowed the time to develop.

Her work was not just with her kid's; she made sure that parents understood they had a stake in this too.

Fast forward a few years later and I had the chance to bring her on my faculty as a reading specialist, impacting younger men and women on how to develop literacy classrooms that were cutting edge. You see if you want children to enjoy books and writing and math, their teachers must understand how kids learn to read, write and compute. For the next five years, Karen was an integral part of the magic we had come to know at Norcrest.

As we traverse this data-driven, test frenzied, politically dominated profession, there is much to learn from the likes of this passionate, learned, educator that may not show up in a standardized norm. Karen understands the work of literacy is first and foremost about relationships and that you must peel back the many complicated pieces of a mind, as they all impact the whole of the individual.

Mrs. Deleuze is the caliber of educator that makes a difference in children's lives. My daughter is so fortunate to have experienced her compassion and talents, as are the thousands of kids that have crossed through her doorway in the cities of Coconut Creek, Fort Lauderdale, Pompano Beach and Lighthouse Point. Way to go Karen!



LEGAL MATTERS

It's the Law! Move Over for Emergency Vehicles

By Catherine (Kate) Iaconis Favitta

Florida's *Move Over law* is nine years old, but there are still too many motorists who are unaware of the details of the law. Most drivers already know to yield the right of way to an emergency vehicle screaming by with flashing lights, but many don't know that drivers need to more than just yield. The law requires motorists to get their vehicles as close to the curb as possible when yielding, keep their vehicles facing forward when they stop, remain stopped until the emergency vehicle has completely passed, and not to stop in an intersection.

There's more. Risks of violating this law are too great to ignore—violators threaten lives. Here's what else you need to know to avoid getting a ticket for a moving violation, or worse, hitting a disabled vehicle, another motorist or a public safety officer in the line of duty.

Anytime a motorist approaches either an emergency vehicle that is parked with lights flashing (or another signal) or a wrecker performing a recovery on the roadside with a rotating or flashing light, the motorist must promptly change lanes, as long as there are multiple lanes traveling in the same direction allowing this and if the move can be done safely. The driver does *not* also have to reduce speed of travel below the posted speed limit when changing lanes.

When it comes to the law, there's usually an exception. There are two exceptions for this law:

- (1) If the driver approaching the emergency vehicle or wrecker is not able to move into another lane safely, or if there is only one lane traveling in the driver's direction, then the motorist is allowed to stay in the lane nearest the emergency vehicle or wrecker, *but is required to slow down to a speed that is 20 miles per hour less than the posted speed.* The driver is not allowed to stop in the roadway or block the flow of traffic when unable to change lanes. If the speed limit is already 20 mph, then the driver must slow down to 5 mph. It is only necessary to do one thing: move over or slow down below the posted speed. It is not a requirement to do both.
- (2) If a law enforcement officer on the scene directs otherwise, the driver must follow the officer's directions.

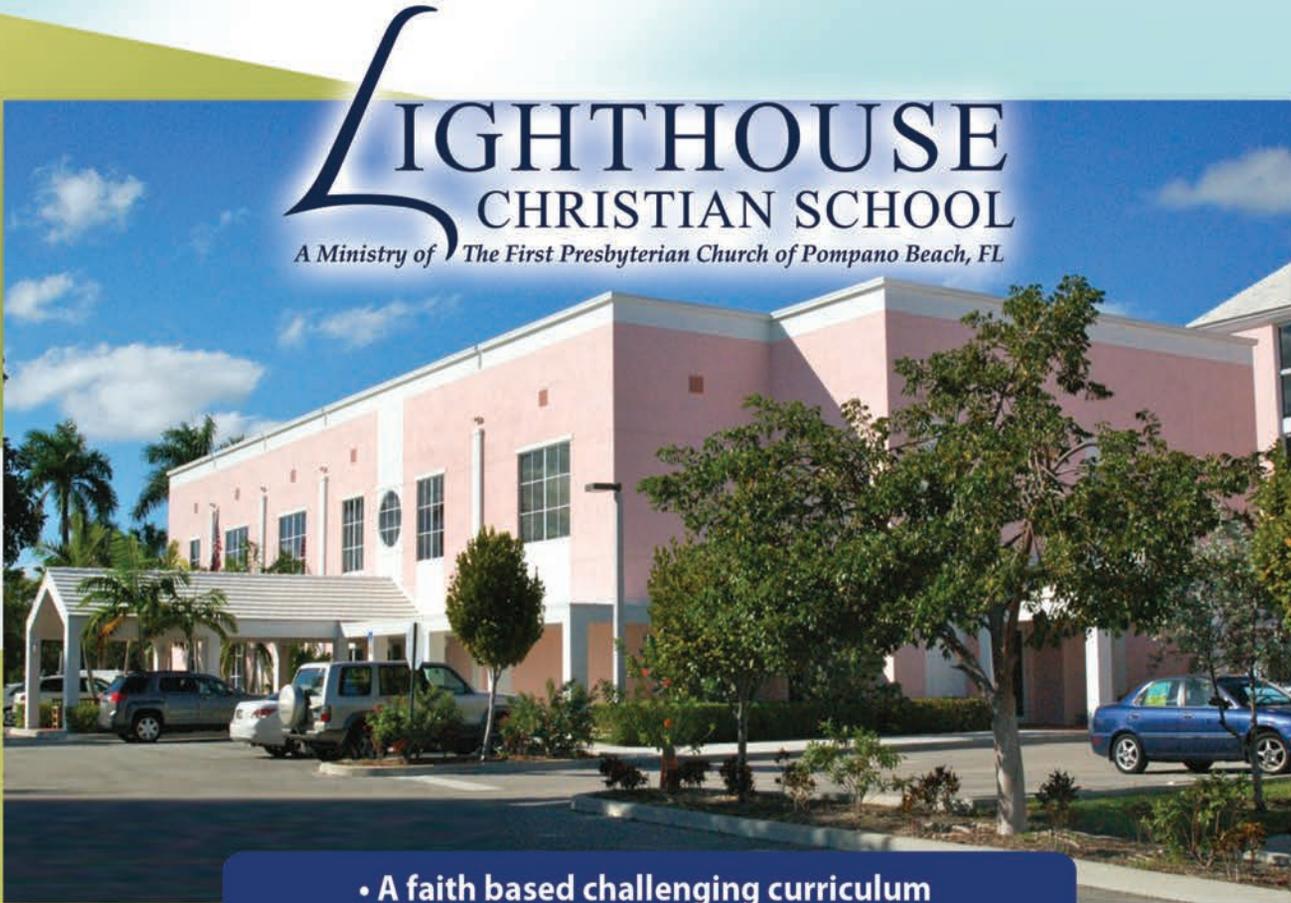
Florida law enforcement officers are serious about compliance with the *Move Over law* for everyone's safety. The best way to comply is to stay alert and pay attention behind the wheel. Avoid distractions like texting, eating, or applying makeup when driving. Most importantly—move over for emergency vehicles—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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CANTANKEROUSLY YOURS

Trials of a Curmudgeon

By Wendell Abern

Dear Criminal Justice Fans,

Like many of you, I have read many courtroom thrillers and watched just as many

on TV or in movies.

And, also like many of you (I suspect), I have frequently imagined myself as a relentless prosecuting attorney, nailing dangerous criminals, or as a crafty defense attorney, protecting the wrongly accused.

Today, I assume the role of a hard-nosed District Attorney in my newly-established CPO (Court of Personal Opinion), which features a pathetic defense attorney, my own hand-picked judge (nothing but bench trials today) and my rules, which are all loaded in my favor and vacillate depending on my whims. (Note: When I am the defense attorney, the DA becomes pathetic.)

On the docket today: smarmy low-lives who, until now, have perpetrated egregious crimes that have gone unpunished.

Bailiff: Case Number One. The CPO vs. Gary Payton.

Judge: Charge?

DA: Murder of the English language, your honor.

Judge: Proceed.

Bailiff: (TO PAYTON) Do you promise to tell the truth, the whole truth and nothing but the truth?

Payton: I do.

DA: Lotta good that'll do you.

Defense Atty: Objection, your honor!

Judge: Oh, shut up. Proceed, please.

DA: Mr. Payton, you were an All-State high school basketball player, a first-string All-American in college and a Hall of Fame player in the NBA, is that correct?

Payton: Yes.

DA: So you did you graduate high school?

Payton: Of course. Skyline High, Oakland, California.

DA: And where did you play your college basketball?

Payton: Oregon State.

DA: And did you graduate from college?

Payton: Yes.

DA: With a degree in — ?

Payton: Communications.

DA: Communications! Isn't that ironic?

Defense Atty: Objection, your honor. Editorializing!

Judge: Yeah, so what? Continue.

DA: Mr. Payton, isn't it true that during your career with the Seattle Super Sonics and other professional teams, you sometimes had problems with teammates?

Payton: No.

DA: Yet some players said that you —

Payton: They were lying!

DA: Lying! And for the court's purposes, would you repeat what you said in a nationally-televised interview, in answer to those charges?

Payton: No!

Judge: The witness is instructed to —

Payton: I AIN'T NEVER DID THOSE THINGS!

DA: The prosecution rests, your honor.

Judge: Fine. Let's not waste the court's time with a defense that would only be silly after that outburst. Defendant is remanded to third grade in the grammar school of his choice, where he will remain until he graduates. If he can. Next case.

Bailiff: The CPO vs. Lisa Jackson.

Judge: Charge.

DA: Hoodwinking and manipulating readers.

Judge: Proceed.

DA: Your honor, the prosecution requests a waiver of the swearing-in

ceremony on grounds the defendant will simply lie.

Defense Atty: Objection, your honor!

Judge: Oh, will you keep quiet!

DA: Ms. Jackson, you are a renowned, world-famous author, is that fair to say?

Lisa Jackson: Yes.

DA: And you have written more than 50 thrillers, is that right?

LJ: It's as accurate as I'd expect someone like you to be.

DA: Objection, your honor!

Judge: Sustained! The witness is now judged to be hostile, and will answer all questions "yes" or "no."

Defense Atty: Objection, your honor! My client —

Judge: Listen, pipsqueak, if you expect me to honor your objections, you'd better start wearing better-looking ties. Continue, please.

DA: Ms. Jackson, you wrote a thriller entitled, "Left to Die," is that correct?

LJ: Yes.

DA: Will you give the court a brief summary of "Left to Die," please?

LJ: It's about a serial killer roaming the snowy mountains around Grizzly Falls, Montana. He creates auto accidents for women driving alone; then takes them to a hidden cabin to allegedly help them with their wounds. There, after some simple first aid, he ties them up, tortures them and uh, er, has his way with them.

DA: And then?

LJ: When they're almost dead, he takes them out and throws them in a snowbank, leaving them to die. Hence, the brilliant title.

DA: Yes. Brilliant. And near the climax of this book, a widow is driving through —

LJ: Yes! Her name is Jillian Rivers. And he shoots out her tires! Then he drags her to his cabin and then he starts to help her —

DA: Ms. Jackson, please. Slow down.

LJ: Yes. Nothing excites me more than when I talk about my work. Anyway, two female detectives think they know where he is. They're driving as fast as they can. Meanwhile, the killer ties up the widow.

DA: Are the detectives close?

LJ: Very close! But they slide and get stuck in a snowbank!

DA: And then?

LJ: Now is when it gets really exciting! See, the widow is about to be tortured! The detectives get their car moving again!

DA: Yes. And then?

LJ: Well, they're getting closer. Meanwhile, Jillian is trying to stall the killer, writhing around, pleading with her eyes.

DA: And then?

LJ: SILENCE.

Judge: And then?

LJ: SILENCE.

Judge: Ms. Jackson, answer the question! What happens next?

LJ: I tell the readers if they want to find out what happens to buy my next book.

Judge: You do WHAT?

DA: The prosecution rests, your honor.

Defense Atty: Your honor, I —

Judge: You shut up! I'm holding you in contempt for representing this literary tease! Ms. Jackson, you are to be remanded to a cabin in Grizzly Falls, Montana, for five years without computer, pen, pencil or paper. Court is adjourned!

Now that's what I call justice. That's the beautiful thing about my newly-established court: everyone gets what I think they deserve.

Cantankerously Yours, Wendell Abern

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

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ASK DR. CORN

Pursuing Your Dream

By Dr. Andrea Corn

Dear Dr. Corn,

I've been contemplating making a major career change for years, as I'd like to attend culinary school. My husband is supportive as he's told me repeatedly: "I'd rather see you happy than unhappy". I know if I don't pursue my dream, I will regret this decision. Can you offer some advice as I am scared to leave my current sales position....

Dear Scared,

It is understandable being reluctant to leave a familiar position to begin an entirely new career. Just because you feel scared, doesn't mean you're on the wrong course. Feelings are not the same as facts; even when they are experienced as intense and powerful. However, if you have convinced yourself uncomfortable feelings represent a negative outcome, then you could forestall your potential based on this assumption. You need to stay focused on what you want to accomplish and not dwell on past or future fears. Well-meaning friends, colleagues, or family members can also make comments that exacerbate pessimistic thinking. Don't let another person's words, recollections or doomsday predictions

hold you back. It is impossible to plan for every potential scenario. Learning how to manage your own thoughts and feelings rather than letting unpleasant thoughts and worrisome feelings control your decisions will serve you best.

It sounds like you would benefit exploring your doubts with a trained mental health professional. Learning self-talk skills will also benefit your ability to be emotionally supportive. Being a little nervous is normal and may offer opportunities to think proactively. The key for you will be to find a balance between your hopes and fears and determination and apprehension.

Despite your reluctant to opt out of an unrewarding career, this could also be the perfect time to invest in yourself and your special talent. By following your passion and being true to yourself, in time you should be rewarded by reaping the personal and material rewards of your culinary creations. ♦

Dr. Andrea Corn is in private practice in Lighthouse Point, FL. 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.



SKIN CARE

MRSA INFECTION Is Here to Stay

By Melanie S. Hecker, MD, MBA

MRSA Infection Presents Challenges

When patients present with MRSA (Methicillin-resistant Staphylococcus aureus) soft tissue infections, physicians typically give two treatments—incision and drainage and oral antibiotics. This trend continues despite recommendations from the Centers for Disease Control (CDC) to only perform incision and drainage if the infection is considered to be uncomplicated. An uncomplicated infection is defined as an infection that does not have systemic signs of illness or rapid progression of the skin lesions due to immunosuppression or advanced age.

Dermatologists Tend to Double Treat

Although incision and drainage is the hallmark of treatment, so many patients are worried about the superbugs like MRSA that they

want an antibiotic on board as well as part of their treatment. There is also the concern that a patient may not follow up incision and drainage (they are lost to follow up) and they may still have a large, active infection that needs continued observation and treatment.

You may wonder, why not just give the antibiotic 'to be sure' or 'just in case.' However, the bugs have become superbugs because of over-utilization of oral antibiotics, thus making the antibiotic now resistant to the bug and no longer an effective treatment. And if a patient is prone to MRSA infections, prior use of antibiotics may lead to less effectiveness of the antibiotic in future infections. ♦

To find out more about MRSA infection, please contact us at Hecker Dermatology Group, P.A. New patients are welcome and most insurances accepted.

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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.

Goat Cheese Apple Triangles

A delicious and elegant appetizer!

Ingredients:

- 1 Tbsp olive oil
- 1 Shallot, minced
- 1 Granny smith apple, peeled and diced
- 1/2 Tbsp fresh rosemary, chopped
- Salt and pepper
- 12oz Goat Cheese
- 39 Phyllo sheets
- 1/2 Cup melted butter

Preparation:

In saucepan, heat oil over medium heat. Add shallots. Cook 2 minutes until translucent. Add apples and rosemary. Cook until apples begin to soften. Season with salt and pepper and set aside to cool. When apple mixture slows to a warm mixture, fold in the goat cheese. Chill the mixture in the fridge.

Preheat oven to 375. On wax paper, spread one sheet of phyllo and brush with melted butter. Add another layer of phyllo. Brush with butter. Add another layer. Cut the dough lengthwise into three equal strips. Place 1 Tbsp of goat cheese mixture at the end of one strip. Fold over to form a triangle, and continue folding in a triangle shape until the end. Do this until all mixture is gone. Place triangles on buttered baking sheets and bake 20 minutes until golden brown.

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



Stuffed Peppers

Serves 6 (or plenty for leftovers!).

Ingredients:

- 3 Large green peppers
- 1 Lb lean ground turkey
- 1/2 Onion, diced
- 1 Bag low-fat shredded cheddar cheese
- 2 Medium cans tomato sauce
- 2 Cups whole grain rice
- Crushed red pepper flakes
- Garlic salt

Preparation:

Preheat oven to 375°. Wash, clean, and halve green peppers vertically. Lay flat in 9x13" pan and set aside. Cook rice. Brown meat and onions in skillet.

Combine tomato sauce, red pepper flakes, garlic salt, rice, and meat. Let simmer for 15 minutes. (Optional—add a splash of red wine).

Fill green peppers with cheese and then meat mixture. Cover with foil and bake at 375° until peppers are soft (approx. 1 hour).

Mom's Best French Onion Soup

This recipe is my mom's, and is one of the best recipes for French onion soup I've ever had. It's not too beefy and not too salty.

Serves 6 (or leftovers)

Ingredients:

- 6 Large onions
- 1 Stick butter (I use margarine)
- 1/2 Bunch parsley
- 1/2 Tsp garlic powder
- 1 Tsp season salt
- 1 Tsp sugar
- 1 Cup dry red wine (or slightly more, to taste)
- 3 Cans undiluted chicken broth
- 3 Cans undiluted beef broth
- 1 Block muenster cheese
- Parmesan Cheese
- 1 French bread loaf

Preparation:

Saute onions with butter and parsley until tender. Add broths and seasonings. Bring to a boil. Lower to a simmer and add in wine.

Put in oven-safe bowls along with a thick slice of french bread, sliced muenster cheese, and a sprinkling of parmesan cheese. Broil in the oven until brown and bubbly on top.

Sweet and Chunky Applesauce

This is a sweet recipe, and is delicious served hot or cold. It is a versatile dish and would pair well with pork, steak, on its own, served warm with brie, or even hot on top of vanilla ice cream! It was easy to prepare, and quite a tasty dish on a cool night. Serves 4

Ingredients:

- 4 Large Honeycrisp, Gala or Golden Delicious apples, peeled, cored and chopped
- 2 Tbsp lemon juice
- 4 Tbsp butter or margarine
- 1/2 Cup packed brown sugar
- 1 Tsp vanilla extract
- 1 Tbsp Cinnamon
- 1 Tsp Apple Pie Spice

Preparation:

Melt margarine in a pan over low-med heat. Add chopped apples. Add remaining ingredients. Continue to stir on low-med heat until apples are soft, about 10-15 minutes.

For a chunky version, use a potato masher and mash up the apples. For a smoother consistency, place in a food processor and blend until smooth.

Serve warm or cold. To make applesauce without the spices, leave out the vanilla and apple pie spice, and use half the amount of brown sugar and cinnamon.

WE ALWAYS WELCOME YOUR FAVORITE RECIPES PLEASE SHARE THEM WITH YOUR NEIGHBORS!!



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To retire comfortably, you need to save and invest regularly. But once you retire, you may need to think less about accumulating wealth and more about distributing it.

To distribute your wealth effectively, you'll need to make the right moves. For example, you'll need to create a will. And you'll need the right beneficiary designations on your insurance policies, your 401(k) and your IRA.

To accomplish more complex goals, such as leaving money to a charity while still receiving an income stream for life, you may need to create other legal arrangements, such as a charitable remainder trust. Of course, you'll need to consult with your tax and legal advisors before establishing any type of trust arrangement.

Don't wait until you're retired before planning your wealth-transfer techniques. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.



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Five-time Pro-Bowl Miami Dolphins' linebacker, John Offerdahl, hosted the second annual Gridiron Grill-OFF Food, Wine & Tailgate on November 18th to a sold-out crowd of fired-up fans! 20 Miami Dolphins' legends teamed up with Broward County's best chefs while 1,500 fans gathered to EAT, DRINK, VOTE by text on their favorite Grill-OFF recipes paired with Kendall Jackson wines, SEEK Autographs, & COMPETE in the Gridiron Toss-OFF—a bean-bag competition that paired athletes with fans! After all votes were tallied, the Grill-OFF winner was announced. #25 Louis Oliver and Chef David Hackett from Hollywood Prime at the Westin Diplomat Resort & Spa, defended the Grill-OFF title by winning again this year with grilled duck confit on potato skins. For a list of all chefs, players, and competing recipes with videos and photos, visit www.gridirongriller.com.



Oliver's "Throw-A-Duck" Confit!

READY...Line up your ingredients

Potato Skins

- 1 large baked Idaho potato
- 2 cups duck fat (available at a specialty store)
- Salt and Pepper to taste
- 2 cups mushrooms (sliced shitake, button, crimini, oyster)
- Lemon olive oil
- Micro greens or chives

Sauce

- 1 pt. blackberries
- 1 tsp shallots
- 1/2 cup heavy whipping cream
- 1 pt. dried figs
- 2 cups Pinot Noir

Meat

- 2 Ducks Confit (available at a specialty store)

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

Potato Skins: Rub potato with olive oil & kosher salt, bake and cool one day prior. Slice the potato into 1/4" slices and fry in duck fat until golden brown, season with salt and pepper. Roast the mushrooms in oil in the oven until tender.

Sauce: Combine the blackberries, figs, shallots, and pinot noir in a saucepan. Bring to a boil, puree and strain.

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

Pre-heat the grill to 400 (Medium High), reduce heat and slow grill duck confit legs and thighs. Cool, julienne and set aside. Sauté the grilled julienned duck confit and the roasted wild mushrooms together in butter. Add the heavy whipping cream, 1/4 cup of the blackberry fig glaze and mix until rich & creamy. Place 2 of the duck fat fried potatoes on desired plate, top with duck and mushroom mixture, drizzle the additional blackberry fig glaze around the plate along with lemon olive oil. Garnish with micro greens or chives.

JOHN SAYS..."Don't throw a fit trying to grill this winning recipe, just go to Hollywood Prime at the Westin Diplomat Resort & Spa and "Throw-A-Duck" Confit!"



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Sheriff Al Lamberti Reports

From the Roadways to Shopping Centers BSO is Keeping You Safe

By Sheriff Al Lamberti

If you are planning to attend get-togethers with friends and family where alcohol is served, do not drink and drive! You can injure yourself or others by recklessly getting behind the wheel after a few too many alcoholic beverages.

At the Broward Sheriff's Office we recognize the need for proactive enforcement of Florida's DUI laws to combat this potentially devastating crime. Our deputies will be out in force to ensure the safety of the motoring public all year round.

Sobriety checkpoints are a great deterrent used by law enforcement to protect our roadways from people driving under the influence. Center for Disease Control studies show that checkpoints reduce alcohol-related crashes and fatalities by 20 percent. The average stop time at a checkpoint is about the length of a cycle at a traffic light. Highly publicized sobriety checkpoints are a reminder to the public not to drink and drive and it removes potentially dangerous people from the roadway, so if you are stopped at a sobriety checkpoint, know that we are doing it for your safety and the safety of the motoring public.

These are some additional facts about impaired driving:

- Broward County ranks second in alcohol-related accidents in the State of Florida.
- On average in the United States a person is killed by a drunk driver every 50 minutes.
- Each year, the Broward Sheriff's Office arrests about 1,500 motorists for driving under the influence.

It's not just on the roadways where you will find the men and women of the Broward Sheriff's Office keeping you safe. Too often, opportunistic criminals prey on shoppers, so our deputies are adding patrols in shopping centers and areas to deter criminal activity. You can do your part to stay safe by following these simple tips:

- While you are out shopping, stay alert.
- Park your car in a well-lit area.
- Secure valuables inside your trunk or take them with you.
- When you return to your vehicle, have your keys in hand so that you can quickly unlock the door and get inside.
- Never carry large amounts of money and if you go to an ATM for cash, do so during daytime hours and only in a safe location.

On behalf of the men and women of the Broward Sheriff's Office, I wish you a healthy and happy New Year. Stay safe in 2012! ♦



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IDENTITY THEFT

Avoiding Fraud & Identity Theft in 2012: Some will win and some will lose.

By Denise Richardson

If you grew up in the '80s, the mere mention of the song *Don't Stop Believin'* by Journey probably brings back a flood of memories. No matter when you grew up, chances are you recognize *Don't Stop Believin'*, thanks in part to its popularity in karaoke bars and exposure in films like *The Wedding Singer* and TV shows including *Glee*, *South Park*, *Scrubs*, and the final scene of HBO's *The Sopranos*. The song is also the closing number for the smash-hit Broadway production, *Rock of Ages*, currently being made into a major motion picture.

Many people believe the underlying meaning of this legendary anthem is about life itself—the good and the bad—and how to maneuver life's many unforeseen risks. Still others believe its message about life's vulnerabilities and living through them all with eyes and minds wide open—and without regrets.

As someone who's been a longtime fan of the song, I might add an interpretation of my own. Imagine you're about to be starring in your own movie—Sounds exciting right? Until you realize you're starring in a horror flick but somebody else is playing you. And just like the song says, it never ends; it just goes on and on and on and on.

That's how it feels when you learn your Social Security number, bank account, medical info or tax refund has been hijacked by a crook who then makes money selling that data over and over and over.

Imagine learning one day that you owe money to the government of a state you never lived in, for benefits that you never received. Sound far-fetched? Well, it was a reality for Juana Ruiz's victim. It was only after receiving calls from the Social Security Administration that this resident of Puerto Rico learned that someone had stolen her identity. Juana Ruiz was able to obtain unemployment benefits using the victim's Social Security card, driver's license and voter registration card.

Could you fathom waking up one morning to find that you owe thousands in medical bills to hospitals for treatment that you didn't receive? No? Then you could talk to Christopher Rabbia's victim. Using a stolen identity, Rabbia received medical treatment from numerous hospitals in the Massachusetts area, to the tune of thousands of dollars.

The new breed of identity theft scams focus on stealing social profiles, SSNs, medical insurance, tax refunds, driver's license and financial information. And the number of victims is increasing each year. Identity theft has become the crime with multiple faces, because it attracts a wide variety of criminals, from gang members to disgruntled employees.

Gang members turning to identity theft seems so unusual, it could be an episode of *CSI*. However, it was all too real when North Miami Beach police raided Ralph Celestin's

place. Celestin led the "Money Avenue" gang. Instead of drugs and guns, these gang members were targeting wealthy consumers and stealing their IDs and using the stolen information to file fake tax returns, and having the refunds applied via money cards. Police found notebooks filled with names of potential victims.

Don't think for a second that identity thieves look or act a certain way. Could you see the receptionist at your doctor's office, waiter taking your debit card, or maybe your friendly teller selling your personal information? Well, it's happening every day. Think it couldn't happen to you? Then you should talk to Rene Rebollo or Wahid Siddiqi—two former employees of Countrywide Financial Corp, who were arrested for stealing and selling the personal information of around two million mortgage applicants.

Then there's Stacy and David Lyles. They had to tell their three children their summer trip to Disney World had to be canceled after an identity thief stole Stacy's personal information and filed a false tax return and went on a shopping spree with the refund. The thief spent over \$6000 at Best Buy on electronics and then rented a U-Haul in Stacy's name, which was later abandoned. U-Haul threatened to have Stacy arrested when the vehicle went missing, and notices for credit cards and other opened accounts started appearing in the Lyles' mailbox. If you learn from their nightmare—you may be able to avoid your own.

If identity theft protection is not on the top of your 2012 New Year resolution list—it should be.

We lock our doors, we install smoke detectors, we install security alarms and we take vitamins and exercise, all designed to lessen our risk of various catastrophes. Why then shouldn't we do the same for our name, identity and very peace of mind? During these rough economic times that fuel the rising ID crime rates, we should not be complacent.

The drama of identity theft never comes with a happy ending and too many people downplay today's risks. Once identity thieves get their hands on your info, your journey to clear your name may come give way to a nightmare that—*goes on and on and on and on*. Believe it! ♦

For additional resources and tips to help you keep yourself and family safe from financial fraud and identity theft, please visit givemebackmycredit.com or email me directly at deniserichardson@givemebackmycredit.com



Florida Sport Fishing

Sea Anchor 101

By Capt. Mike Genoun

While there are many specialized pieces of equipment that local offshore anglers use regularly to enhance our time and productivity on the water, perhaps the one that gets the absolute least notoriety is the simple sea anchor. Commonly referred to as drift socks, sea anchors have been used by mariners for decades and for good reason—they provide boaters and dedicated bluewater anglers with multiple benefits.

First and foremost, a sea anchor is actually a very important piece of safe boating equipment. In the event your vessel experiences a total loss of propulsion, a sea anchor can be deployed off a forward cleat to keep your bow pointed into the oncoming waves, thus increasing your stability and helping avoid the risk of breaching or worse yet, capsizing in heavy seas.

When it comes to offshore fishing sea anchors help slow your drift and allow anglers fishing live bait to methodically fish stretches of productive water more thoroughly. Secondly, rarely does a boat behave the way you want it to while drifting and a sea anchor helps alleviate uncontrollable swings. Sea anchors also help maintain a boat's position parallel to the prevailing wind and sea conditions. This means with an open fisherman like a walk-around or center-console style boat, you can drift and fish multiple flat lines and deep baits off the upwind side of the boat without the risk of a major tangle. Depending on your abilities, availability of tackle and prevailing sea conditions, four...six...even eight baits can be properly presented off one side with three...six...or as many as nine additional kite baits dangling on the surface off the downwind side of the boat.

Now that you know some of the benefits, there are a few key points that must be considered when purchasing and preparing to deploy a sea anchor. First, use the correct size sea anchor for your size vessel. Fortunately, sea anchors are sold by size category so it is simple to select the correct model.

Next, make sure the line affixing the sea anchor to your vessel is durable and strong enough to withstand the tremendous stresses put on it. The same applies for the cleat on the boat-side where you will be affixing the sea anchor. There are too many horror stories floating around out there of cleats literally being torn off boats because the sea anchor was too large or the cleat was not fastened with sufficient backing.



Not only an essential safe boating device, sea anchors help live bait fishermen achieve proper presentations.

Finally, a trip line used to collapse the sea anchor and retrieve it backwards is also important. Otherwise it is nearly impossible to retrieve a sea anchor fully inflated with seawater.

Now that sailfish season is in full swing and hungry billfish are cruising the edge just minutes outside our inlets, it's time you get your hands on a sea anchor. It is an essential tool that every offshore angler and boater must have.

◆
For more tips, tricks, tactics and techniques, visit FloridaSportFishing.com.

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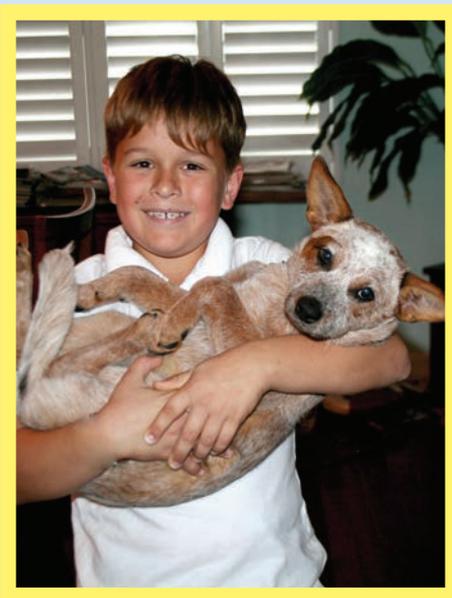
Lawton V.
turned 7 on December 8th



Paulina Janke
turned 1 on December 10th



Michael
turned 7 on December 14th



Ryan K.
turns 11 on January 4th



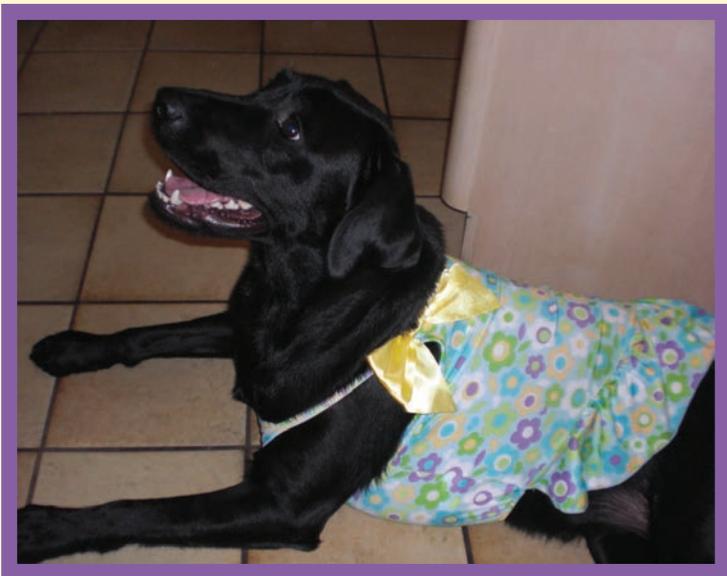
Mason K.
turns 7 on February 23rd

Loving Pet Birthday Gallery

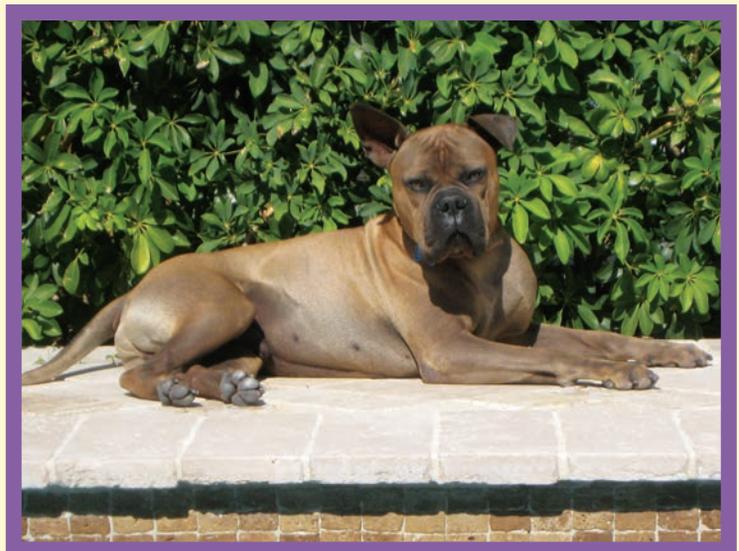


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Include the pet's name and age and **Email to: LHPnews@bellsouth.net** and
Please type **"Lighthouse Point Pet Birthday"** in the Subject Line,
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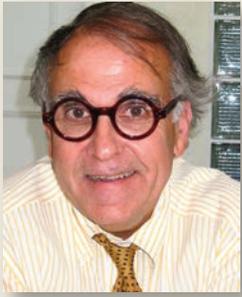
Mollie Moonshine
turned 2 on December 21st



Buster
turns 3 on January 1st



Abby Sheehan
turns 15 on January 23rd



ON RELIGION

“Love Life”

By Reverend Jack Noble

As I look toward the New Year—the future—I have been wondering about those secret, hidden sources of power that lie there untapped within all of us.

I have a good friend who is a psychiatrist, out West, and I asked him recently about these “hidden powers,” and if in fact they actually exist. He looked at me in a rather cross-tone, I thought, and said, “Of course they exist!” He went on, “In moments of true emergency, tremendous energies—even physical energies—are often released!” Then he cited several instances of people performing great physical feats when demanded. “But,” he added, “there is mental energy that can be released as well, from the unconscious mind in moments of emergency.”

I have been counseling with a very despondent man for some time, not long ago he seemed particularly bad. I found myself saying to him at one point in the conversation, “Sure, you’ve made some mistakes. Who hasn’t? But it seems to me you’ve beaten yourself over the head long enough. There’s a lot of quiet, unrecognized heroism in people, including you. You say you’re selfish. But what percentage of your net income do you actually spend on yourself? Five percent? Ten percent? The rest goes to your family, doesn’t it?” He had to agree. So, I suggested, “be gentle with yourself, and let happiness back into your life.”

In my first church we had a lady in our congregation who was a hundred years old. She was from the South and everyone referred to her as Miss Caroline. She had not been able to attend worship for a long, long time, so I would go by and visit her. I remember once, asking her about self-renewal - I don’t if that was the exact word I used, but that was the real question.

“Good heavens, child,” she said briskly when I asked her about it. “It’s just the old law of challenge and response, isn’t it? When you meet a challenge, something in you will respond. It’s that simple.”

“A lot of people don’t find it so simple.”

“That,” she said, “is because they refuse the challenge. I started out that way myself—afraid to get involved, afraid I might do things wrong, afraid of what people might say if I made a mistake.

“But then the time comes when you see something that really needs doing, and you are ashamed not to step forward. And suddenly, something miraculous happens. And what other people think doesn’t really matter so much anymore.”

Then after a moment of silence she said, “My grandmother used to say nine words that I remember since I was a little girl, “love life—and it will love you right back!”

In this New Year, filled with challenges and set-backs, as it no doubt will be, let us carry with us the words of Miss Caroline’s old grandmother: Love life—and it will love you right back... ♦



AL’S CORNER

New Products for 2012 HAPPY NEW YEAR!

By Al Siefert

As we begin the New Year I would like to thank our many loyal customers that have been keeping us busy during this lingering economic downturn.

There are several new products coming to the market that I thought may be of interest to you.

LED lighting is making its way into the bathroom. There is a new shower drain that actually lights up when the water is running. It is a stainless steel channel that adapts to the existing floor drain. It offers several types of decorative covers and will light in red, green, blue and rainbow. The installation will require a shower remodel. To learn more about this go to Quartz by ACO.com.

While researching this, I found lighting shower heads and faucets. There was one faucet that would light in blue when the water was cold and turn to red when the water was hot. None of these items require any electric wiring. The shower drain comes with a rechargeable battery.

For those of us that have trouble finding a flashlight that works when you need one, there is a solution. There is a LED crank flashlight that will work for 20 minutes after one minute of cranking. The company is Z Light and they make flashlights and lanterns at a cost of less than \$15.00. This is perfect for hurricane season.

There are newer lithium-ion batteries for many uses. These batteries have no memory effect and stay charged for longer amounts of time. They work well with cordless power tools by giving you extended use without recharging. You may be able to buy these batteries, depending on the manufacturer, for some older tools that were originally sold with the Ni-Cd batteries. These batteries are lighter and have a lower discharge rate when not in use.

There are also companies, like Batteries Plus, that will rebuild your old battery packs in the event you have problems finding replacement batteries. The cost is about the same as a new battery. However the rebuilt battery can be made stronger than the original. They will also recycle your old batteries at no charge.

We expect to see continued progress in renewable energy in 2012. We will be following the Department of Energy and their efforts to make the USA a clean-energy nation by 2035. ♦

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



Florida Shores Bank Celebrates 5 Years

Photos by Jon Frangipane

Friends, shareholders and depositors all gathered at the Pompano Branch of Florida Shores Bank, decorated in glorious holiday colors, in helping to celebrate five highly successful years.

President and CEO, Robert E. Sewick, told the gathering of the great progress made in a short time, now with a branch in Boca Raton and another opening in Fort Lauderdale. Mr. Sewick was delighted to report that the bank building had won first place in fierce competition with some of the finest structures in South Florida.

Good food and wine, combined with the spirit of the holiday season made it a pleasant evening for all.





John Offerdahl's Gridiron Grill-Off Rocks!

Continued from page 11



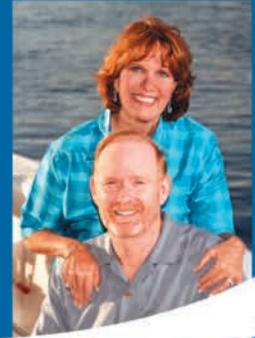
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Light, open home with fabulous views of tropically landscaped pool and spacious patio from most rooms. 3-way split bedroom plan. The large master suite and bath open to the pool. High ceilings throughout add to the airy, open feel. 2 car garage and circular drive finished in Chicago brick -- all on a very large lot in the lovely Marina area! \$690,000.



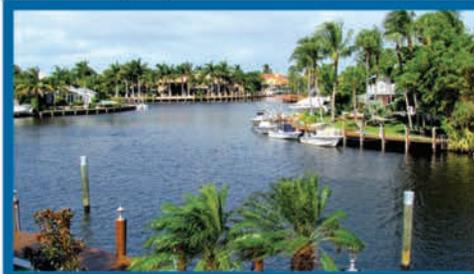
This 6 bed 6 1/2 bath pool home has everything. Grand foyer flows into the formal dining room and family room. Chief's kitchen has granite counters and stainless steel appliances. All bedrooms are en suite for personal space. The master suite has a sitting room and luxurious bathroom. Relax in the tropical back yard with lagoon style pool, spa, waterfall feature and water view. \$1,225,000.



Fabulous Intracoastal location in Lighthouse Point. This 5 bedroom, 4 bath, pool home has 90 ft of direct Intracoastal waterfront. Light, bright and open with 22 ft ceilings in the living and dining rooms. French doors open to the wonderful pool and patio area for waterfront entertaining. So very close to the Hillsboro Inlet and on one of the finest streets in the city. \$1,999,000.



Spacious, open 4 bedroom home with 81' of deepwater frontage in Harbor Village. First floor master suite and wonderful living spaces all open to large pool and yard complete with summer kitchen and outdoor bar. 3 way split bedroom plan, beautiful upgrades throughout. Fabulous waterfront living. \$1,199,000.



A truly rare property! Remodeled in '08 on the widest canal (150') in LHP with 300' feet of unobstructed water views at the confluence of 6 canals. On the closest canal to the Hillsboro Inlet. Walk to the new Marina Restaurant for dinner and enjoy the unique and special Marina community. \$999,000.



Beautiful 2 bed, 2 bath, waterfront condo in the sought after marina area of Lighthouse Pt. Great water views on the widest canal in the city! Tile throughout with newer appliances, new A/C & roof in 2011. Family room can easily be made into a 3rd bedroom. Washer and dryer in the unit. \$249,000.



Lighthouse Point deep water! Located on one of the best streets in the city, this 4 bed, 5 1/2 bath pool home has 100' of waterfront just minutes from the Hillsboro Inlet. In pristine condition, with vaulted ceilings and marble floors. Lovely screened in porch and tropical back yard surrounding the pool makes it both a great vacation home and wonderful place to call home. \$1,485,000.



Magnificently built on one of LHP's best island streets!! This 6 bed, 7 1/2 bath is incomparable. Almost 7000 SF of living space. This home has a wonderful gourmet kitchen w/snack bar. Incredible master w/sitting area on the 2nd floor. Amenities include elevator, fireplace, 4 car garage, beautiful pool/spa/summer kitchen with south exposure and expansive water views!! \$2,995,000.



This charming 3 bed, 2 bath pool home with 100 ft of south facing deep water, is on one of the nicest streets in Lake Placid! The kitchen is equipped with stainless appliances and granite countertops. Lots of sliding doors and windows opening to the tropical pool area. The gorgeous covered patio is so inviting and perfect for entertaining. Experience your very own island retreat in the heart of LHP! \$989,000.



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Lighthouse Point's Home Team

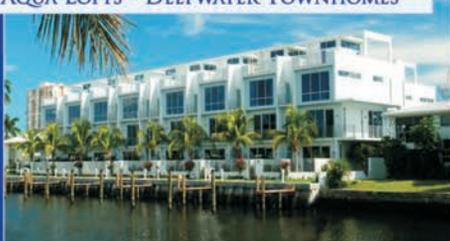
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THE TRITON/3 BALCONIES



Cool ocean breezes and fantastic ICW views are yours to enjoy when you own this spacious remodeled 1,800 s.f. 2BR/2.5BA condo. Superior kitchen. Custom baths and closets. All impact glass, a great floor plan, inside laundry room a plus. Pets ok. ML#F1146336

CAMILLE HALL, 954-254-2085 \$449,000

REMODELED 2BR/2BA VILLA IN LHP



Very private villa with 2BR/2BA in Lighthouse Point. Completely remodeled kitchen and bathrooms, tile floor throughout, washer/dryer in unit, nice screened porch and private driveway. Nice complex with heated pool and clubhouse with BBQ area. Excellent location. Easy to show. ML#F1159703

ANDREA MARK, 954-591-7799 \$109,000

PRICE REDUCED! CUSTOM-BUILT HOME



4BR/3BA built in 2006, located in prestigious Yacht Club area of LHP. Open floor plan, split BR, volume ceiling, impact windows/doors, wet bar, spacious kitchen with granite counters, SS appliances and heated pool with waterfall Jacuzzi. ML#F1034296

BARBARA KELLY, 954-263-7129 \$749,000

CORNER PENTHOUSE - SPECTACULAR VIEWS



3BR/2BA with ICW and ocean views that you must see to appreciate! Open kitchen with granite counters, oak cabinets, newer appliances. W/D in unit. Floor-to-ceiling windows and doors. Hurricane impact sliding doors. Building has new elevators - no assessment. ML#F1161157

CARLO CARAMANNA, 954-695-0067 \$399,000

EAST DEERFIELD - SOUTH GARDEN



Well maintained 2BR/2BA corner unit in a great location, convenient to doctors, banking, shopping and restaurants. Enclosed Florida room and nice view of the garden area. Good closet space including huge walk-in master bedroom closet. Condo association claims to be a verified 55+ complex. ML#F1144105

JUDY TRUDEL, 954-242-5272 \$58,000

BEAUTIFUL LIGHTHOUSE POINT HOME



Traditional home surrounded by million dollar waterfront homes. 4BR/4BA, remodeled, all rooms are spacious and have their own bath. Formal DR, large kitchen overlooking family room. Oversized pool/patio with lovely landscaping. ML#F1155954

MICHELE HALE, 954-648-2065 \$740,000

POOL HOME AT THE COVE



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 \$259,000

HEART OF LIGHTHOUSE POINT



No car? No problem! Community bus available + this complex is close to grocery stores, banks, restaurants, doctors, post office and shopping. Cute 1BR/1BA located in a secluded section of the complex. Enjoy swimming in the heated pool. Good sized Master BR. Newer appliances. ML#F1091820

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