

# LHP

Lighthouse Point Magazine

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Serving Boca Raton to Fort Lauderdale

June 2012

## Dinner Under The Stars

Pompano Beach Seafood Festival

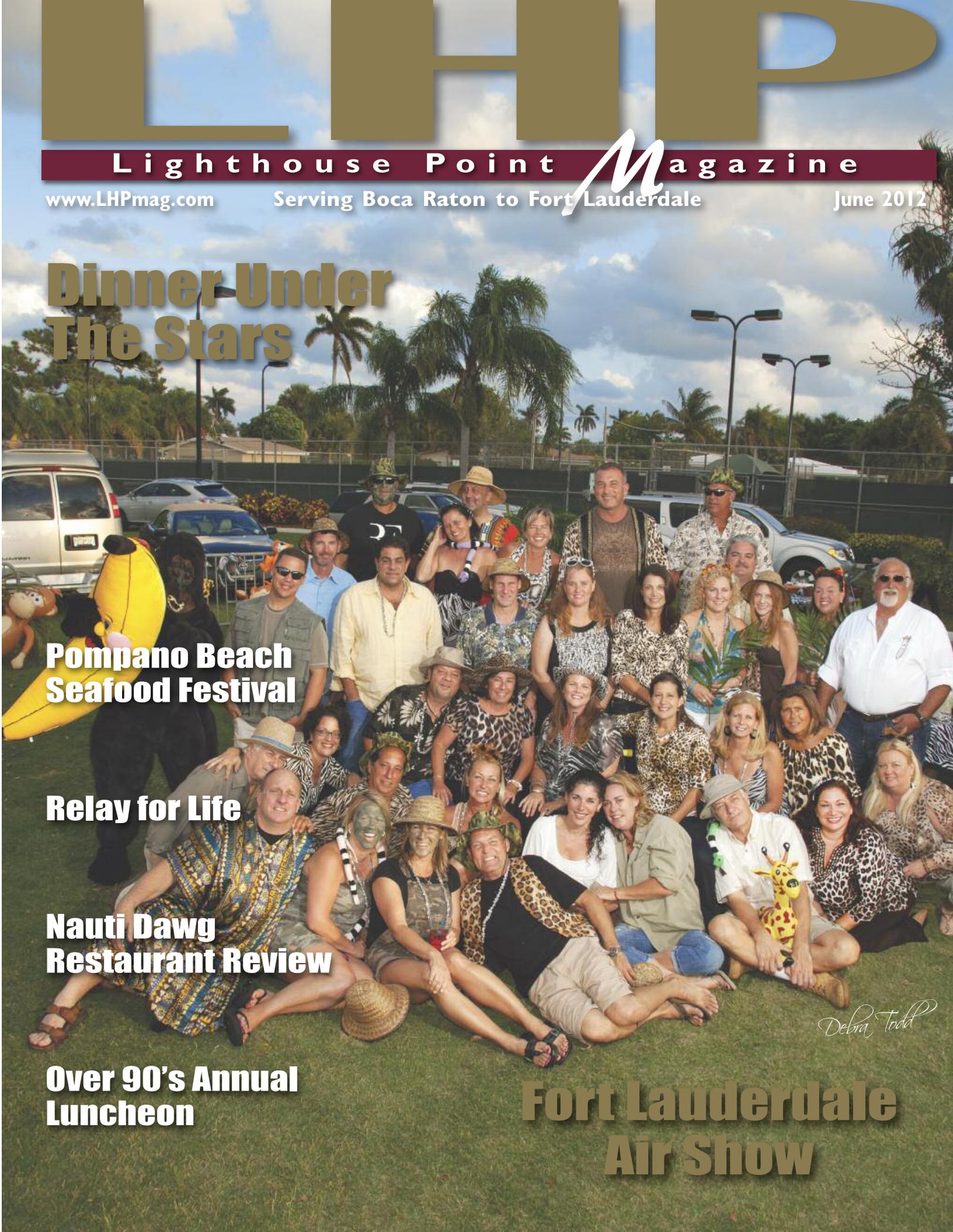
Relay for Life

Nauti Dawg Restaurant Review

Over 90's Annual Luncheon

Fort Lauderdale Air Show

*Debra Todd*



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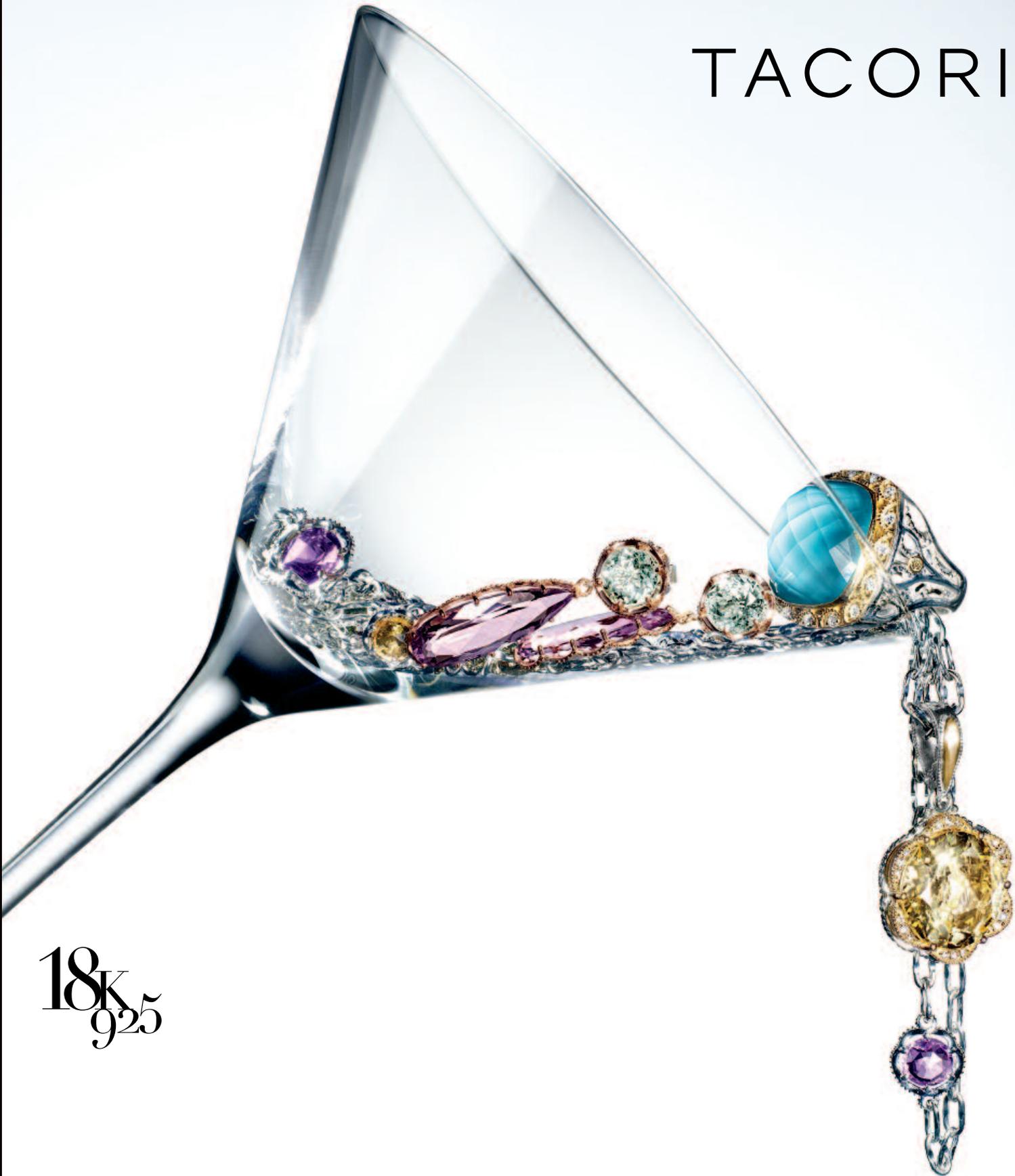
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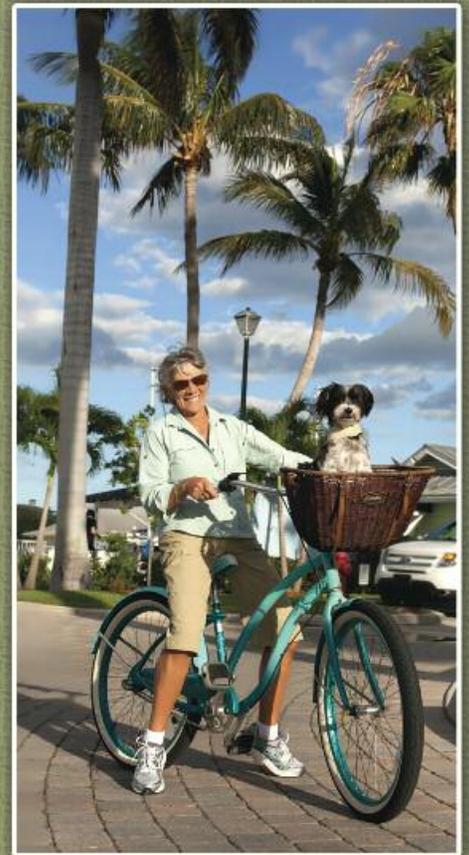


# "Out and About"

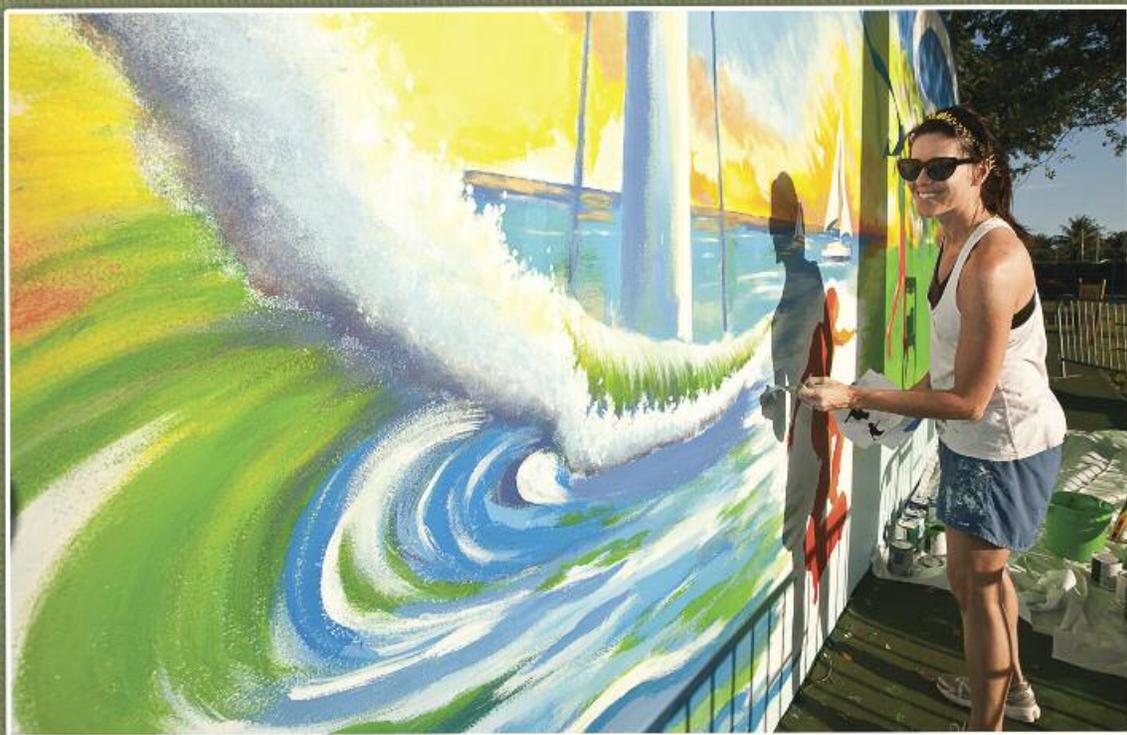
with Debra Todd



Celebrity bartenders Carey Chen, RJ Boyle, Casey and CJ McLaughlin raise bottles for dollars at Bonefish Macs to benefit the Ladies Fish Off Charity.



Kay Doverspike and "Miss D" enjoy a late afternoon ride.



Local artist and teacher Carrie Bennett adds a splash of color to the Tennis Center at Frank McDonough Park.

Debra Todd Photography.com 954-941-4294 email=debra@debratodd.com  
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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.

## Flegel Shines at Local Event

Lighthouse Point wakeboarder Noah Flegel won the Open Men's Division at Board Up in Ft. Lauderdale with 80.55 points and helped the USA team capture the 2012 IWWF Pan Am Region Wakeboard Championships recently at Mills Pond Park in Ft. Lauderdale.



Colombia placed second with 540 points, while Ecuador was third with 510 points. Mexico (280 points), Argentina (80 points) and Guatemala (55 points) rounded out the top six teams. Divisions included Boys, Junior Boys, Junior Men, Junior Women, Masters Women, Masters Men, Veteran Men, Open Women, Open Men, Pro Women and Pro Men.

The win may help the local teenager possibly be part of the World Cup for next year. With two different 720-degree spins and landing his first Crow 540 in competition, it was tough for the other competitors to keep pace.

## Arts for Life! Program to be Hosted by Jeb and Columba Bush at Broward Arts Center

Jon Frangipane, publisher of this magazine, has been invited to take part as a panelist in the Arts for Life! Program, hosted by Jeb and Columba Bush, to be held on June 22nd at the Broward Center for the Performing Arts

There are four creative winners this year out of 25 scholarship winners, and five winners in music and three in theater. The remaining winners represent visual art and dance.

The panel discussion consists of a moderator and four panelists representing the major arts disciplines. The purpose of the panel is to provide our scholarship winners with advice on continuing their pursuit of the arts beyond graduation.

The panel lasts for one hour, then our student winners in creative writing, dance, drama and music perform. Following the student performances is the awards luncheon in their honor.

Each year, Mrs. Bush provides a scholarship to graduating high school seniors in Florida through the Arts for Life! Program. Scholarships are given to students who display excellence in visual art, dance, drama, music and creative writing.

## New Library Director Named at the Doreen Gauthier LHP Library

On May 8th, the Lighthouse Point City Commission, by unanimous vote, appointed Christy Keyes as the permanent Library Director of the Doreen Gauthier Lighthouse Point Library.



Doreen Gauthier and Christy Keyes.

Christy, a Florida native and Lighthouse Point resident, started at the library in May 2010 as a graduate volunteer. After completing her Masters degree in Library and Information Science, Christy served as the library's Youth Service Librarian and Interim Library Director. Before coming to the library, Christy's roles included the University Residency Officer at Florida Atlantic University, Training Specialist at School Board of Broward County, and Regional Technical Trainer at AT&T. Combined she brings over twenty years of public and private sector administrative, educational, and technology experience to the library.

To help her celebrate this professional and personal milestone, library staff, volunteers, and former Library Director Doreen Gauthier attended the commission meeting.

## Trinity Christian School's 3rd Annual Drop Everything and Read Event

The Lighthouse Point Library is teaming up again with Trinity Christian School for its Third Annual Drop Everything and Read event on Thursday, May 10, 2012 from 10:00 am to 11:00 pm at Trinity Christian School. Special guest leaders from the community will read selected stories dealing with this year's theme of perseverance during the hour long event. Scheduled to participate this year are Lighthouse Point Mayor Fred Schorr, Lighthouse Point Library Interim Director Christy Keyes and past Lighthouse Point Library Directory Doreen Gauthier.

## Our Cover



*This month's cover features Dining Under the Stars. Read more on page 10.*

**Photos by Debra Todd**

# Features

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## Advertising Rates & Information

The *Lighthouse Point Magazine* is published monthly by City News Group and delivered by mail, free of charge each month to residents of Lighthouse Point, Pompano Beach, Deerfield Cove, businesses and the surrounding communities.

Check our website for advertising rates and specials for new clients, or call 954-486-3820.

### NEW ADVERTISERS PLEASE NOTE!

Our Website address is [www.LHPmag.com](http://www.LHPmag.com)

Our address is **NOT**  
LighthousePointMagazine.com  
Another company has registered the name.

**DEADLINES FOR CAMERA-READY ART AND PREPAYMENT OF ADS ARE DUE ON THE 1st DAY OF THE PRECEDING MONTH OF PUBLICATION.**  
**ALL ON-GOING ADS MUST BE CANCELLED BY THE 1st DAY OF THE PRECEDING MONTH OF PUBLICATION.**



## A New Look—The Same Promise

After 10 years of publishing *Lighthouse Point Magazine*, we thought

a nice birthday present would be in order, so we decided on a new knockout cover design and feel would take us to the next level. We hope you agree.

And our promise to continue to bring you the best coverage and spectacular photos of as many local events, as humanly possible, shall never, ever change. Our beautiful, new magazine will also be distributed further than ever before.

As always, we reach out to our Lighthouse Point residents for input and suggestions, because only through reaching out we have developed such a pleasing formula that everyone seems to love. Thank you!

## Playing By The Rules

In recent months, a local publishing company "borrowed" *Lighthouse Point Magazine's* personal business mailing list for their own use, apparently with the wild and stupid idea they could capture some of my clients. Although I have copies of that particular publication with the mailing company's postal code to prove that the mailing list was taken without my knowledge, both companies deny complicity. This outrageous behavior is obviously an act of desperation and in the end shall prove greatly damaging to both companies involved. Keep tuned.

## Calling All "Superkids"

11 year-old **Jamie Parmanter**, a 5th grade student at St. Coleman's Elementary School, received a check for \$50, honoring her as SuperKid of the Month, at a Lighthouse Point Chamber of Commerce meeting at BankUnited in April. If you may be aware of any school child that has served the local community in a kind, generous and outstanding way, please send your nomination to us by email at [LHPnews@bellsouth.net](mailto:LHPnews@bellsouth.net) with all the necessary details.

From the *Editor*

## Congress Moron of The Month!

*Republic Report* uncovered that in March, Congressman Tim Holden introduced a bill to allow industrial farmers to dump animal waste into the Chesapeake Bay. He then immediately received \$16,000 in reelection campaign contributions from the National Turkey Federation, the National Chicken Council, Dean Foods, and other industrial farming polluters. This disgusting and unpatriotic act is just a small example of what crimes are being perpetrated in Congress.

## What's Wrong With This Picture?

Those who claim "There ain't no justice in this world" are usually correct. I was given a ticket about a year ago when I backed into a white van that was moving illegally behind my car as I attempted to back out of a parking space in front of a dance studio at the Gateway Shopping Centre. The driver was in the process of letting her kids out for dancing lessons, and rather than finding a parking space, pulled directly up behind parked cars. Consequently, I was blamed for the mistake of a totally mindless driver that jeopardized the lives of her children through this obvious act of laziness. Now it seems resident Roxanne Rowen just had the same thing happen to her as she was pulling her car out. She is being blamed, as I was, and will have to pay for someone else's clear case of senseless driving.

**The true rule, in determining to embrace or reject anything, is not whether it has any evil in it, but whether it has more of evil than of good.**  
— *Abraham Lincoln*



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This complete issue  
and all back issues of  
**Lighthouse Point  
Magazine**  
can be seen on our great  
website at [www.LHPmag.com](http://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, Heart Rock Sushi, Lito's Turf & Surf, Red Fox Diner, LHP Yacht & Racquet Club, JC Yahoo's, Bonefish Mac's, J. Mark's and Offerdahl's Cafe. Call for other locations.

## *A pet who needs love*



### Crystal

Hi my name is Crystal and I am a 7-year-old Siamese mix female cat with beautiful blue eyes. I was surrendered to The Florida Humane Society because I was too loving; yes too loving. My prior owner was afraid that she would fall over me because I was always under foot. I was too attentive and a hazard to her on her walker. When I was surrendered for that reason, no one believed it, but it was true. I love to be with you if you are sitting on the couch or on the computer, or just lying in bed. I have been tested, shots up to date, spayed, and declawed front paws, microchipped, and ready to go to my new forever home. Can I come home with you?

You can come and meet me and all my friends at The Florida Humane Society, 3870 North Powerline Road, Pompano Beach. (The northeast corner of Powerline and Sample next to the Citco Car Wash). Thursday - Sunday 12-4, or you can visit us online at [floridahumanesociety.org](http://floridahumanesociety.org) our phone number here is 954 974 6152.

## LHP LIGHTHOUSE POINT MAGAZINE

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Website: [www.LHPmag.com](http://www.LHPmag.com)

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# 7th Annual Dinner Under the Stars

Photos by Debra Todd

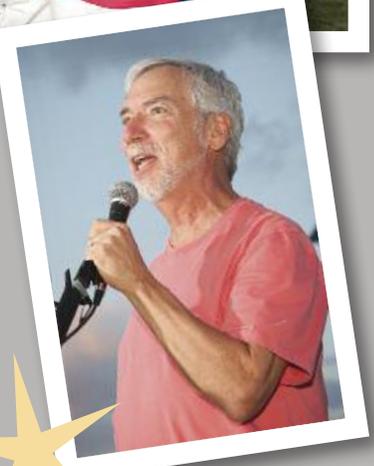
With a threat of rain, and a 20-mile wind that created a challenge getting table decoration in order, the 7th Annual Dinner Under the Stars came shining through the chaos.

Yes, there certainly were fewer tables present, and a noticeably toned down number of party themes, but that didn't stop the fun, frolic and excitement. Great music was supplied by the Low Tides and by the looks of the photos, a lively bunch of crazies managed to keep the joint jumpin' until after dark.

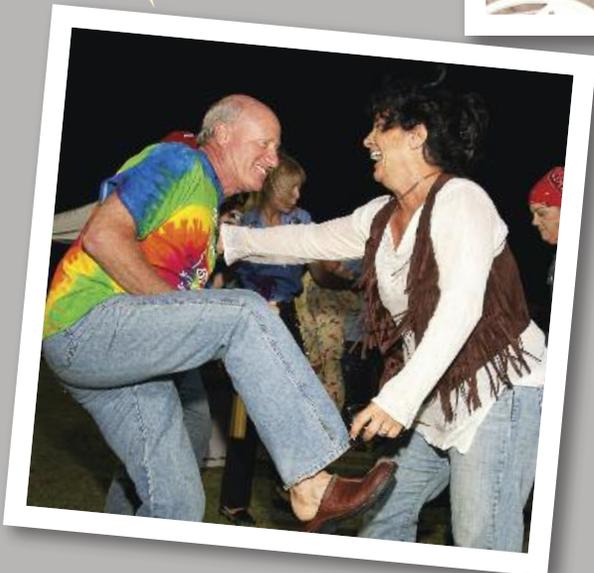
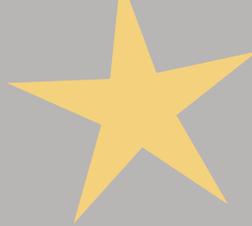
An ebullient Mayor Fred Schorr took the stage to announce the following party theme winners:

- Best Overall, Untamed Jungle
- Most Patriotic, 4th of July
- LHP Red Cup Award, Red Solo Cup
- Moving on Up Award, College Daze
- Color Coordinated Award, Orange Theory Fitness
- Sleepless in LHP Award, Adult Slumber Party
- Come and Have Fun Award, No, Not Yet
- Occupy Award, We're too Spoiled to Fail 95ers
- Winning Season Award, The LHP Tailgators

Our Mayor's final words was to get ready for next year. The theme: "Keep it Simple."



# The Stars



Continues on page 30

## Plan for the Expected — But Prepare for the Unexpected

To achieve your retirement goals, you'll need to plan for the expected—but prepare for the unexpected.

For example, you might expect to live to a certain age, based on your health, lifestyle and family history. But you need to be prepared for greater longevity. So you may need to adjust the amount you withdraw from your investment portfolio each year.



Here's another expectation: an annual inflation rate of three percent, the historical average. But if the unexpected happens, and inflation heats up during your retirement, you'll need to consider investments that offer rising income.

By taking steps to deal with the unexpected, you can go a long way toward enjoying your retirement years.

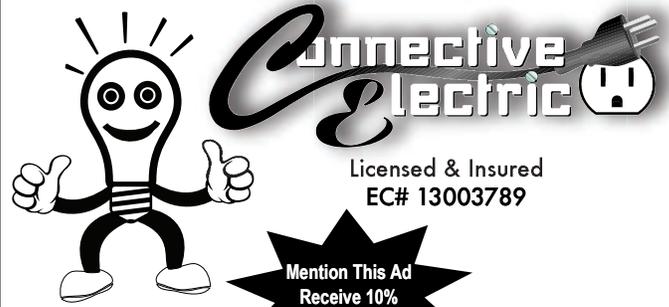
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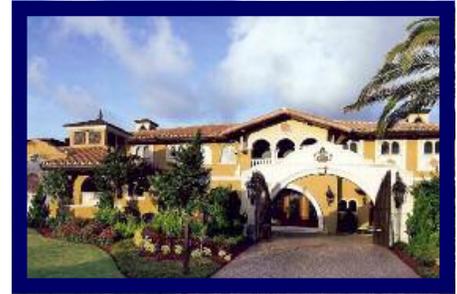
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# Local Actors and Playwrights Featured in Shortcuts 2

The Playgroup llc, kicked off its second year with *Shortcuts 2*, a program of nine short plays by local Playwrights at the Lake Worth Playhouse, 713 Lake Avenue, Lake Worth on Saturday, May 5th to an enthusiastic crowd. Two more performances will be held at the Empire Stage, 1140 North Flagler Drive, Fort Lauderdale on Saturday, June 2nd at 8 p.m. and Sunday, June 3rd at 3 p.m.

Selected plays include works by veteran playwrights Ellen Greenwald, Marj O'Neill Butler, Todd Caster and William Shuman. The show also features the 2011 winner of the Writer's Network Playwriting competition, Don Scheer, whose play, "The Diagnosis," involves a man who chooses love over life saving surgery.

The cast includes Playgroup regulars Ellen Wacher, Sara Lee, Vinny Mutarelli, Ben Stern, along with some new faces, such as David Ehrlich, Bob Benjamin, Don Grimme, Barbara Weisberger, Sabah Saoud and Jill Brown. Directing the plays are local residents Joyce Sweeney, Brian Reeves, Irene Kessler, Jodi Turchin and Teresa Biber.

*Lighthouse Point Magazine* publisher Jon Frangipane's "Marriage of the Spider and the Fly" will be the show's finale. Tickets for the Fort Lauderdale performances are \$15 and may be purchased at the door.



Don Grimme as Reverend Praying Mantis in "Marriage of the Spider and the Fly"



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# Frank Furman Celebrates 50 Years!

*Photos by Debra Todd*

The Goodyear Blimp Base in Pompano was a perfect setting for the 50th year celebration of Frank H. Furman Insurance.

John Knox Village, Goodyear Tire & Rubber and the Pompano Chamber of Commerce joined in this special event that featured food, games, prizes and a live auction with Pompano Mayor Lamar Fisher handling the gavel. To the surprise of everyone, two blimp rides for two were auctioned off, instead of one.

Frank Furman can boast of five decades of continued success. And this was a great opportunity for the friends, relatives, and business associates to show their appreciation for his great contribution to our community.



Frank Furman, Mayor Lamar Fisher and Ric Green, Pompano Beach Chamber of Commerce Executive Director.



# St. Paul's Hosts Over 90's Annual Luncheon

Article by Carolyn Bergamini

Photos by Debra Todd

On Wednesday, April 18, 2012, 11 parishioners, ranging in age from 93 to 102, attended the annual Over 90's Luncheon hosted by the Women's Club of St. Paul the Apostle Catholic Church in Lighthouse Point.

The guests were delighted to enjoy a delicious Italian lunch prepared by Diana Marcinka and homemade cannolies made by Betty Arcella. Accordionist Vinnie Dulisse once again played a wonderful selection of music throughout the luncheon. Father Hourigan, Monsignor Brice and Father Maroor were on hand to share stories with the honored guests.

By now, the majority of the guests were regulars at the annual event. As they walked through the door, they waved hello to one another and to the Women's Club members who look forward to seeing them each year.

Lucy McKie, soon to celebrate her 102nd birthday, caught up with good friends, Virginia Hanley, who will be 98 in August and Ethel Bochetto, a youthful 97. Stephanie and Otto

Mayer attended the event for the first time. They shared documents with Father Brice and fellow luncheon guests showing the original efforts made to raise money to build St. Paul's Catholic Church. The Mayers recalled that before the church was built, Sunday mass was celebrated at the Lighthouse Point Yacht Club.

As the last of the luncheon guests said their goodbyes, Women's Club President, Cathi Desjean and Vice- President, Dee Dee Columbe expressed their thanks to the committee members and volunteers who helped to make 2012 Over 90's Luncheon a resounding success.

Those in attendance at the luncheon and the year of their birth were: Joseph Biviano, 1916; Ethel Bochetto, 1915; Emma Francem, 1915; Sylvia Hagmaier, 1918; Virginia Hanley, 1914; Nickolas Guerrera, 1915; Ann Martin, 1915; Otto Mayer, 1921; Marie McGill, 1919; Lucy McKie, 1910; Elizabeth Miller, 1917; and Edwin Smith, 1919.

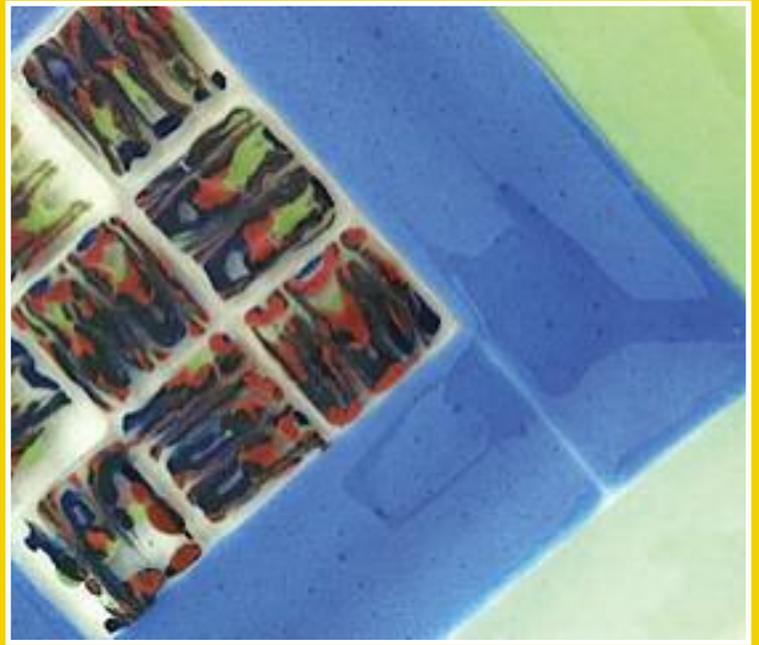


Back row: Sylvia Hagmaier, Nickolas Guerrera, Joseph Biviano, Edwin Smith, Father Hourigan, Otto Mayer, Stephanie Mayer, Father Maroor, Marie McGill  
Front row: Monsignor Brice, Virginia Hanley, Lucy McKie, Ethel Bochetto, Emma Francem, Elizabeth Miller.

*Continues on page 42*

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# Fort Lauderdale Air Show

## Magnificent Men and their Flying Machines

Article by Erica Davey Photos by Jan Davey

**A**fter an absence of five years, the Sea & Airshow returned to the beaches of Fort Lauderdale. Sadly, Sunday's performance was cancelled due to the rain. In anticipation of the foul weather, we attended the rehearsal on Friday and

were not disappointed, as these photos will testify. You will see a lot of smoke (but no mirrors, because the smoke is generated when vaporized diesel is injected into the engine exhaust and mixed with the hot exhaust gasses).



Close shave. Two T-6 Texan trainer aircraft in a dare devil stunt. Thousands of "Texans" were produced during WW2 as trainers for the USA, RAF and British Commonwealth, where it was known as the Harvard. It was used in a limited capacity in combat. Equipped with a 550 hp radial engine it made a hell of a lovely noise.



The Air Force Thunderbird F16s in close formation.



*T-6 Texans about to shoot down the Sun.*



(left) The awesome B-1B Lancer Bomber first flew in 1974.

In spite of its "age," it is still a formidable aircraft with supersonic speed of Mach 1.2, bragging some 61 records for speed, payload and distance.





Sky Divers of the 101st Airborne Screaming Eagles. Using a bird or flying suit, they actually fly horizontally to the ground, performing a bomb-bust before deployment of their parachutes. Amazing!



Black Diamond Jet Team demonstrates their skills in the L-39 Albatross, while a team member in a MiG-17 "peals-off" to starboard.



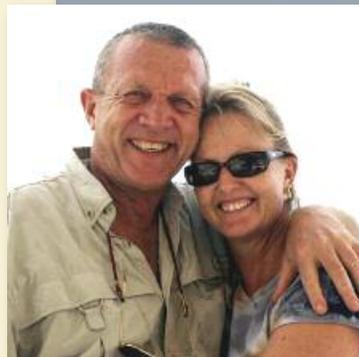
Sky Divers of the 101st Airborne Screaming Eagles. Using a bird or flying suit, they actually fly horizontally to the ground, performing a bomb-bust before deployment of their parachutes. Amazing!



Chuck Aaron, the first and only licensed Aerobatic-display Chopper pilot had a hard time in keeping his Red Bull Messerschmitt-Bölkow BO-105 helicopter flying straight and level. Must have been high on that Bull Stuff and performed unbelievable stunts with his Jesus-machine.

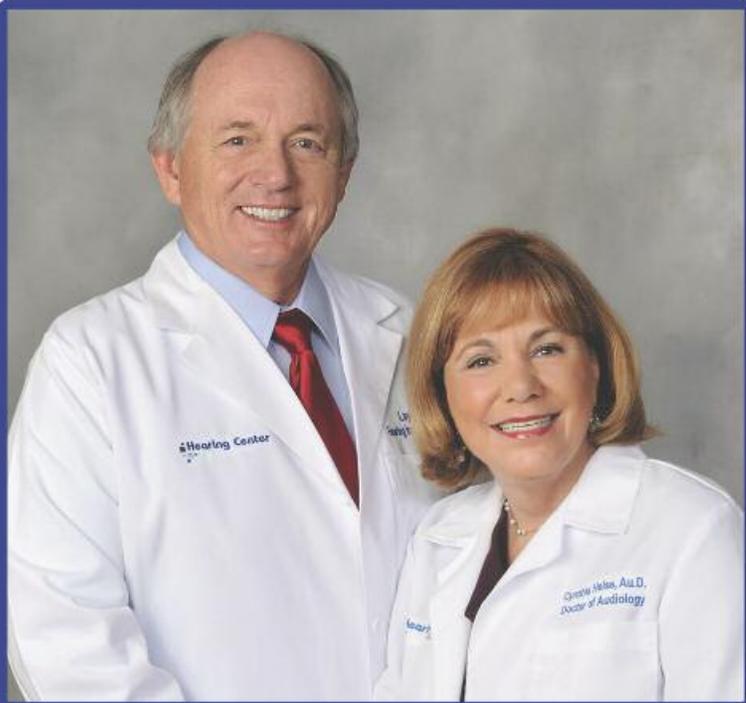


F16 Fighter jets of the Thunderbirds in one of their more sophisticated maneuvers. Sometimes I have to swallow hard when I behold the awesome power of our Military. It's great to be an American!! To the, under the canopy, the most beautiful flag in the world.



Photos and article by Jan and Erica Davey, Aviation enthusiasts who both held Chopper and Fixed Wing Pilot Licenses. Jan also flew Aerobatic Micro-lights and was a Skydiving Jumpmaster.

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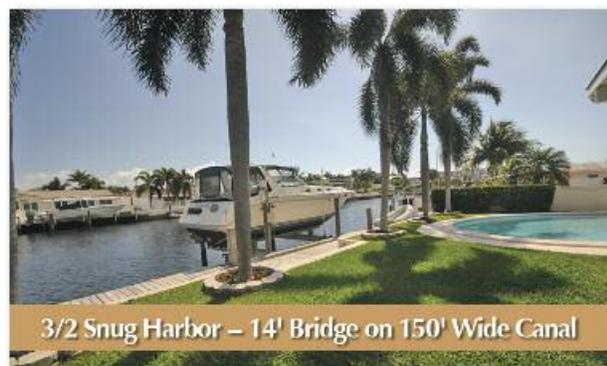
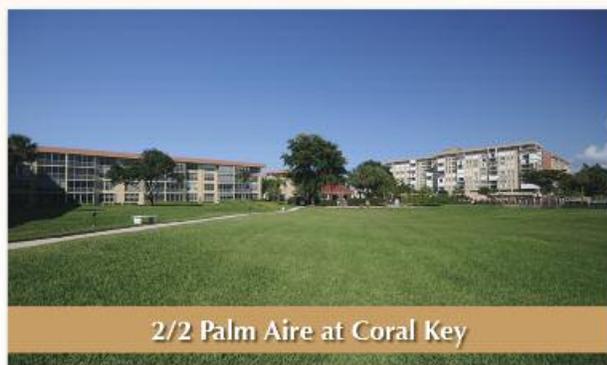
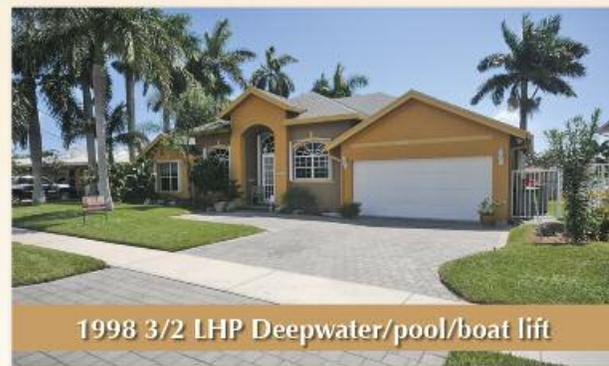
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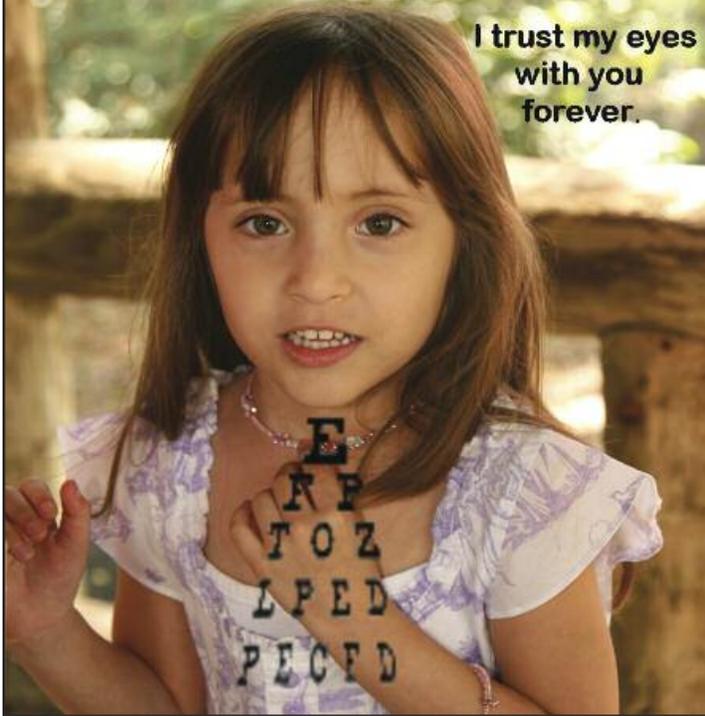
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- White Spirals and buildup of white waxy substance on leaves
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Coconut Palm Tree

# LHP Chamber Social at BankUnited

## Donations and SuperKid Presentation Take Spotlight

Article by Andrea Freygang Photos by Nicole Goldstein

About 30 people gathered at BankUnited on Tuesday, April 17 for a Lighthouse Point Chamber of Commerce monthly social. Members spent time networking and enjoying delicious food from Lito's Turf & Surf, which is also in Shoppes of Beacon Light.

Chamber President Lucille Pignataro presented a check for \$50 to Lighthouse Point Magazine's SuperKid of the Month, Jamie Parmenter, on behalf of the Chamber and the LHP magazine. The entire family was on hand for the presentation. Jamie was the first Super Kid named by Lighthouse Point Magazine and the Lighthouse Point Chamber of Commerce. She leads her school in money raised over the last three years. Jamie's father Keith, mother Terri, brother Danny and grandmother Debbie were on hand, along with their office manager Chantal Soloman and Keith's best friend Todd Faber. "We're all very proud of her," said her grandmother. The Parmenters run All About Acupuncture in Boca Raton.

Norcrest Elementary School Principal Ray LaFevre was on hand to accept a \$2800 donation for the PTA's Adopt-A-Classroom program. The money will be used to update technology for students to use. "We rely on our technology a lot," said Mr. LaFevre. "Every day there is more web-based learning for the kids to use, and the technology we have gets outdated really quick."

Darlene Pearson from Spa For Life was on hand to accept a check on behalf of the anti-cancer charity Relay For Life. The Chamber donated a generous \$2500 to the program, which hosts 24-hour walks all over the country. This year they are partnering with the American Cancer Society, signing people up for a long term study, called Cancer Prevention Study (CPS-3) to help determine the lifestyle, genetic and

environmental causes of cancer. The next local Relay for Life event will be held at Quiet Waters Park on May 5-6. Visit [RelayForLife.com](http://RelayForLife.com) to sign up or donate.

The rest of the evening included the introductions of several new members and chocolate cake.

New Members include: Nathalie Molina, Debt Management Credit Counseling Corp; Makeba Gies, Baby Keba Clothing and Accessories; Mary Curtis, Relevant Recovery; Justin Appel, Merrill Lynch; Denise Brown, Orange Theory; Dr. Allen Furia, Atlantic Pediatric Partners; Nick Quarantillo, Ocean Drive Burrito; Dr. Gregory Gertsen, Dental Spa.

The Lighthouse Point Chamber of Commerce holds monthly social events in addition to offering continuing education and networking opportunities for local business owners. Membership information can be found online at [www.lhpcchamber.com](http://www.lhpcchamber.com).



Lucille Pignataro presents Michele Greene with a surprise cake for her birthday.



Faye Griffin with Atlantic Pediatric Partners attended the social with her great-granddaughter, Kadence.



SuperKid of the Month Jamie Parmenter accepts her award.



The Parmenter family and friends.

## The Walk Talk *By Alan Williamson*

What would you say if I told you that by walking just 30 minutes a day, four times a week, you could enjoy increased energy, a trimmer body, a greater sense of calm and wellbeing, and a deeper, more restful night's sleep.

Not good enough?

What if I told you that a brisk 30-minute walk, just four times a week, could also lower your blood pressure and cholesterol, raise your IQ, allow you to speak a second language fluently within one week, and land a seven-figure recording contract with a major label even if you've had no previous singing experience.

Still not convinced?

What if I told you that if you start walking now—this week—and continue walking just 30 minutes a day, four times a week, that in three months you will have reduced your risk of heart disease by 34 percent, added 2.4 years to your life, mastered the fine art of search engine optimization, and developed the inexplicable ability to communicate with domestic animals in a way that fosters caring, empowering, mutually-rewarding relationships.

While I can't guarantee that all of these benefits will come your way (individual results may vary), I'm here to add my voice to the long chorus line of medical and fitness advisors who say, and I quote, "If you want to look better, feel better and live better, put down that pizza-encrusted, digitally-enabled, virtual reality video gamepad and go for a walk!"

But where, when, with who and at what pace, you ask.

These are mostly matters of personal preference. For me, for instance, the answers would be "in Birch State Park," "at 7 a.m.," "with my Indian sidekick Buddy Blackfoot," and "enough to make me breathe harder." For someone else, the answers could be completely different, perhaps more along the lines of "Heatherwood Drive," "after dinner," "with my dog Rooney," and "like a small town mayor marching in the Memorial Day parade."

Whatever specific details suit your tastes and circumstances, the good news is, once you start, walking is an activity that comes pretty naturally and requires very little instruction. This is why *Walking Magazine*, which ceased publication in 2001, couldn't go the distance in spite of informative and motivational articles such as:

"Tying your Laces: The Trick to Injury-Free Walking"

"Trees, Shrubs and Flowers: What to Look at While You Walk"

"Pick a Spot to Turn Around:

The Secret to Planning a Long Walk"

"Strut, Stroll, Saunter or Mince: Develop Your Walking Style and Never Look Back"



Even though the instinctive nature of walking makes "coaching" the activity virtually unnecessary, I have identified three rules of walking for health and fitness that I strongly recommend. They are:

1. Never walk on the side of a busy road heading in the same direction as traffic. As a matter of self-preservation, you're safer walking against the flow of traffic so you can see and react to drivers who may in fact be engaged in other activities inside their cars. These activities may include putting on a fresh change of clothes, watching a recent episode of *Celebrity Apprentice* on their cell phone, or making arrangements to take a donkey tour of the Grand Canyon (right after they head-butt you into a roadside ditch with the front bumper of their SUV).
2. If your walk takes you into wooded areas or any other uneven terrain, take extra care to notice things in your path that might cause you to trip and fall. These obstructions may include such stumbling blocks as rocks, ruts, tree roots, discarded trash, or, on rare occasions, the slumbering, foul-smelling carcass of rocker/outdoorsman Ted Nugent.
3. Never, I repeat, never get talked into walking the Ross Prairie State Forest in Dunnello, Florida with my wife's cousin Nancy's husband Georg. Now don't get me wrong. Georg is a great, down-to-earth guy, with no obnoxious habits. The problem is, Georg isn't human. He's a relentless walking machine built by the Germans to cover vast distances on foot in all kinds of terrain without a break. After walking for five miles through a heavily-wooded state forest, Georg will look back over his shoulder at you and say, "Let's go once more around." Since your answer will most likely be a winded, unintelligible whimper that sounds like "yeesh," Georg will take that as a "yes" and off you'll go back into the wild green yonder.

But these are trivial concerns. Walking is, on most days, a refreshingly safe, uncomplicated endeavor. So follow my simple rules, don't overthink it, and enjoy the smooth and gentle route to robust health and fitness.

Oh, before you lace up, I do have just one little disclaimer. While moderately swinging your arms while you walk can provide additional upper body toning benefits, the exaggerated, cartoonish style of arm swinging employed by some overzealous racewalkers is discouraged. For one thing, the extra toning and calorie-burning benefits of such a technique are minor and, more importantly, the odds of you earning a reputation as a "walking whack-job" increase astronomically.

Okay, now you know everything I know, so let's give this a try.

Ready, set, walk! One foot in front of the other, that's it, that's it, watch the arms, watch the arms, no crazy stuff, there you go, breathe deeply, that's it, watch the crack in the sidewalk, nice move, you're doing great. We're just taking a walk here, nothing fancy, easy come, easy go. Whadaya say champ, once more around? ♦

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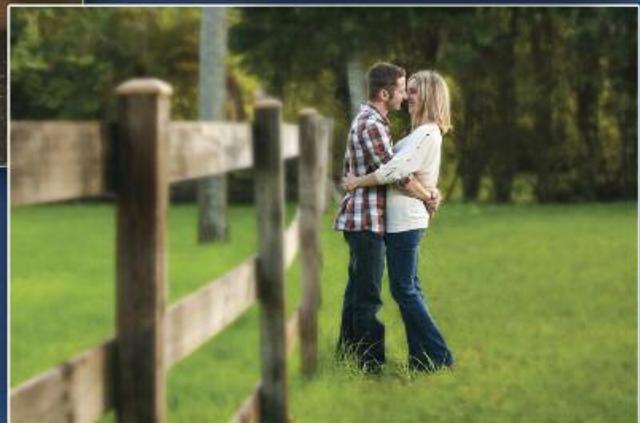
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## *The Garden Lady Says...*

### **Epiphytes 101**

*By Donna Torrey*



There seems to be a misunderstanding regarding plants that are commonly known as “air plants.” Most people are familiar with Spanish Moss, (*T. usneiodes*) and its cousin, Ball Moss, (*T. recurvata*). These two species are ubiquitous around town, and I would like to tell you a little about them.

First of all, they are NOT parasites. They are epiphytes. What is the difference? Parasites require a host to obtain vital nutrients in order to survive. The most common plant that does this is mistletoe.

Epiphytes use their “host” simply as mechanical support. They really don’t “need” them to survive. Epiphytes are opportunistic by nature. They fill in the gaps on trees and shrubs where there seems to have been defoliation due to disease, or trauma.

Bromeliads, Tillandsias and orchids are epiphytes. Their tiny seeds merely land on a suitable branch; their favorites are those with rough, fissured bark with lots of little crevices for their wiry roots to use as holdfasts. Oaks are prime spots.

In case you don’t already know this, let me remind you that Nature abhors a vacuum. If there is a space, and their seeds are drifting by on the breezes, they may just luckily land on one of

these choice branches and colonize the area. They DON’T kill anything!

Tillandsias are one of the most unique aspects of the South, and provide benefits besides their beauty, nesting materials for birds being one of them.

An ugly chain link fence is transformed into a wonderful natural wall with Spanish and Ball Moss.

It would be a sad day if everyone destroyed these native embellishments. Should they become a little overzealous, simply thin them out a bit, spread them around, use them for crafts, or if you must, use them for mulch.

I have heard folks tell me about how the air plants killed their grapefruit tree, or such tales. What really happened is the grapefruit was diseased and dying, and the air plants simply took advantage of the perfect place—a prop, sunlight, and water.

Who could blame them? ♦

*Garden gate Nursery is located in the Pompano Citi Centre. Donna can be reached at 954-783-GATE, or at [www.donnasgardengate.com](http://www.donnasgardengate.com)*

## *Beauty Spot of the Month*



Congratulations to Scott and Maureen Welty at 2321 N.E. 48th Street, winner of the Lighthouse Point Community’s Beauty Spot of the Month Award for May, selected by the Lighthouse Point Garden Club.

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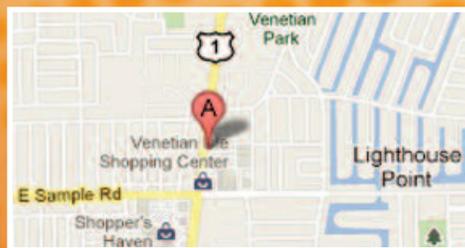
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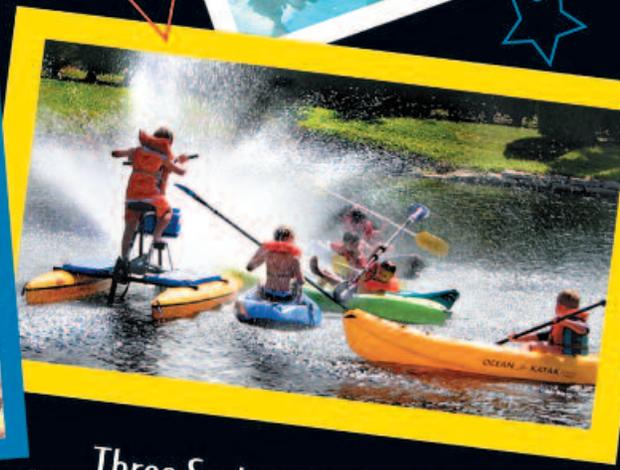
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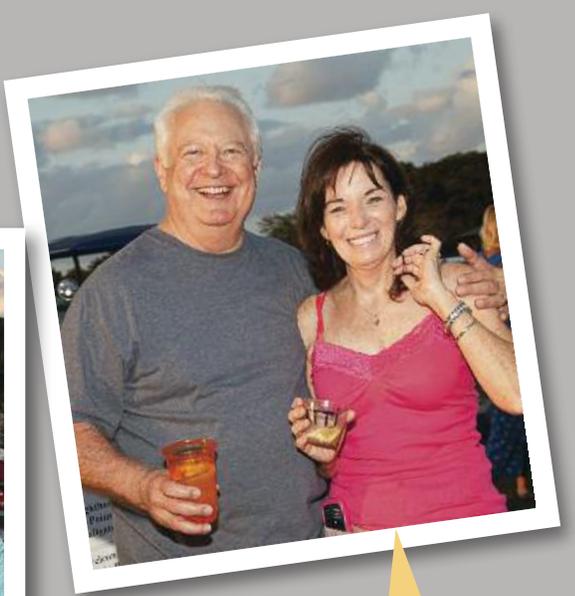
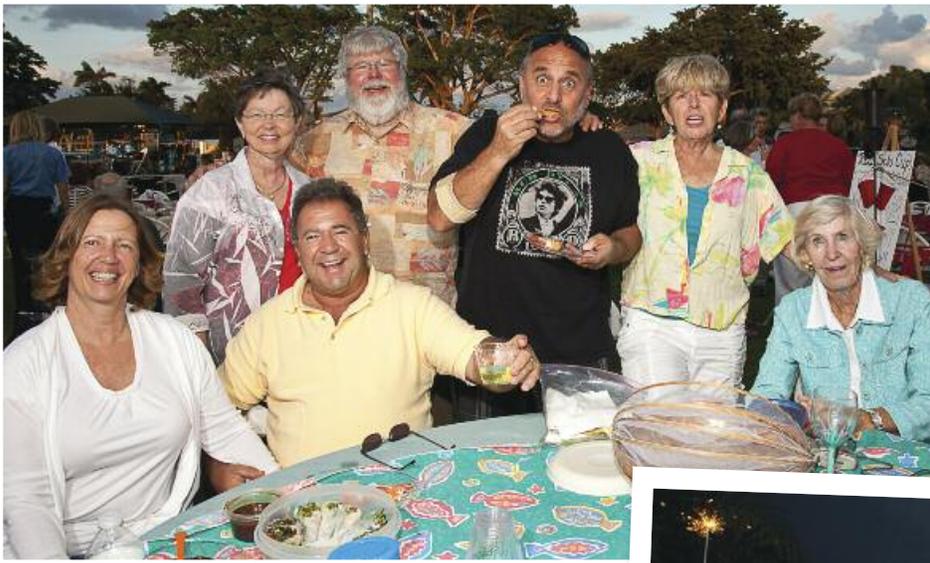


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# Dinner Under The Stars

Continued from page 11





# 33rd Annual Library Volunteers Luncheon

*Photos by Debra Todd*

The second week of April each year is celebrated as “National Library Week” and “National Volunteer Week”. These two weeks certainly are the backbone of library service in Lighthouse Point. The Doreen Gauthier Lighthouse Point Library marked these observances with their 33 annual appreciation luncheon held at St. Paul the Apostle Catholic Church education building.

Mayor Fred Schorr thanked the volunteers for their continuing dedication and devotion noting that the library is evolving from the pure print into other alternative formats. He also emphasized the decision to return to a municipal status has been a positive and effective journey to better provide for our residents. Interim Library Director Christy Keyes opted for a starfish theme based upon a Loren Eiseley’s tale of a man who each day walked the beach to find stranded starfish and toss them back into the sea. When questioned as

to the near futility of his actions—so many starfish, only one of him—what possible difference could it make. The man replied “it made a difference to the one I had just hurled back into the deep”. That is what volunteers do—they make a difference one person, one day at a time. All the volunteers received a starfish bookmark to remind them that they do make that commitment for the betterment of others.

The library boasts nearly 110 volunteers who maintain the circulation desk, compile inventories, shelve materials, teach over 15 varied classes each week, assist with story hours and summer library camp, catalog special collections, and call bingo.

This year’s event was catered by Sharon of Another Perfect Party, flowers by Honey Bunch Florist, donations from Venetian Isles Publix and Sandra Land, photography by Debra Todd, and invocation by Msgr. Frederick Brice.



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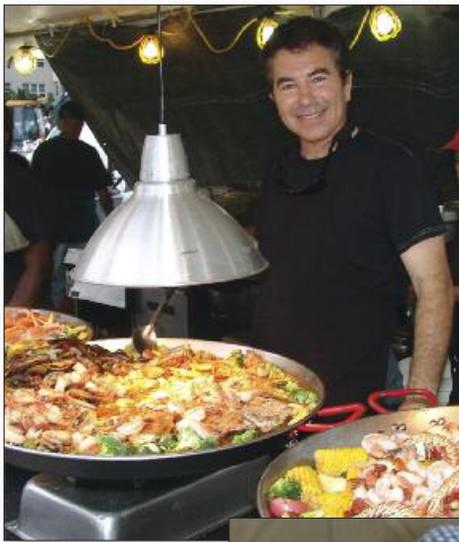
*Photos by Jon Frangipane*

Arrived at the new festival site, just north of Atlantic Boulevard on A1A, around 5 pm on Friday. A bad weather report for the weekend prompted me to get an early start for photos. The grounds were fairly full already, but I felt this was going to be a short session.

The new festival layout seemed somewhat improved, but it took a little exploring to find all the vendors that were spread about the beach considerably. As the food began cooking, the aroma alone made the offerings hard to resist.

Shortly after 7 pm the rains came in torrents and basically the evening came to an abrupt end. I had made a good choice by getting there early. The weatherman called for the same over the weekend, unfortunately for the vendors.





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By Melanie S. Hecker, MD, MBA

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The laser creates a beam of high-frequency light that penetrates deeply into the skin tissue, where it delivers a controlled amount of targeted therapeutic heat. An attached cooling device protects the upper layers of your skin with a cooling burst of cryogen. Together, the long-pulse laser and the cooling device offer optimal treatment with minimal side effects.

## **What Does GentleMax™ Laser Treat?**

Laser treatments are for Hair Removal for all skin types, Leg and Face Veins, Beard Bumps, Pigmented Lesions, Age/Sun Spots, Freckles, Vascular Lesions, Hemangiomas, Wrinkle Reduction and Skin Tightening. The number of sessions will depend on the treatment you require and the condition of your skin. For hair removal, multiple sessions are required as the process is most effective when the hair follicle is in the active growth phase. Other conditions may clear up in only one treatment, but many factors influence your treatment protocol.

## **What Can I Expect During & After Treatment?**

Treatment will take place in our office. You wear safety eyewear to protect your eyes from the laser light. A small handpiece is placed on the skin and each laser pulse to the skin is preceded and followed by a short pulse of cooling spray. A treatment can take a few minutes or up to an hour depending upon the treatment site. A cool compress or gel water may be applied after treatment and any redness or swelling associated with the treatment subsides in a few hours post treatment.

## **What is the Cost of GentleMax™ Laser Treatment?**

Insurance does not cover the cost of laser treatments as they are deemed to be cosmetic procedures. A consultation with our office is required before booking all laser procedures to determine the best course of treatment. All consultations are by appointment only. Please contact us at: **Hecker Dermatology Group, P.A.** to schedule your consultation at: **954-783-2323** or visit us on-line: **[www.heckerderm.com](http://www.heckerderm.com)** or like us on Facebook.

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# Relay For Life of Deerfield Beach/ Lighthouse Point & Hillsboro Beach Raised HOPE for the CURE!

Photos by Debra Todd

One of the worst effects of cancer is a feeling of hopelessness. The feeling that it is just up to the doctors, that it might come back or if you have lost someone, that it is over and there is nothing you can do.

The communities of Deerfield Beach, Lighthouse Point, and Hillsboro Beach, came together at Quiet Waters Park on the night of Saturday, May 5th to help the American Cancer Society in the fight against cancer. This 11th year for their Relay For Life included survivors, caregivers, community leaders and the general public. It was a night of music, food, and celebration. It was a night of tenacious survivor stories and solemn remembering at the Luminaria Ceremony. It was a night when all walked as one community and raised money for the fight against cancer.

Relay For Life was a night of HOPE and communities coming together to Celebrate, Remember, Fight Back.

For more information, to make a donation, and volunteer for their Relay For Life, please go to [www.relayforlife.org/dblpfl](http://www.relayforlife.org/dblpfl) or call Gordon Vatch, 954-420-0084 or Nona Breitenstein, 954-304-4248.





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Celebrate. Remember. **Fight Back.**

Weichert has underwritten the cost of this sign to help the American Cancer Society save lives in your community.




Continues on page 73

# Over 90's Annual Luncheon

Continued from page 16



Lucy McKie, Ethel Bochetto and Virginia Hanley  
(FYI — Lucy McKie is 102 years old!!)



Virginia Hanley,  
98 years young in  
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Father Michael Hourigan.



DeeDee Columbe, Anne Hutchinson  
and Monsignor Brice.



Ann Martin.



Vinnie the  
accordion player.



Stephanie and Otto Mayer review original fundraising  
documents for St. Paul's Catholic Church  
with Monsignor Brice.



Betty Arcella, DeeDee Columbe, Theresa Ulrich and Diana  
Marcinka prepare dessert.

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| 4/18/2012  | 5217 NE 30TH TER | 4BR/4BA   | 3685 | 699,000   | 635,000   | 32  |
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| 4/13/2012  | 4410 NE 27TH TER | 3BR/3BA   | 1840 | 374,900   | 357,000   | 28  |
| 4/12/2012  | 2410 NE 51ST ST  | 3BR/2BA   | 1456 | 409,000   | 395,000   | 79  |
| 4/10/2012  | 2357 NE 30TH CT  | 4BR/5.5BA | 4343 | 1,295,000 | 1,175,000 | 12  |
| 4/10/2012  | 3830 NE 23RD AVE | 3BR/3BA   | 2440 | 599,000   | 528,300   | 149 |
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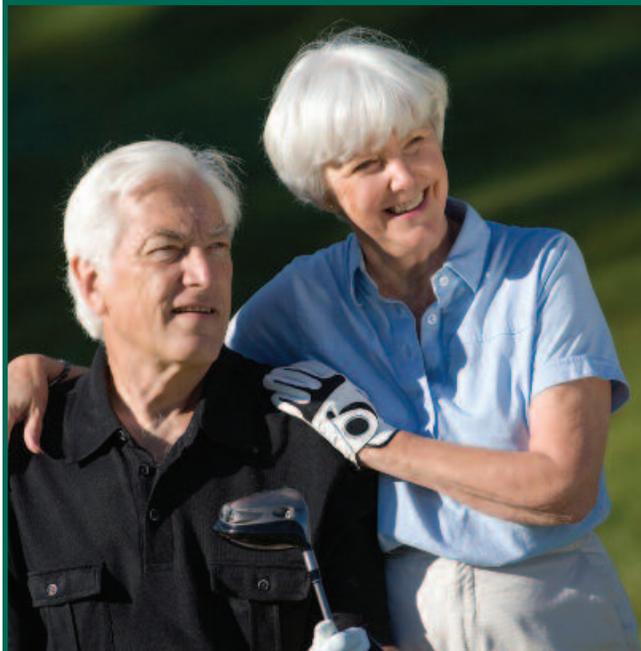




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# Key West Is Minutes Away At Nauti Dawg Marina Cafe

Photos by Jon Frangipane



Lighthouse Point, FL



Article by  
Linda Kaufman

Come by and kick off your shoes at Nauti Dawg Marina Cafe, the Key West-style restaurant at the Lighthouse Point Marina that opened in October of 2011 to rave reviews. With a charming play on words, the name is perfect for the nautical-theme establishment and its love for canine visitors.

At the entrance, an artists' rendition of the Labrador donning a pair of Ray Bans is actually Debbie Spieker's pet, Tucker. The restaurant is owned and operated by the Spieker family, who have owned the marina for forty-seven years. And the friendly wait staff are dressed in black shorts and matching black T-shirts with a canine motif that reads, "life is ruff."

The sense of fun and playfulness permeates throughout the restaurant that sits on one of the most exquisite marinas in South Florida. Tucked away in a pastel-colored, residential Tilliston Square complex, Nauti Dawg is one of the best kept secrets in our area. With no previous advertising, the restaurant was known only by word of mouth, as well as by boaters who stop to gas up their boats. Once you are there, you can indulge in a glass of wine or Sangria, enjoy the postcard perfect view of the sun-kissed yachts have an enjoyable meal, and feel as if you are on vacation.

Although the restaurant had existed for many years at the marina under different ownerships, it has never looked as good as it does now. Attention to aesthetic details seems to be a strong suit for the Spieker family. The siblings, Maureen Canada, Debbie Edwards, and Christian Spieker, who grew up in Lighthouse Point, own and operate the establishment, each involved with different aspects of the business.

Maureen, the friendly, "girl-next-door blond," is in charge of the marketing and financial aspect of the



Debbie Edwards, Christian Spieker and Maureen Canada.

restaurant. When the opportunity arose to take over the marina and run the restaurant, Maureen left her executive job in California to move back to Lighthouse Point to join her siblings for the new business venture. "We each have different gifts and talents and we understand how to work together. And no matter what people have said, we always knew that we can make it."

With Chris Frank as the general manager, who has over twenty years of experience running upscale

waterfront restaurants, Nauti Dawg is destined to be more than just a marina stop. "This is a perfect fit for what Lighthouse Point needs. It's a quaint, Bahamian style café that sites on one of the most beautiful marinas in all of South Florida," said Chris.

He introduced us to the parade of dishes that we were anxious to taste. If

home made soups is your passion, try one of their signature items, the Bahamian conch chowder, the hearty soup with nice bits of conch and diced up vegetables. It's filling and has a wonderful spicy kick to it.

Displayed on a large, white rectangular plate, the tuna wontons (\$14) are a fun appetizer to share. Fresh ahi-tuna, served on crispy wontons with seaweed salad, sprinkled with sesame seeds, arrived like a work of art. The contrast of the soft,



Delightful soups and chowders





Tuna Wontons

melt-in-your-mouth tuna and the crispy wonton shells made for an interesting combination. The Mediterranean flatbread (\$13), another large appetizer was a colorful sight with bright, red diced tomatoes and white feta. There's no

fear of going home hungry after a meal here.

Every evening the chef is



Mediterranean Flatbread

allowed to indulge in his creative experiments that end up as specials. Tonight, we had the honor of tasting pan-seared scallops over linguine (\$26), served in a roasted red pepper goat cheese sauce with cherry tomatoes, asparagus and mushrooms. The fresh swordfish (\$32) came in an Asian marinade with zucchini and mandarin orange salsa, accompanied by a homemade lobster and shrimp egg roll. It was heavenly to bite into the generous chunks of lobster and shrimps and crunchy red cabbage!

Each entrée comes with a choice of two sides and with a few extra dollars you can get a small house or Caesar salad.

The menu changes with the season at Nauti Dawg, and there are specials everyday. But you can always count on being served fresh fish, for they get

them daily. One of my favorites is the simply grilled fresh Mahi sandwich (\$13) on a Kaiser with lettuce and tomato. Another favorite that is unique to this restaurant is the famous Maine specialty, the lobster roll (\$19) that contains large chunks of Maine lobster, lightly seasoned with mayo and celery, served over shredded lettuce on a toasted roll.

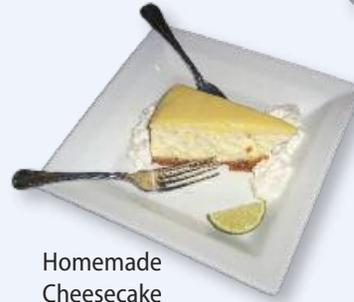


Swordfish served with Lobster and Shrimp Egg Roll

They do not skimp on the lobster portion—it's definitely worth the money. There are half a dozen salads to choose from that can be topped with various proteins such as chicken, fish, shrimp and skirt steak.



Pan-Seared Scallops Over Linguine



Homemade Cheesecake



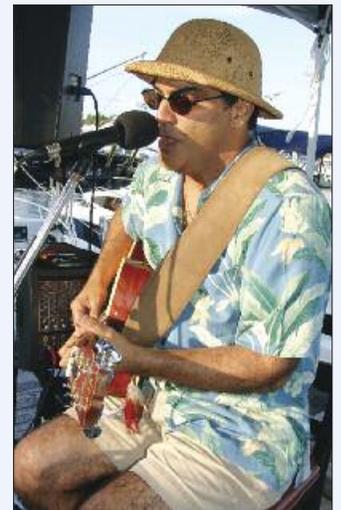
Chocolate Chip Bread Pudding

I'm not sure where I found the room to have the desserts, but as long as they were homemade, it seemed wrong to refuse them! Thus we were obligated to try the chocolate chip bread pudding (\$7.50) with cherry and caramel sauce and dollops of fresh whipped cream. Totally sinful! And we also had to try the homemade cheesecake (\$7.50) with key lime pie glaze on top. I can assure you that no one had to force us to try this delicacy.

The breakfast menu is extensive with French toast with fresh strawberries, omelets, bagels, eggs Benedict, and eggs any which way. For a fine Sunday brunch, you can indulge in Mimosa or Bellini with a cup of Cappuccino.

Nauti Dawg has live music on Wednesdays, Saturdays, and Sundays. On this night, was on vocals with his guitar out on the dock, playing old-time favorites, such as Eric Clapton's "Wonderful Tonight" and Louis Armstrong's "It's a Wonderful World."

The evening at Nauti Dawg seemed much more than just a dining experience. Men in shorts and docksiders, and women in floral sundresses stood chatting on the dock. A well-behaved golden retriever appeared content, his tail wagging, happy to be amidst the crowd. A light breeze visited the marina, as the sun began to descend. It's hard to believe that this restaurant is located only about a mile from Federal Highway. This is as close as you can get to a fun vacation without having to travel very far.



Entertainer, Mark Zedan.

Nauti Dawg is opened every day except Tuesdays for breakfast, lunch and dinner. It is located on 2841 Marina Circle, Lighthouse Point, FL 33064. Tel: (954) 941-0246.

*(This article is intended for promotional purposes only)*

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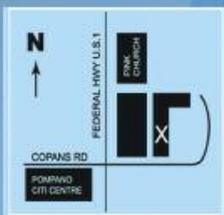


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## Low Speed Vehicles & Golf Carts – What You Need To Know

By Catherine (Kate) Iaconis Favitta

With increasing gas prices, a growing number of residents in our community are using electric vehicles and golf carts as their preferred mode of transportation. Specific Florida laws govern their usage. If you have one, or are thinking about getting one, here's what you need to know.

**Low speed vehicles** (LSV) are defined by Florida Statute 320.01(42) as any four-wheeled electric vehicle with a top speed greater than 20 miles per hour but not greater than 25 miles per hour. Vehicles marketed as "neighborhood electric vehicles" are included. The following safety laws contained in Florida Statute 316.2122 apply to all low speed vehicles:

- (1) A LSV may only be operated on streets with a posted speed limit of 35 miles per hour or less. They may, however, be used to cross at an intersection where a posted limit is greater than 35 miles per hour. For example, a LSV may cross from west to east over Federal Highway on 39th Street (and back) but may not travel north or south on Federal Highway.
- (2) A LSV must be equipped with headlamps, stop lamps, turn signal lamps, taillamps, reflex reflectors, parking brakes, rearview mirrors, windshields, seat belts and vehicle identification numbers.
- (3) A LSV must be registered and insured.
- (4) Any person operating a LSV must have a valid driver's license in his or her possession.

**Golf carts** are governed by the laws contained in Florida Statute 320.01(22) and are defined as motor vehicles specifically

manufactured for use on a golf course, for sporting or recreational purposes only, and cannot be capable of exceeding the speed of 20 miles per hour. The following safety laws contained in Florida Statute 316.212 apply to golf carts:

- (1) Golf carts must be equipped with efficient brakes, reliable steering apparatus, safe tires, a rearview mirror, and red reflectorized warning devices in both the front and rear.
- (2) Golf carts may only be operated between sunrise and sunset unless posted signs indicate otherwise.
- (3) Golf carts may not be operated on public streets unless posted signs specifically indicate that golf carts are permitted.
- (4) Even if a sign permits a golf cart on a public road, no one under the age of 14 may operate the golf cart on a public road or street.

According to LHP Police Department Commander Charles Marchitello, residents who want to outfit their golf carts to comply with LSV regulations may contact Officer Paul McCormick, Community Relations Officer, for information about this or any other safety issue. He may be reached at (954) 942-8080.

Electric vehicles save gas and are fun to drive around our community, but make sure all safety requirements are met—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.*



# Fashion Blog

## Swimsuit Shopping Again?

By Millie Walsh

OK, it's that time of year... I know I have to do it, but I really don't want to. I'd rather wait until I get a little tan and lose a couple more pounds. But in reality I don't tan much anymore and I think seeing myself in a swimsuit is just the motivation I need to lose a few more pounds. So here I go, off to Swim 'n Sport in the Galleria. I like choices, I like to mix and match and I need help. When you go to a specialty store like this you find many different styles and colors all in one place and you benefit from the help and knowledge of the sales staff.

As I step into the store I am surrounded by swimsuits everywhere. Where do I start? Noticing my dazed look, the store manager, Fran, introduces herself and offers to help. With her knowledge of this year's colors and styles we load up the dressing room with round one. After about thirty suits in varied styles, sizes and colors, I finally find the perfect one for me. Now that wasn't so hard.

So what's hot this year? This summer you will see classic scarf prints and patterns in a rich color pallet. Blues in deep tones like Ultramarine and Cobalt as well as Coral and Tangerine in both solids and prints. Do you want to get noticed on the beach or poolside? Then you are in luck with Neons in green, orange and pink—it's everywhere this year.

Although I picked a more classic style, for those of you who are a little more daring (and younger) than I, Monokini's and Pucker Bottoms are on trend this year. OK, a little explanation.

Monokini's are a one-piece swimsuit that has cut outs on the sides and/or front. Personally I don't even find these attractive on the models wearing them on the runway but if it works for you, go for it. Pucker bottoms are bikini bottoms that are ruched down the back for a very sexy look. And let's not forget about the string bikini—it never seems to go out of style.

What will look best on my body? If you are smaller up top, you are in luck as many of today's swimsuits have built in bras with push up. On the flip side, if you are trying to support and minimize your chest, try a halter style that will give support without adding bulk. Looking to minimize your curves? Try a one-piece that is shirred to one side at the waist, or a criss-cross style that pulls the eye to one side for a slimming illusion.

As you set out on your quest for the perfect swimsuit, I leave you with this one piece of advice. Try on many different styles—it just may be the style you never would have picked for yourself might be the perfect style for you. Happy Shopping ♦

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



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By Jennifer Kovacs



Five years ago everyone wanted Flash Animation on their website. They wanted things to zip in, fly out, disappear and reappear. It created a WOW factor that clients loved. Fast forward to 2010 and the creation of the ultimate game changer, the iPad. An innovative tablet produced by the industry leader, full off all your favorite Apps and programs. The only problem is the iPad doesn't support Flash. Search engines and mobile devices like your iPhone and Android cannot read animation (yet). Without getting too technical, when you search something on your phone or even on your computer, Google sends out these spiders to scan hundreds of thousands of websites for the word or phrase you typed into the search box. If your site has Flash the search engines see the images on your website as big blank boxes. Hence, the problem you often run into when searching your favorite restaurant that used a funky Flash template. So what happens to all the websites with Flash Animation, do they become obsolete? Yup.

Mobile technology is the future. How much can we do more from our car, in our hotel, on the way to the grocery store? We don't even want to have to type the stupid phrase into Google; we want an electronic assistant to do it for us (thank you Siri). The tablet business is booming and smart phones are on getting smarter. Before you lose your audience online because you have one of this big blocky looking sites on my iPhone consider this...fix it before it is too late. You may lose the wow factor by removing flash, but you can gain an on the go prospect searching

for an Italian restaurant right in near your pizza place.

Do me a favor; look up your website on your phone. Yeah, right now, just go to your URL or Google your company. If you don't have smart phones use a friends, and if your friend doesn't have a smart phone head to your closest provider retail store and welcome to the 21st century. In all seriousness, your site needs to be mobile device friendly, or even better, have your web team create a mobile or micro site for your business. All it does is simplify what they would see on their computer, into a user friendly, reformatted version that automatically resizes to fit your phone screen. If your site is completely built in Flash, well you are going to need to remove all those elements and rebuild. Adobes, the creators of Flash aren't even producing our supporting the program anymore.

There is really no way around it, people want to have everything in the simplest, quickest fashion possible. The future is right there in the palm of your hand, in your back pocket or purse. You use it every day and sometimes can't remember how you ever lived without it. It's your cell phone, and will be a huge asset in your business.

Happy Webbing! ♦

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## Mortgage News

### Upside Down On Your Mortgage?

By Julie Wheeler, CRMS



#### The lowdown on government programs designed to allow underwater homeowners lower their interest rates and what it really means to you!

The lowdown on government programs designed to allow underwater homeowners lower their interest rates and what it really means to you!

Are you as a homeowner doing the right thing? Are you making your payments on time even though you are upside down with your mortgage? If so, this will be some welcomed news for you! Knowledge is Power so read on.

Harp 2 and Freddie Mac Open Access got into full swing this month after Fannie Mae and updated their automated under-writing systems to handle new refinance programs for underwater homeowners. HARP 2 is designed for homeowners who owe much more than their homes are worth to refinance their loans into low fixed rate loans. In fact, there are no property value restrictions.

The basic requirements are you must have a source of income, be current on your mortgage payments for the last 6 months and have a loan that was purchased by Fannie or Freddie before June 1, 2009. The process to see if you are eligible is simple and the approval can be completed in just a few hours. I have personally helped homeowners save hundreds of dollars a month with little to no money out of pocket.

Under HARP, you could not refinance if the new loan amount would exceed 125% of the home's current value (125% LTV). The reality of the HARP failure was the banks themselves. They created overlays to the government program that limited the LTV to 105% and certain property types thus reducing their exposure to high-risk

loans and eliminating the effectiveness of the program. HARP and the banks did nothing to help us Floridians who were hard hit by the real estate down turn.

HARP 2 does away with a cap allowing homeowners who are seriously upside down on their loans to refinance. Unfortunately, after studying the guidelines of several major banks, I saw the same kinds of overlays that will again prohibit many of you from being approved. The unfortunate thing is most people will call their current mortgage holder only to be told by an unknowledgeable loan officer that they are not eligible. But the truth is they are not eligible because of overlays created by the banks!

So where are these banks without overlays? Many are in the wholesale side of the mortgage business. Your best chance for approval and navigating through this very complicated process is to contact a local Mortgage Expert in your area and find out if they have HARP 2 with no overlays. If the answer is yes, the average closing can be done in 30 days or less. Don't delay this program expires Dec., 2013.

If you want to see who owns your loan go to <http://www.fanniemae.com/loanlookup> <https://ww3.freddiemac.com/corporate> ♦

Julie Wheeler is one of 30 brokers in FL with the National CRMS Certification. Wheeler Mortgage Corp is located at 665 SE 10th Street, Suite 102, Deerfield Beach, FL 33441. 954-422-9400 ext. 321 or [juliewmc@bellsouth.net](mailto:juliewmc@bellsouth.net)

# IPA Pilots Take Broward Children's Center to New Heights

Broward Children's Center recently received a \$15,000 donation from the Independent Pilots Association (IPA) Foundation, a dedicated group of pilots who have made it their mission to provide for the well being of children and their basic needs with a focus on making life changing differences for children with exceptional medical requirements. Their donation will aid in purchasing unique sensory equipment called Snoezelen Therapy. The therapy consists of a combination of lighting effects, shapes, textures, music and colors strategically placed in the room to stimulate the senses for individuals with severe sensory impairment or neurological challenges. The therapy is extremely

beneficial to BCC's residents as it provides relaxation, sense of self control, encourages exploration, and improves attention span.

For more than 40 years Broward Children's Center has been a haven for infants, children and young adults with special needs and medically complex conditions. The private

nonprofit's mission is to provide a continuum of care, including a broad range of support, quality of life programs, and advocacy for our service population and their families. For more information contact Bridget DeSeno, 954-943-7336, extension 103, or email her at [bridgetd@bcckids.org](mailto:bridgetd@bcckids.org).



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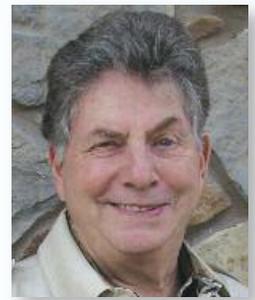
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Shut Out, Four Times  
in a Row

By Wendell Abern



Dear Angerphiles,

As I wrote in a column a few months ago, nothing de-fuses my fury faster than a beautiful woman: the more attractive the woman, the more buffoonish I behave.

I always assumed this lifelong failing would disappear when I reached my dotage. I am now 79. Maddeningly, it occurs just as frequently.

1—Publix.

I have for years complained about Publix cashiers leaving their station to fetch cigarettes for customers who don't want to wait in line at the customer service desk.

A few days ago, I'm in line when a woman three carts in front of me sends her cashier, i.e., my cashier, for a pack of Marlboros.

Two shoppers line up behind me. The woman closest to me says, "Where's the cashier?"

"She went for plastic surgery," I tell her.

"What?"

"Needs a nose job."

Suddenly, Tiffany appears. Tiffany. Smoky, seductive eyes. Blonde pony tail down to the waist. A runway model disguised as a store manager.

"Is something wrong?" she asked.

Aware of my failings in the presence of a beautiful woman, I quickly try to compose myself.

"Younevercigarettecashiersstandinlinelompindir!" I shout.

"What?"

Our cashier returns before I can make a bigger fool of myself.

I assume a position of silent stoicism. I pay and leave. Determined to shore up my reputation as an aging crank, I am determined to get in the last word with Tiffany.

"And you," I shout as loud as I can while wheeling my cart past her station, "NexttimeIcomeI'mgoingtostompnglurkabomble!"

Tiffany chortles.

I hate it when people laugh at my anger.

2—Publix II.

I'm waiting at the chicken counter. Right next to the deli case. One doesn't take numbers for chicken—only for the meats and cheeses displayed adjacently.

No one is attending the chicken counter.

A woman with granny glasses sidles up next to me.

"Isn't there anyone here?" she asks.

"Used to be. They wheeled her out on a gurney."

"Omygod, is she alright? What happened?"

"Emergency lipsocution."

"Wha—oh, c'mon, that's terrible of you."

"Is there a problem here?"

Tiffany. Again.

I pout. I scowl. I frown. Tiffany smiles pleasantly.

"There's no one here!" I shout. "Ijustwanttobuysomechickenfriedand thighsanddrumsticksgrompdoodle."

"It's okay," Tiffany says. "Relax. I'll get someone right away."

"Is he all right?" granny glasses asks Tiffany.

"Pay no attention to him. He just likes to vent."

Stifled again. I hate it when I'm stifled.

3—Chase (my credit card bank).

Ah. A phone call. No beautiful woman to squelch my anger.

After punching in the 800 number and spending seven minutes on hold, I am finally talking to a human being.

"Good morning, this is Brenda, how may I help you?"

I envision Brenda. I see her as the next linebacker for the Chicago Bears.

"I'd like to talk to your computer." I tell her.

"Um...sir...our computer doesn't talk."

"Really? I think it has a big mouth. It's charging me an unjust late fee of fifteen dollars."

"Um, sir, hold on please."

Three more minutes on hold.

"Sir, our records show your check arrived on the 4th, and was due in on the 3rd."

"I will not pay a late fee because of the inefficiency of a postal system that took three days to deliver my check to you!"

"Well, you'll have to take that up with the post office."

"Their computer is rude."

Deep sigh. "Sir, I will have your late fee deducted from your next bill."

Pause.

"That's all?"

"That's all, sir. May I help you with something else?"

Mollified again. It's a conspiracy.

4—BrandsMart.

Lately, each time I open the door to my stand-up freezer, it shoots out ice chunks at me. Using my warranty, I call Frigidaire for an authorized technician to come figure out what's wrong.

Jerry comes out, looks things over, then tells me the repairs will cost more than \$150, and when that happens, Frigidaire will simply send me a new freezer.

Wonderful!

Frigidaire calls BrandsMart, where I bought my freezer, and Maria, from BrandsMart calls to set up a delivery date.

Maria. Clearly, a female sumo wrestler. Maria and I agree on a delivery day of Tuesday.

At two o'clock on Tuesday, I call BrandsMart.

"Where's my freezer?" I ask Tony. "You were supposed to be here no later than one o'clock!"

On hold for four minutes.

"I'm sorry, sir, but this order reads Thursday."

"Maria and I agreed to Tuesday! To today!"

"I'm sorry, sir, Maria's not here today. Will Thursday be acceptable?"

"No! And if I don't get my freezer this afternoon, I'm going to sic my Aunt Ruth on you. Believe me, you don't want to mess with my Aunt Ruth!"

"Thursday," Tony insists.

"You're taking kickbacks, aren't you?"

"Kickbacks! What?"

"You're doing work on the side for the VP ICOAM, aren't you?"

"The who?"

"The Vice President In Charge Of Aggravating Me. He's paying you off, isn't he?"

Deep sigh. "Sir, you're down for a delivery on Thursday, between eleven and four. We have many deliveries to—"

"I have a doctor's appointment on Thursday afternoon! Either deliver the freezer this afternoon or on Thursday morning! I am the customer here! It is not incumbent on me to understand your problems!"

Stanley asks me to hold. I hold. For three more minutes.

"Sir, we'll have your freezer there within an hour."

I take a full ten seconds before I answer.

"Within an hour?"

"Right. Within an hour." He rattles off my address.

After ten seconds, I say, "Tell me the truth, Tony. You called Tiffany, didn't you?"

"Who?"

"Never mind. Tell your guys I'll be waiting for them."

Delicious, bottled-up anger, down the drain, four times in a row. It's humiliating. I have a reputation to uphold! I'm going to call my kids in Chicago and yell at them for no good reason. Can't have them thinking I'm mellowing.

*Cantankerously Yours, Wendell Abern*

*Wendell Abern can be reached at [dendyabern@comcast.net](mailto:dendyabern@comcast.net).*

*Appearing on this page will be submissions by persons from all walks of life.*

*They may be essays, letters, poems, photos, memorabilia, or anything we deem creative and in good taste.*

## An Extraordinary Energy Force in Lighthouse Point Named Doreen

By Lisa Mackenzie

Approaching my mid 40s, I decided to enroll in my neighborhood gym; where I was curious to try a Zumba class. From what I knew about Zumba thru infomercials, it was a dance-based exercise, with a Latin flair.

I positioned myself in the back of the room. The group was comprised of local Lighthouse Point ladies, who were all very chatty and happy. As the group assembled into two rows, I noticed one commonality; each began to tie a wrap, draped with silver or gold coins around her waist. "What's with the coin skirts"? I thought. The room suddenly became alive with vibrant color and exotic animal prints.

At exactly 8:29 AM, the door opened vigorously. Our instructor, Doreen Duncan stepped in. Looking strong, her breeze caught my body as she walked by. She looked to be in her early 50s, wearing clothes that had the words Zumba on them, and her highlighted hair dropped loosely to her shoulders, unrestricted. She wore nylon cargo pants with neon ties, matching bracelets, and around her waist, the familiar coin skirt, meticulously coordinated to match her whole Zumba ensemble.

The Zumba music began, its pulse exciting, Doreen's stance confident and encouraging. She lead our class with a warm up, and then slowly showed us a series of basic steps that were later rolled into manageable routines.

The ladies in coin skirts sang as they jiggled, wiggled and giggled to music by Pitbull, and a repertoire of passionate Latin music. Doreen's energy was a wonder to watch, and surprisingly, her moves were not impossible to follow. Even when some of us were not exactly getting the steps ("Your OTHER left," she would call out), her smile and nod were an indication that you had been forgiven.

Within fifteen minutes, Doreen's sweat-soaked clothes were a testament to her passion as she swayed, shaking her hips in earnest. With great power she called out the steps, encouraging us to repeat them with her, as she reminded us to "BREATHE." I found myself becoming persuaded by the rhythms, and a feeling of empowerment, which made me feel invigorated with new life. Her energy transformed the entire room. One hour later, blissfully exhausted but refreshed, I began to feel part of this sisterhood, lead by this extraordinary energy force named Doreen Duncan.

As we warmed down, she instructed us to give ourselves a hug, by wrapping our arms around our backs, as the music faded. "If you stick with me on this," Doreen addressed the class with wide warm eyes, "you will tone your muscles and lose inches." And then, just as she had appeared, she vanished in an instant. I ran up to the desk to ask, "When can I take the next Zumba class?"

Doreen devotes all of her spare time to choreographing s her routines that are designed to target each muscle group. These



routines include Samba, cha-cha, salsa, and hip hop steps. I soon became a regular, taking as many of Doreen's Zumba classes as possible. As the weeks went on, my confidence had begun to return, more importantly, my spirit had been reborn. Her workouts became a part of my daily routine.

Doreen has many other fans of all ages; evident by the comments I've heard. "She is simply so likeable," said Pam. In a world of "the self-absorbed, she is selfless," Martha proclaimed. "Doreen's classes offer both physical and spiritual benefits," said Lori. "She has truly touched so many people in our community with her skills, and positive spirit," added Kate. "I have so much more energy now," said Sue.

Doreen works earnestly, seven days a week, and along with all her Zumba certifications, and has been a certified trainer since 1989. This lady encompasses the spirit of Mother Earth; anyone can clearly see why she was meant to teach. She leads with an open heart and pure spirit, and invites you to take her hand (sometimes literally) and embark on the journey with her. In our community, she has truly helped so many people get healthy, by helping them to reach their fitness goals with her technique, positive spirit and encouragement.

As a sisterhood, we may be different, just like our coin skirts, when Doreen leads, but we are a bouquet of vibrant color and texture, dancing in unison to the same beat.

Well, I am off to Zumba, now 40 pounds lighter, where I will once again jiggle, wiggle and most importantly giggle in my coin skirt. I look forward to many future classes with Doreen Duncan, and sharing the floor with the wonderful healthier sisterhood she has brought together within the Lighthouse Point community.

*\*For More information, Doreen Duncan can be found on Facebook.*

## A Gift of Health for Dad The Benefits of Pilates for Men

By Kelly Doyle

It is a joke around the studio that if a person was to look into a window and watch someone train in Pilates, they may think, 'that doesn't look so hard'. Pilates is a type of exercise that focuses on movement by engaging our core muscles, concentrating and constantly striving for perfect form for every exercise. It is one of the most challenging types of training you can do, and anyone who has been practicing Pilates for a period of time, is strong from the inside out. So why do so many more women do Pilates than men? Pilates was invented by a man, strengthens the entire body and increases flexibility, but as Pilates trainers we probably sound a bit biased, so here are a few reasons for guys to train in Pilates about men who actually train in Pilates. Our first client is Tom. He has been practicing Pilates since 2006. Like most men, his wife started training first, but after he saw the changes in her body he decided to give it a try. Tom was in pretty good shape, a runner, golfer and dedicated to healthy eating. Six years into his training he still comes two times a week for private sessions. He did not stop doing anything, he simply added Pilates in to his week. What did change was his golf game. He got more powerful. His running; his stride got longer and his endurance and flexibility increased. He can now bend over and touch the

floor. (that's a big deal for a man) Next we have Bob, he was opposite of Tom. He was referred by another client and came in to help increase his core strength and help his back weakness. A month into his training his wife started. He comes twice a week and she comes three. He did his first perfect 'teaser' today. In Pilates that is lying flat on the floor and pulling your body up into a 'V' position and holding that position before lowering down with perfect control. I took a picture and sent it to his wife. Although we have clients that come to sessions five days a week making Pilates their main form of exercise, we have many clients that come twice a week, adding the benefits of Pilates into their routine. The idea is to get your body evenly strong and flexible so everything you do throughout the day, you do that much better. Whether your reasons for doing Pilates is to help decrease injury during sports, make a swing more powerful or just tighten and tone the whole body, Pilates is a gift of health perfect for dad! ♦

*For more information or to find a quality studio near you please contact, Kelly Doyle, dfp Pilates Health Studios, 954-648-5831, 3300 E. Oakland Park Blvd., Galt Ocean Mile, Ft. Lauderdale (located above Post & Post)*



## Sheriff Report

### Child Drownings: Prevalent and Preventable

By Sheriff Al Lamberti

Many of our best South Florida summer memories start with water. From crystal blue backyard swimming pools to the rolling waves of the Atlantic Ocean, Broward County residents always enjoy the area's countless boating, swimming and fishing opportunities. But each year, more than a few happy memories are marred by needless drowning accidents. In Florida, drowning is the leading cause of death for children under age 4.

Children are naturally attracted to water. If adults turn their heads for a moment, a toddler can silently slip underwater. If dad's attention is diverted by a ringing phone, or grandma steps away to stir the soup cooking on the stove, it's enough time for a curious little one to wander out a back door and fall in the pool. Often, it's a silent process. There is rarely a loud splash or a scream.

As part of the Broward Sheriff's Office's "SPLASH" initiative, which stands for **S**upervise, **P**rotection, **L**essons, **A**larms, **S**earch, **H**elp, the agency is reinforcing our efforts to stop these entirely preventable tragedies. The program, which is specifically designed by first responders, educates families to:

- Always **supervise** children around any body of water—keeping children within touching distance.
- Utilize layers of **protection** around pools, including fences with self-closing gates, pool covers and locks on gates and doors.
- Children should have swim **lessons** as soon as they are able

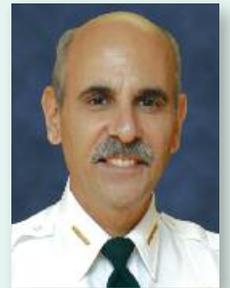
to crawl.

- All doors leading to bodies of water should have audible **alarms** to indicate when they are opened.
- Any time a child is missing, immediately **search** all bodies of water first. Do not just scan. Thoroughly look.
- Call for **help** by dialing 911 immediately. Every second counts, so use the phone while checking bodies of water.

Although more young children drown in swimming pools in Broward County than in the ocean, it's smart to take a few simple precautions when boating, as well. Children should always wear personal flotation devices on boats. Accidents happen fast, and children often end up in the water—sometimes without an able adult around to help. Personal flotation devices are often the difference between life and death for boaters—especially children.

Also, remember to always let friends and family members know your "float plan," which is basically a description of your boat, where you plan to go on the water, who will be with you and when you'll be returning. If something goes wrong and you fail to return as expected, they can notify authorities with that valuable information.

You can learn more about the Broward Sheriff's Office drowning prevention efforts and boating safety by visiting our website at [www.sheriff.org](http://www.sheriff.org). As always, you can stay up to date about BSO news and information when you become a fan of our Facebook page (Broward Sheriff's Office—Official), follow us on Twitter



# INJURED?

## ACCIDENTS

- Personal Injuries
- Car Accidents
- Wrongful Death
- Truck Accidents
- Motorcycle Accidents
- Boat Accidents
- Products Liability
- Slip and Fall
- Medical Malpractice

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## It's the Season for T.V.—That's Tinea Versicolor

By Melanie S. Hecker, MD, MBA

### What is Tinea Versicolor?

Tinea Versicolor (T.V.) is an infection of the upper layers of the skin. This results in an uneven skin color and scaling that at times can be unsightly. Some people have very bothersome itching with the rash. The infection is caused by a yeast-like fungus that normally lives on the skin surface in small numbers. It thrives in oily areas such as the neck, upper chest and back.

### How Do I Recognize T.V.?

The rash has small and scaly white-to-pink-to-tan spots scattered over the upper arms, chest and back. The spots may sometimes appear on the neck and face as well. On light skin, they may not be faint or they may show up as tan-to-pink spots. The fungus grows slowly and prevents the skin from tanning normally. As the rest of the skin tans in the sun, the now pale spots become more noticeable, especially on darker skin types. When the rash occurs on the face and neck, it can be very disturbing to the patient.

### What are the Symptoms of T.V.,

### Who Gets this Rash?

T.V. usually produces few symptoms. Occasionally, there is some slight itching that is more intense when a person gets hot or overheated. Most people get T.V. when they are teenagers or young adults. It is very rare in the elderly or in children, except in tropical climates where it can occur at any age. Both dark and light skinned

people are equally prone. People with oily skin may be more susceptible than those with dry skin.

Why some people get T.V. and others do not is not clearly understood. Since the fungus is normally present on everyone's skin in small numbers, anyone can develop the infection. It usually grows slowly in the skin so that normal washing and cleansing of the skin usually removes the fungus along with the dead skin. During the summer months when the temperature and humidity are high, the fungus increases. It then forms small colonies on the surface of some people's skin and since these colonies prevent the normal pigmentation process, both light and dark colored spots can result.

### Treatment of T.V.

T.V. is treated with either topical or oral medications prescribed by your Dermatologist. Since the uneven color on the skin is due to uneven tanning, these color changes may remain for several months even after the fungus has been eliminated. Lastly, the rash may reappear, so to prevent recurrences, special cleansers may have to be used once or twice a month as preventive therapy. ♦

*To find out more about this skin condition or for any other Dermatologic or cosmetic issue, please contact us at: Hecker Dermatology Group, P.A. New patients welcome and most insurances accepted. Visits are by appointment only: 954-783-2323 or visit us on-line: [www.heckerderm.com](http://www.heckerderm.com) or like us on Facebook.*



## Ask the Psychologist

By Andrea Corn, Psy.D.

### Sleep issues

The past few weeks, I've been waking up between 4:30 and 5:30 am, and cannot fall back asleep. I've been worried about my elderly mother's declining health, plus a particular financial investment that's not looking good. I know there is a great deal weighing on my mind, but now it's affecting my energy level, as I'm feeling lethargic by late afternoon. Do you have any suggestions to alleviate my distress?

Dear Sleepless,

What you are describing is not unusual given the weight of your concerns. Facing these types of challenging life circumstances often takes a toll on one's well-being. Yet, it sounds like you are having a hard time due to experiencing a decreased ability to find a viable solution; which means you are unable to be the reliable problem-solver. Many adults experience sleep difficulties at some point in their lives; and it is often due to worrying about matters beyond one's control. Perhaps, waking yourself up at this early hour offers you the opportunity to analyze all sides of these problems, uninterrupted and with the clarity you may not have during your work day. However, if you are finding yourself frustrated due to losing sleep, your annoyance is interfering with your ability to approach these problems objectively. That is why it is absolutely critical to figure out what you can realistically do to regain your emotional equilibrium.

One way to start is to try and see if you can simply observe your thoughts. It sounds simple, but actually it takes considerable practice; especially when unexpected and free-floating ones arise

that lead you to feel disturbed and agitated. Regardless of whether these thoughts are realistic or unrealistic, your brain responds to them with the corresponding feelings. So, as soon as anxiety and worry start to creep in, that can be a signal to let you know how much your thoughts are affecting your emotions or vice-versa.

There are other ways to acquire a sense of greater control even when the external events around you seem overwhelmingly stressful. It starts by focusing on what you can do to create order and routine in your daily life. You can start by developing your own predictable schedule for waking and sleeping, exercising, plus making healthy food choices (including watching your caffeine intake and alcohol consumption). Even doing these little things each and every day can aid in stabilizing your emotional, physical, and mental health during this stressful time.

However, if my suggestions do not alleviate your sleep deprivation, you may seek further therapeutic assistance or contact your physician and schedule an appointment to rule out any underlying medical condition. ♦

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





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# Cookin' With The Community

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

## Marinated Cold Chicken and Veggies

This is a dish my mom came up with that is so great in the summertime. (I already consider it summer here!) This is a healthy dish, an easy dish, and one that's great for leftovers for a second night! Serves 4 (or 2 people plus leftovers)

### Ingredients:

- 4 boneless, skinless chicken breasts
- 1 1/2 Cups slightly cooked broccoli
- 1 1/2 Cups slightly cooked green beans
- 1 1/2 Cups diced tomatoes
- 1 Cup sliced black olives
- 1 packet Good Seasons brand Italian Dressing (use instructions on packet for how to make dressing – will need olive oil and white vinegar)

### Method:

Season chicken with olive oil, salt and pepper, and bake at 350 for 30 minutes until cooked thoroughly.

In a pot, boil water. Drop in broccoli and green beans and cook for no more than 30 seconds, then drain and rinse with cold water. (You want them to be slightly cooked but still crunchy).

Line in a 9x13" pan the chicken, then green beans, then tomatoes, then broccoli, and then olives. Drizzle entire carafe of Good Seasons dressing and cover and chill in refrigerator. Serve when ready!

## Roasted Balsamic Veggies

You can use whatever is left in the fridge for this, but I prefer to use the following combination:

### Ingredients:

- 1/2 Yellow Bell Pepper, seeded and sliced
- 1/2 Red Bell Pepper, " "
- 1/2 Orange Bell pepper, " "
- 1/4 Large red onion, sliced
- 1/2 Zucchini, sliced

Toss the above in the following and let marinate:

- 3 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- Dash garlic powder
- Dash season salt
- Dash crushed red pepper
- Dash ground black pepper

### Preparation:

Place in an oven safe dish, and broil about 15 minutes, stirring occasionally until all veggies are slightly browned.

*Lighthouse Point resident, Courtney Stephens, shares some of her favorite recipes. You can find all of these and many more recipes on her blog at [www.floridagirlfood.blogspot.com](http://www.floridagirlfood.blogspot.com)*



## Buffalo Burgers with Carmelized Onions & Swiss

A nice healthy, tender and juicy meat that tastes excellent with creamy melted swiss and carmelized onions. Serves 2.

### Ingredients:

- 1 lb ground buffalo (bison) meat
- 2 slices swiss (I use lacey swiss, it's lower fat and sodium)
- 4 med yellow onions
- Salt, pepper
- Worcestershire Sauce
- seasonings (I use Weber Chicago Steak seasoning, but whatever is in your cabinet will do!)
- margarine
- olive oil

### Method:

Mix together ground buffalo, salt, pepper, worchestershire, and seasonings. Make 2 patties, and refrigerate until ready to cook.

Slice onions and saute in a pan with 1 Tbsp olive oil and 1 Tbsp margarine on medium heat. Toss regularly, until browned and carmelized (about 40 minutes).

Cook burgers in pan on medium heat, 5 minutes on each side or until cooked to your liking. Buffalo meat is good meat, so medium rare is okay. I like mine medium, slightly pink in the middle.

Remove burgers from heat. Place a slice of swiss on top, then the carmelized onions.

## Crispy Brussel Sprouts with Walnuts

Serves 2

### Ingredients:

- 5 - 10 Brussel sprouts
- 2 Tbsp olive oil
- 1 Tsp garlic salt
- 1/4 Cup sliced walnuts

### Preparation:

Wash brussel sprouts and cut off bottoms. Place in oven-safe pan. Add walnuts. Drizzle with olive oil and sprinkle with garlic salt. Broil in oven until brussel sprouts burn and crisp on the outside. (About 15 minutes).

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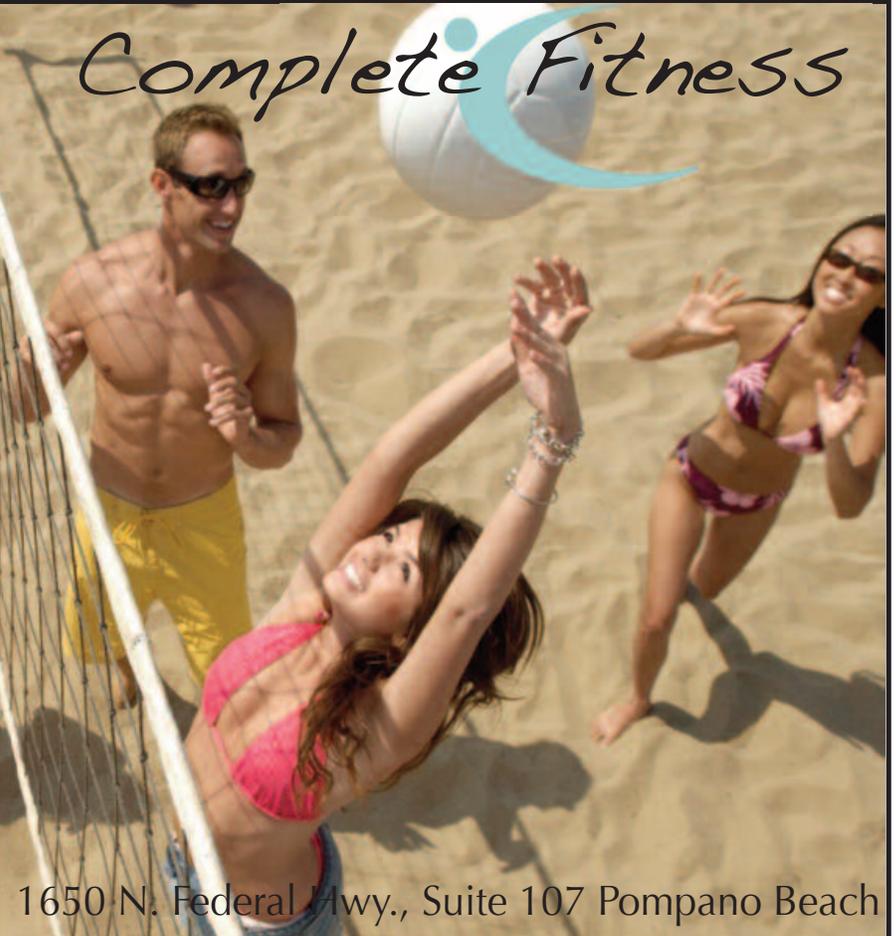
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John Offerdahl is...

# The Gridiron Griller

Anyone who has met former tight-end Joe Rose in person knows he is the quintessential speaker—quick, funny and incredibly engaging. That’s probably why he is asked to MC so many charity events when he isn’t busy doing on-air broadcasts for the Miami Dolphins. It’s why he was my first choice as MC at my Grill-OFF. The next thing you notice about Joe is he is really tall which has earned him the nick-name Big Dog. We paired him with a big-dog chef, Angelo Elia, of Casa D’Angelo in Ft. Lauderdale at this past year’s Gridiron Grill-OFF, and the dogs did not disappoint! This month’s featured recipe was a fan-favorite. The perfect combination of the tender veal and fresh herbs hot off the grill made everyone hover at #80’s tent!

## Rose’s “Big Dog” Veal Medallions

**READY...**Line up your ingredients

### Marinade:

- 4 oz extra virgin olive oil
- 1 t garlic, chopped
- 1 oz white wine
- 1 oz mixed chopped herbs fresh back pepper

### Sauce:

- 4 T (1/2 stick) chilled unsalted butter, divided
- 1/4 c finely chopped shallots
- 1 fresh rosemary sprig
- 1 t coarsely cracked black pepper
- 2 c ruby or tawny port
- 2 c beef stock

### Veal:

- 6, 8-ounce pieces veal tenderloin

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

**Marinade:** Mix the above ingredients together, add veal tenderloin and refrigerate for 12 hours

**Sauce:** Melt 2 tablespoons butter in large saucepan over medium-low heat. Add shallots; sauté until soft, 3 minutes. Add rosemary and 1 teaspoon cracked pepper and cook until liquid evaporates, 1 minute. Add Port; bring to simmer. Add all of beef stock. Boil until reduced to 1 1/2 cups, about 20 minutes. Strain into medium saucepan, pressing on solids to extract as much liquid as possible.

**LET’S GRILL...**Take it to the Grill...

Pre-heat the grill to 400° (Medium High) and cook for 6 minutes on each side or until medium-rare.

**Recommended wine pairing...**Murphy Goode Merlot

### JOHNNY SAYS...

“Your Casa or my Casa for Rose’s ‘Big Dog’ Veal Medallions?”



Joe Rose and Angelo Elia of Casa D’Angelo with John Offerdahl.



Rose’s Big Dog Veal Medallions.

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## A Personal Experience: Seniors find it Difficult to Report Fraud

By Denise Richardson



I often try to draw attention to real stories of fraud and identity theft whenever I can. I think that it helps to drive home the point that financial harm, fraud and identity theft can happen to anyone. Sharing stories can help uncover and then solve problems. That's the reason that I often share my own experiences; it allows me to say "This is real, and here is how I experienced it." Sometimes we learn from our own mistakes—and sometimes, we learn from the mistakes made by others.

I got a call from my mom this week. When I picked up, however, my mom said the words that nobody wants to hear a parent say: "You're not going to like this." She was right, of course, because I didn't like it. It seems that my mom had received a call from someone that she thought was from Medicare. She'd recently started seeing a new doctor and had a problem with a bill, so she was expecting Medicare to call...the caller took her off guard. Before she knew it she had given the caller her Social Security number because she thought the call was legitimate. By the time she realized her mistake he was already off the phone and off and running with her personal information.

After she told me what had happened I said that she needed to make a few calls right away. She called the bank to let them know what was going on, and then called the police department who simply told her to call the bank. She also called the Social Security Administration to let them know what had happened. Finally I told her to contact the credit bureaus to place a credit freeze or fraud alert on her credit reports to prevent her credit from being used illegally. That is where we started running into problems.

By this point my mom was understandably upset, both with the individual who stole her information and with herself for giving it away when she knew better. She wanted me to help her to freeze her credit reports but I told her that these were calls that she needed to make herself—from her home phone. The automated call systems that the credit reporting agencies used just added to her frustration. I tried to find a way to dial in directly to a live agent, but I couldn't find any way for her to report the incident other than navigating an extensive automated phone tree. It hurt to not be able to offer her any assistance, and it troubled me to think that my mom wasn't the only senior citizen who faced a predicament like this and been left feeling frightened, angry and alone.

The Federal Trade Commission recently released a report that summarized the experiences of identity theft victims. In

that staff report it was determined that the credit reporting agencies may need to do more to aid consumers in reaching a live agent, and after seeing the anxiety and frustrations my mom faced, I can't agree more. This is especially important with senior citizens who may be anxious, intimidated or confused by extensive automated phone systems and who are statistically one of the age groups that is least likely to report identity theft incidents in the first place. If seniors encounter difficulties when they try to report identity theft and put fraud alerts on their credit reports then they may decide that it's not worth the hassle should they be victimized again in the future.

In addition to reforming the way that the credit bureaus accept reports, telemarketing scams and fraud prevention awareness efforts need to be increased to help keep senior citizens safe. My mom was lucky since she had someone to call that she knew would know how to handle this situation; many seniors aren't so lucky. Efforts need to be made to teach seniors, and individuals of all ages, how to identify fraudulent calls and predatory con-artists. This will help to prevent fraud incidents just as direct access to credit bureaus customer service agents would help mitigate further damage from being done.

Here are a few additional steps you can take to limit your exposure to fraud:

- If you suspect someone is trying to scam you, do not respond in any way. Ignore any suspicious emails, letters, and pop-ups boxes. If it's a telephone call, hang up; if a person comes to your door, close the door and walk away. Always report scams and suspicious activity to the Federal Trade Commission by calling 1-877-FTC-HELP. Resist the temptation to try to outsmart the perpetrator. Remember: you can't con a con.
- If you've already responded to a scam, end all further communication. A smart fraudster will try to re-establish contact with someone who gave them hope of succeeding in their scam.
- Limit the personal information you divulge. There is no reason anyone needs to know your social security number, your bank or card numbers, your mother's maiden name, your birth place, your birth date and year, or your favorite passwords. There is some information that you shouldn't give out to anyone ---even if you're asked for it. ♦

*For additional resources and tips to help you keep yourself and family safe from financial fraud and identity theft, please visit [givemebackmycredit.com](http://givemebackmycredit.com) or email me directly at [deniserichardson@givemebackmycredit.com](mailto:deniserichardson@givemebackmycredit.com).*

## Eat Or Be Eaten Fooling the Food Chain

By Capt. Mike Genoun



Fast growing predators that inhabit most of the world's tropical seas, dolphin are gluttonous carnivores that feed with no remorse. Anything that swims is fair game, with long-distance migrations and aggressive tendencies warranting the need for substantial protein consumption. Scientists have determined that dolphin are equipped with specialized gills similar to marlin and tuna that permit high oxygen diffusion to support their increased metabolic rates. Socially, dolphin travel and feed in schools so the competition for forage rules their lives. As a result, dolphin feed when food is available and it is partially because of their insatiable appetites that most mahi don't make it past their first birthday.

Cruising a weedline, color change or temperature break for anything resembling a meal, dolphin aren't particular and will capitalize on whatever opportunity presents itself. Tagging data reveals that juvenile 'phins are capable of growing 1.3 to 2.7 inches a week so it is no surprise they eat almost anything. One look at the stomach contents of a mature dolphin and this fact will be confirmed. Dolphin literally eat anything they can fit in their mouth, including their own offspring! That's the sad reality of life as a dolphin in a fish-eat-fish world.

The ocean is one of the world's most incredible ecosystems, and educated anglers that understand the food chain have a greater chance of capitalizing on available opportunities. During Florida's summer months dolphin fishing is the talk of the town. While novice anglers know that weedlines and birds signal the presence of fish, professionals have an even better understanding of the ocean's inhabitants.

Gaffers won't have as many birds on them as would a school of juvenile green hornets. A pair of mature dolphin simply can't corral baitfish to the surface quite like a school of peanuts. So when you see a plethora of birds it's likely they are tight to a pack of juveniles. Even though it's nice to break the ice with a couple of schoolies, you can only get so much excitement out of 24-inch shakers. Bulls and cows typically become loners once they eclipse the 20-pound mark, but that doesn't mean they won't be too far off. When juvenile 'phin are thick there are a few things you can do to maximize on the opportunities lurking below and were not only talking about slammer dolphin.

Pretty much every species of pelagic game fish has been known to feed on dolphin, so when your other big fish tactics aren't doing the trick many anglers look to match the prevalent forage. Lures with dolphin colors and patterns will pique the interest of billfish, sailfish, wahoo and tuna, in addition to slammer 'phin hungry for their own flesh and blood.



Slammer 'phins are notorious for eating anything resembling their own kind.

Tackle manufacturers are always looking to exploit the next big thing, but matching the hatch is no novel idea. For years manufacturers have been producing a variety of offerings finished with exquisite dolphin patterns and no matter your preferred approach and target game fish, faux 'phin will get you in the game. Many anglers introduce dolphin patterned trolling lures into their spreads, knowing all too well the predators they can entice. With an incredibly accurate dolphin pattern, Fathom Offshore's Pepal Grande trolling lure really looks like a peanut dolphin darting through the water. Ideally suited to be pulled

right along the edge of a weedline to imitate juvenile dolphin that routinely seek the refuge provided by floating mats of vegetation, you never know what will jump on this lure. Cedar plugs are also available in dolphin patterns and are also great offerings to troll around weedlines.

Maybe you're more of a live bait guy and prefer running and gunning in search of floating debris. You've probably encountered dolphin schools so thick you could walk across them, yet you don't get much of a response from your offerings.

They may not like your flavor of the day, but there could be another reason for their heightened alertness and it's likely hanging in the shadows. This is when casting a popper or diving plug painted like a peanut will pay big dividends with surface foraging slammers or suspended wahoo. While we're not suggesting an entire spread of dolphin patterned offerings, no matter your preferred technique for blue water fishing you should include a dolphin colored lure in your approach.

Finally, when nothing else seems to work anglers need to think outside of the box. While you've certainly heard keeping a hooked schoolie in the water keeps the interest of the nearby pack, some professionals take it to a whole other level. Boat a 20-plus inch fish and bridle it to a 50 lb. outfit. This way, you'll be ready to capitalize on the opportunity if a marlin or slammer 'phin comes in to investigate. ♦

For more tips, tricks, tactics and techniques, visit [FloridaSportFishing.com](http://FloridaSportFishing.com). Like Us on Facebook.



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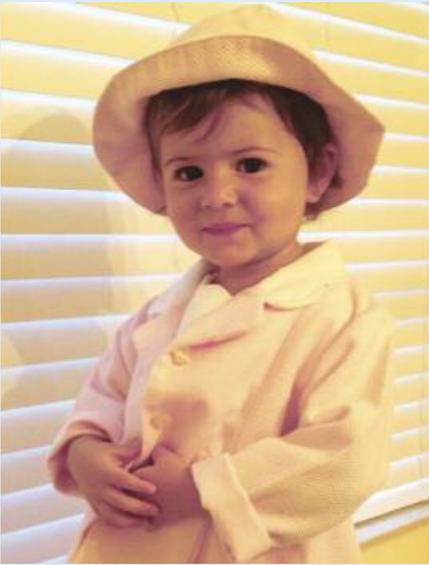
**Mackenzie**  
turned 3 on May 1st



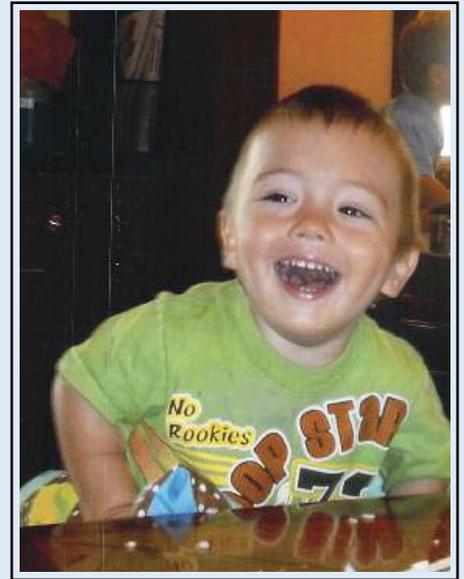
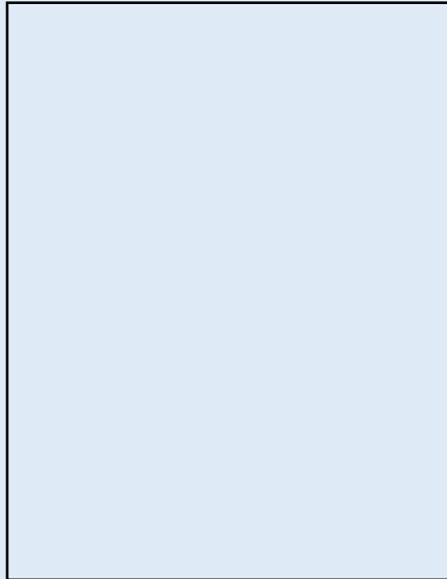
**Grace**  
turned 7 on May 7th



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**Pricilla Elizabeth**  
turned 2 on May 25th



**Jaden**  
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**Daisy**  
turns 10 on June 11th



**Captain**  
turns 7 on June 15th

## To Act As If

By Reverend Jack Noble

There's a great motto from the recovery movement that says simply, "Act as if..." And what I've always taken this to mean is that if one wants to do something new, to think a certain way, to find a new behavior...try it! Experiment with it, think it, do it, live it, until it becomes part of you. And if it doesn't turn out right every time, or if you don't get the desired results, so what, keep at it. It will come.

As one might expect, given what I do, I see and talk with a lot of people who say that they want more faith, or to learn how to pray, or to know God better. Generally, these are people who want more than mere belief that God exists. They are searching for certainty in their hearts, minds and lives. They are wanting to experience something of the presence of God. So, when they take the time to come seeking, like that, I most always ask, what exactly are you doing to cause that—whatever it is—to happen?

For instance, what are you reading? Are you practicing prayer? Are you going to church? Are you part of a community

of faith? Are you "hanging", as it were, with those who have what you want? Good questions for the seeker.

One of the things about which I am absolutely certain, is that God's interest in us is a lot more steadfast and trustworthy than our interest in God. God will get through to us if we give God a chance. The channel that God will use? The riverbed is our interest, our desire, our search, our hope. And this is where "acting as if..." becomes so important. Our beginning to act as if the whole thing is true—that *God really does care* is the key to the entire matter.

We must begin to act as if we believe.

I can hear some asking, well isn't that self-deception? Not at all. It is a spiritual experiment. And what I am finding is that the more I try it—this believing against non-believing—the more I find I am swept along by a current not of my own making. And my faith grows stronger. ♦



## Al's Corner

### Lighting Up the Night

By Al Siefert

The article I submitted last month on street lighting received a few responses from the readers. Apparently there are some residents that prefer not to have street lights. They cited the ugly color and the way the light brightens the sky, which makes star watching less enjoyable, as the main reasons.

The lights that FP&L provide are high pressure sodium, which gives off an orange color. They are also inexpensive to operate and blast light all over the sky. I feel that they work best in industrial areas where color is not important. Residential areas are better suited with white lights that do not distort color. With the new LED technology getting less expensive to purchase, there is a chance that FP&L could begin buying new fixtures in the future. The shoe box fixture that does not pollute the sky with unnecessary light could replace the existing barn light fixture in use today. There is also a LED retro fit light that would work on the cobra head fixtures. I do not feel that FP&L would do this on their own, but with public input it could happen.

Street lighting does provide some safety for pedestrians and is a deterrent to crime, but one respondent felt they would rather use their own yard lighting which would be more attractive. I agree yard lighting does enhance the look of the property while offering a deterrent to crime.

Low voltage yard lighting for example, is easy to install and can enhance curb appeal of your home. There are many low cost lighting systems that can be purchased at Lowes or Home Depot. They come with a transformer and a timer and plug into an exterior outlet. You can also purchase the transformer and time clock separately from the light fixtures, and create your own design. Earlier this week we installed some LED low voltage lights for a customer in Boca. These lights made a big difference

in the appearance of the home at night, while using far less energy than conventional lighting.

If security is an issue and you do not want to have your landscape lights on all night, motion sensors on security lights may be the answer. In the event that someone was entering your property after dark the light would come on in that area. They could also offer you illumination at night in case you need to walk around your property.

On another matter, City inspectors are changing the way they issue citations. We have seen two situations recently where electrical inspectors have turned their citations over to Code Enforcement. The first case was in Delray Beach where we were making repairs to a bathroom that had fire damage created by a bathroom exhaust fan. While the inspector was on site inspecting our work, he found that the garage was wired with lamp cord wire and had numerous code violations.

The second case was where we were working in a building where the owner was installing a new office. We called the inspector for our rough electrical inspection, but before he was able to make the inspection the owner covered up the walls with drywall. Normally in both cases the inspector would issue a citation on the violation. But in these two cases they referred them to Code Enforcement to issue the citation. This involved the inspector educating the Code Enforcement officer on what is needed in the citation. This is something new going on in the inspection world and I will follow up in a future article. ♦

*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*





Continued from page 41



# Merchant of the Month



## Loyal Customers Keep KMC Marine Afloat During Turbulent Times



**KMC MARINE HAS BEEN HELPING LOCAL BOATERS TAKE FULL ADVANTAGE OF THE SOUTH FLORIDA LIFESTYLE FOR THE PAST 24 YEARS.**

The business was established by Lighthouse Point residents, Phil, Tom and Rob Kniskern in 1988. The Kniskern brothers grew up on the water. Born in Philadelphia, the Kniskern Family spent summers in Stone Harbor, New Jersey, where they enjoyed boating, water skiing, fishing, surfing and sailing.

The family moved to Lighthouse Point in 1977, and took full advantage of year-round water sports. The Kniskern brothers inherited their father's entrepreneurial spirit, and after college, Phil, Tom and Rob decided to start their own marine store and yacht brokerage—originally called "Kniskern Marine Center." The name was eventually shortened to "KMC Marine." Over the years, KMC expanded, representing various lines of new boat manufacturers and adding a Mercury and Yamaha factory-authorized service center.

Tough economic times have driven 40% of boat dealerships nationwide to shut their doors. KMC Marine chose to follow the proverb, "You can't change the wind, but you can adjust your sails," modifying the focus of their business to suit their customer's needs. While they remained new boat dealers, they also promoted the sale of pre-owned boats and assisted many local boat owners with the sale, repairs and maintenance of their boats. KMC's Parts Department specializes in helping customers with parts and supplies necessary for routine upkeep and maintenance for do-it-yourselfers. KMC Marine's Service

Center has earned Five-Star Certification from Yamaha and was named a Mercury Marine Premier Service Center. KMC's factory-trained and certified mechanics have helped local boaters maintain their vessels, so they could spend more time out on the water. After all, is there any better stress relief?

A recent trend toward increased sales of new boats seems to indicate that the economic tide is turning for the marine industry. To meet that demand, KMC Marine proudly represents two boat lines—Jupiter Boats and NauticStar Boats. For their discriminating customers the Jupiter boat line offers the latest in style design, comfort and performance. These days, everyone is looking for value in their next boat purchase. KMC carefully researched all of the manufacturers and critically scrutinized their current boat line. After months of searching, they saw the light—it was a NauticStar. New Style, no-wood construction, one-piece fiberglass grid stringer system, and a lifetime structural hull warranty—all priced far below its competition. This line is a perfect fit for anyone looking for a 19'-25' center console.

Through stormy seas and fair weather, KMC Marine has been and will continue to be there to serve local boaters. Phil, Tom, and Rob attribute KMC's continued success to their loyal customers, and for this they say "Thank you!"

*Stop by KMC Marine at 3000 North Federal Highway in Lighthouse Point or visit them on the Web at [www.kmcmarine.com](http://www.kmcmarine.com).*



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Magnificently built on one of LHP's best island streets!! This 6 bed, 7½ 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.



Lovely 3 bedroom, 3 bath pool home located on 95 ft of deep water and in the very desirable Lake Placid area of Lighthouse Point. Bright and open with Mexican tile throughout, spacious living areas and remodeled kitchen all overlooking the pool and water. 6,000 lb boat lift, dinghy wench, electric and water on dock. \$699,000.



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.



Built in '02 on Lighthouse Point's 'Millionaires Row'. The spacious gourmet kitchen and living areas enjoy water views. Master suite includes sitting and exercise rooms, a huge bedroom, and a luxurious bath-all opening to spacious balcony. Heated pool, summer kitchen and bar. 97' of dockage just around the corner to the Intracoastal! \$1,625,000.



This lovely updated 3 bed, 2 ½ bath home sits on 85' of deep water with unrestricted ocean access - just off the South Grand Canal! The third bedroom works well as a comfortable den. Updates include; granite counters & stainless steel appliances in the kitchen, porcelain travertine tile throughout the living areas and new 85' dock! \$699,000.



Magnificent, custom built 5 bedroom plus office, 5 ½ bath home on 90 ft of deepwater and just off the Intracoastal in Lighthouse Point. Exquisite finishes, ensuite bedrooms, game room, 3 room master suite, tropical pool/spa, 2 laundry rooms, 3 car garage, elevator and so much more! \$2,375,000.



Very spacious home with 5 bedrooms, 4 1/2 baths, plus den and Florida room. Great location with waterfront homes all around and on a nice quiet cul-de-sac street. Water views from master bedroom balcony. Luxurious master bath and two walk in closets with dressing area. All large rooms with two wood burning fireplaces, central vacuum, built-ins and many updates! \$625,000.



Water views from this bright, open home with 80' of deepwater frontage. Split bedroom plan with sought after first floor master and 3 additional bedrooms upstairs. Master bath with spa tub. Marble floors in main living areas. Open kitchen with granite and formal dining room with butler's pantry. Fabulous pool and patio with Tiki hut. Refurbished dock with water and electric. \$1,099,000.



Spacious 2-story home on 80' of southern exposure waterfront. Fabulous layout opening to porches, balcony, extensive patio and waterfront pool. Airy vaulted ceilings, Master up and down, large kitchen with wood cabinets, new stainless steel double ovens and pass through to outside. Central vac, 2 car garage, lots of storage and closets. Lift for jet ski, circular drive and newer pool heater. \$799,000.



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4,064 s.f. air conditioned area, courtyard/gardens lead to living room, offices and 2nd floor. Cabinets and unique built-ins designed by Duckham. Built in 1961 by Dan Duckham as his own home and studio. Stunning cantilevered terraces jut-out on both floors, floating over Cherry Creek. Oakland Park. ML#F1184106

**RAY DIAZ, 954-816-9525 \$649,000**

## A VACATION EVERY DAY



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

**DOT COWDREY, 954-592-2640 \$628,788**

## 90' WATERFRONT 3BR/2BA HOME



Southern exposure located in the most prestigious part of Lighthouse Point. Custom kitchen, updated baths, newer seawall footer and cap with boat lift. Upgraded pool/spa, oversized 2 car garage with workshop area, newer roof, impact glass and split floor plan. Great home for entertaining! ML#F1179881

**MICHELE HALE, 954-648-2065 \$625,000**

## 4BR WATERFRONT POOL HOME



Very spacious pool home located in the heart of Pompano Beach. Located on the Caliban Canal just a few minutes to the ICW and quick access to the ocean. Split floor plan for the 4BRs with very nice patio area. The lot is super size with 100' of waterfront and approximately 170' deep. ML#F1185565

**DIANNE MATTIACE, 954-675-0800 \$579,000**  
**KEN SCHAUT, 954-778-2929**

## REMODELED LHP WATERFRONT



3BR/2BA waterfront, pool home. Rare floorplan is terrific for your choice of: captain's quarters, mother-in-law or teenager suite. Kitchen will delight any gourmet chef by using the Wolf induction cooktop and professional convection oven, subzero SS/Fridge and clean up with the Miele SS Optima dishwasher. ML#F1174272

**JUDY TRUDEL, 954-242-5272 \$524,900**

## NOW'S THE TIME! THIS IS THE HOUSE!



Updated and upgraded 3BR/2BA pool home. Open floor plan allows for casual and relaxing entertaining. French doors from the spacious bedroom and granite kitchen lead to a lushly landscaped, crystal clear pool/patio area. ML#F1184257

**SUZI MCCABE, 954-562-4938 \$374,900**  
**CAMILLE HALL, 954-254-2085**

## 2BR/2BA WITH WATER VIEW



Pleasant apartment in wonderful condition in sought after Lighthouse Point. All ages and a small pet welcomed. Must own 2 years to rent. ML#F1180908

**DOT COWDREY, 954-592-2640 \$169,000**

## EAST DEERFIELD 2/2 CONDO



Well maintained 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. 55+ complex. ML#F1144105

**JUDY TRUDEL, 954-242-5272 \$49,900**



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