

Lighthouse Point

MAGAZINE

March 2012

www.LHPmag.com

Taste Around Lighthouse Point



INSIDE: Taste Around LHP 10
Exchange Club 150 15

Keeper Days 36
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Photo by
Debra Todd

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A close-up portrait of a woman with light brown hair and eyes, looking directly at the camera. She is wearing a dark turtleneck sweater. Her hands are resting on a dark surface, and she is wearing a large, ornate ring with a dark, faceted stone and a gold band. A gold necklace with large, oval, filigree pendants hangs around her neck. A matching gold bracelet with a similar filigree design is on her left wrist. The background is softly blurred, showing what appears to be a window with vertical blinds.

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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.

Deerfield H.S. Help Teenage Homelessness

Club Members for DECA, S.W.A.T. and Interact at Deerfield Beach High School joined forces to combat the ever growing epidemic of teenage homelessness. The club members researched teenage homelessness in the United States and found that The National Coalition for the Homeless defines homeless youth as individuals under the age of eighteen who lack parental, foster, or institutional care.

This motivated the club members to partner with the Broward Partnership for the Homeless and created a project to collect in good condition blue jeans. Their thought was that since the weather was changing in South Florida, having a pair of jeans would certainly help.

The students created banners, flyers and rallied their fellow classmates; in total they collected 235 pairs of jeans. David Trebejo, a member of DECA collected 42 pairs of jeans himself. He said, "I told all my friends about the project, and they were happy to help."

Project leaders Jimmy Charles, Jenaire Gumbs, Latoya Peebles and Calvin Harris each demonstrated true leadership and responsibility in setting their goals and surpassing their original goal of 200 pairs. Mr. Pizzo, Club Sponsor said, "This was a great opportunity for the students to help their community and to know that they are directly helping other teenagers in Broward County."

Top Producers at Campbell & Rosemurgy Real Estate

Campbell & Rosemurgy Real Estate had their Appreciation Breakfast for their top producing agents this year at Carmen's Restaurant at the top of the Bridge Hotel in Boca Raton.

This year they had more top producing agents since 2006. "We continue to receive a large part of our new listings and buyers as a result of referral from previous customers," said Kiku Martinson.

This year marks the 59th anniversary of Campbell Property Management and Real Estate; the area's oldest family owned and operated real estate firm and property management company. In the past half century, the firm has grown to one of the largest and most respected real estate companies in South Florida.

Jim Heidisch updated their agents on the Florida Association of Realtors as he is the outgoing RAGFL President. "We have kept our focus on providing our agents with all of the resources they need to operate at peak performance and exceed their client's expectations," said Jim Heidisch, Broker, Manager.

"Each Campbell & Rosemurgy agent shares a commitment to exceeding our customer's expectations and creating a client for life. We want to thank all of our top producing agents for all there hard work at Campbell & Rosemurgy," said Kiku Martinson, Director of Real Estate.

Menchie's is a Welcome Treat!



Menchie's, just opened in the Shoppes at Beacon Light, is a new and unique concept in delivering fresh frozen yogurt to its customers. The store is located in the same spot where the legendary Dairy Queen existed for 50 years.

"Menchie's provides a fun, upbeat place for families and friends to help themselves to an unlimited mix of yogurt and toppings at a unique self-serve station with more than 100 rotating yogurt flavors from cake batter and pomegranate tart to chocolate silk and vanilla snow, and more than 70 rotating toppings including fresh fruits, granolas, nuts, an assortment of candies and hot fudges. Menchie's uses the highest quality frozen yogurt. Furthermore, Menchie's frozen yogurt contains live and active cultures and has received the Live and Active Culture (LAC) seal indicating its endorsement by the National Yogurt Association.

Menchie's creates memories in a family-friendly environment that is both warm and welcoming. The interactive store experience, relaxing indoor and outdoor seating areas, and enjoyable music create the ideal place for families to gather every day. To make the experience a little sweeter, Menchie's provides free stickers and balloons to children at the store.

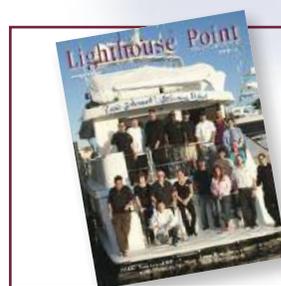
Menchie's Beacon Lights is located at 2488 N. Federal Highway in Lighthouse Point and is open Sunday through Thursday 11 a.m. - 11 p.m. and Friday and Saturday 11 a.m. - midnight. For more information, please call (954) 781-0208 or visit www.menchies.com.

Public Education Announcement

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

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

Editor's Note: In the February 2012 issue, we neglected to give photo credit to Jeff Graves for the Holiday Boat Parade.



On Our Cover:
This month's cover is of the restaurateurs who were featured at the Taste Around Lighthouse Point. Photo by Debra Todd

Features

- 10 Taste Around Lighthouse Point
- 30 Exchange Club 150
- 36 Keeper Days
- 46 Night on the Town

This complete issue and all back issues of **Lighthouse Point Magazine**

can be seen on our great website at www.LHPmag.com

Advertising Rates & Information

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

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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.



TAKING A MOMENT TO REFLECT

In the crazy maze we struggle to exist in, there's never enough time to accomplish all the things we plan. In many cases, one gets too old or sick. Bronnie Ware, a woman who worked in palliative care for many years, gives some insight from patients who were facing their own mortality and had gone home to die, in an article I read this morning.

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

Many had unfulfilled dreams due in part to choices made along the way. It's important to honor at least some of your dreams. From the moment you lose your health, it's too late. Health brings a freedom very few realize, until they no longer have it.

2. I wish I didn't work so hard.

There are those who missed their children's youth and their partner's companionship. Women spoke of this regret. Men deeply regretted spending so much time on a treadmill. Simplifying your lifestyle and creating more space in your life, you become happier and open to new opportunities.

3. I wish I'd had the courage to express my feelings.

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

4. I wish I had stayed in touch with my friends.

Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying.

5. I wish that I had let myself be happier.

A great many did not realize until the end that happiness is a choice. They had been stuck in old patterns and habits. Fear of change had them pretending to others, and to their selves, that they were content.

Life is a choice. It's YOUR life. Choose consciously, choose wisely, choose honestly. *Choose happiness.*

Lighthouse Point

MAGAZINE

3467 N.W. 17 Terrace, Oakland Park, FL 33309
OFFICE 954-486-3820 • CELL 954-608-3820

Email: LHPnews@bellsouth.net

Website: www.LHPmag.com

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Jon Frangipane – Founder/Publisher/Editor

Babs Kall, Kall Graphics – Magazine Design & Layout

Debra Todd – Photography

Linda Kaufman – Staff Writer

Wendell Abern – Staff Writer

Alan Williamson – Staff Writer

Contributing Writers & Photographers

Doreen Gauthier, Sheriff Al Lamberti, Dr. Steve Wigdor, Donna Torrey, Erica and Jan Davey, Rev. Jack Noble, Denise Richardson, Al Siefert, John Offerdahl, Catherine Favitta, Marla Schwartz, Judy Sullivan, Eunice Hamblen, Millie Walsh, Kelly Doyle, Captain Mike Genoun, Malcolm McClintock, Jennifer Kovacs, Dr. Andrea Corn, Andrea Freygang, Mike Denker, Jeff Graves, Lori Selman, Courtney Stephens, Valerie Amor

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NOTICE

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

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

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

A Pet Who Needs Love

Clover



My name is CLOVER and I am a *rare* breed of dog. They call me a Pharaoh Hound, an ancient Egyptian breed related to the Greyhound. People find me very regal and elegant, although I need to put on a few pounds. I'm almost one year old and I was a stray, so I am starving for your attention! I'm a little shy at first because I am a bit nervous in new situations. After a little time, though, my shyness wears away.

People describe me as smart, playful, alert and active. I am crate trained and I love to play with other dogs. I probably shouldn't live with toy breeds or other small animals because I have a strong hunting and chasing instinct. I could live just fine in an apartment with enough exercise. Pharaoh hounds can jump incredible heights from a standstill, so fences should be very tall. Pharaoh hounds tend to do well with children! Come see how special I am!

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 12:00-4:00 or you can visit us online at floridahumanesociety.org or by calling 954-974-6152.

"The glory which is built upon a lie soon becomes a most unpleasant encumbrance. How easy it is to make people believe a lie, and how hard it is to undo that work again!" – Mark Twain

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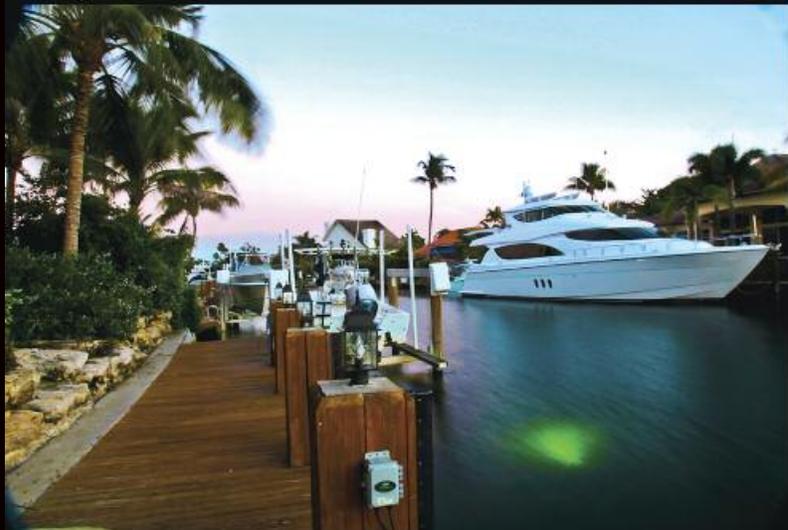


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8TH ANNUAL

Taste Around Lighthouse Point



By Andrea Freygang
Photos by Debra Todd

The Lighthouse Point Yacht and Racquet Club was overflowing with people enjoying themselves at the eighth annual Taste Around Lighthouse Point.

On January 17, well over 400 people gathered to taste food from 30 local restaurants. The annual signature event for the Lighthouse Point Chamber of Commerce raised more money than previous events by \$6,000, bringing this year's total to \$36,000. Funds raised from the Lighthouse Point Chamber's signature event will be donated back to the community in the form of grants. In past years, local schools, libraries, parks and charities have all benefited from the Taste funds.

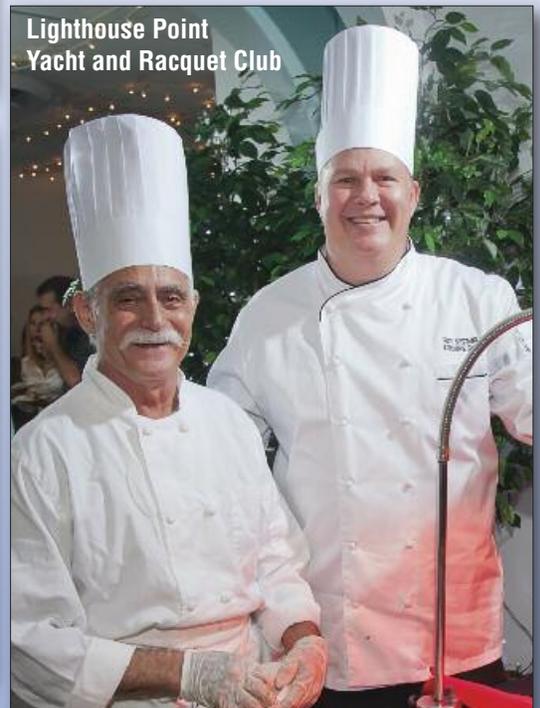
"This year's event was so amazing thanks to our great volunteers, sponsors and co-chairs Cynthia Tenberg and Lizann Brown," said chamber president Lucille Pignataro with Bank United. "Thank you to everyone who came out and supported this event, thank you to the restaurants for their time and delicious food and to *Lighthouse Point Magazine* for their wonderful coverage."



The event committee



Lighthouse Point
Yacht and Racquet Club





DJ for the night



Sicilian Oven



Heart Rock Sushi

Continued on page 30

Put Power of Tax Deferral to Work

To improve your chances of attaining your long-term investment goals, you need to make the right moves — and one of the smartest moves you can make is to put away as much as you can afford, year after year, into tax-deferred investments such as your 401(k) and traditional IRA.



When you contribute to a tax-deferred account, your money has the potential to grow faster than it would in an investment on which you paid taxes every year. Over time, this accelerated growth can add up to a big difference in your accumulated savings.

Of course, you will eventually have to pay taxes on your investment, but when you're retired, you might be in a lower tax bracket. And depending on how much you withdraw each year from your tax-deferred account, you can have some control over your taxes.

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Getting Cool in The Windy City

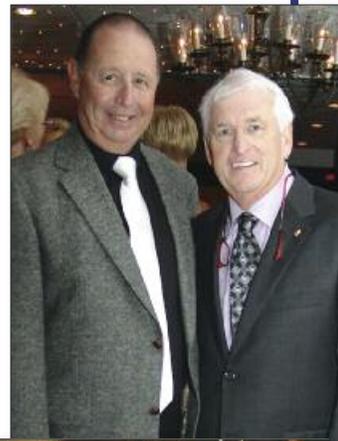
CHICAGO REVISITED!

Presented by
the Exchange Club of Pompano Beach
February 4th, 2012

*By Scott Alford, President,
 Exchange Club of Pompano Beach
 Photos by Jon Frangipane*

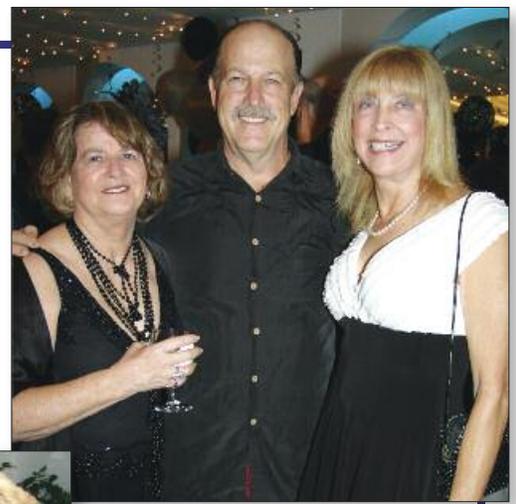
The Exchange Club of Pompano Beach recently held its 55th Annual 150 Dinner and Auction at the LHP Yacht and Racquet Club. The theme for the evening was “Chicago Gangster” and most of the 180 people who attended the event chose to dress the part. Guests enjoyed Chicago style food (Hot Dogs, Roast Beef and Pizza) and entertainment provided by the famous Blue Brothers Tribute Band. Jake and Elwood put on a great show and had everyone dancing all evening. The event also included a live auction with vacation homes, fishing trips, a “Day with the Sheriff” and many other exciting items. Overall the event raised \$21,500, all of which will be donated to local charities.

The Exchange Club of Pompano Beach, a volunteer service organization, has been serving the local community for 55 years. As part of a national organization, the Exchange Club focuses on Child Abuse Prevention, Americanism, Community Service and Youth programs. For more information about the Exchange Club of Pompano (America’s Hardest Working Service Club) please visit www.exchangeclubofpompanobeach.com



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**Getting Cool in
The Windy City**
Continued from page 15



Continues on page 40

art
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12th Annual Keeper Days

Lighthouse Point —“Where Fairy Tales Come True”

Photos by Debra Todd

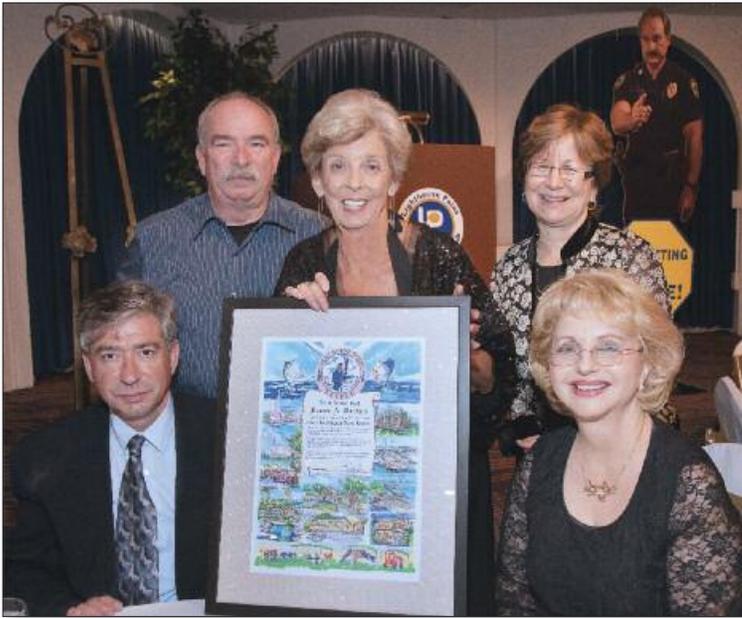
Most festivities for the 12th Keeper Days event made it through this cold and blustery weekend, as two illustrious Lighthouse Point personalities were celebrated at the Lighthouse Point Yacht & Racquet Club on Friday evening, February 10th to a appreciative crowd of well-wishers.

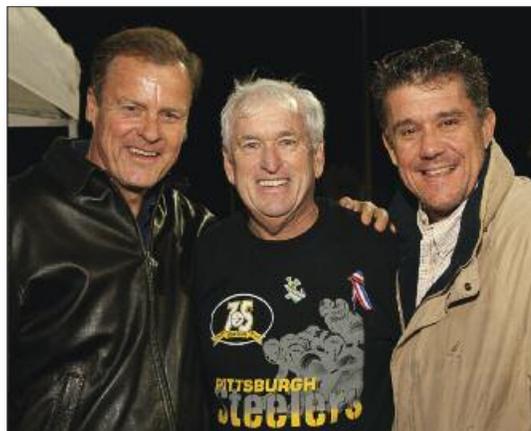
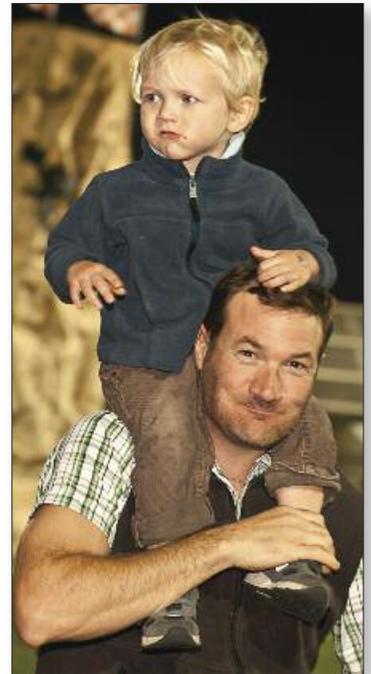
Honored was librarian Doreen Gauthier for her years of outstanding service to the community. “It really is the culmination of 33 years with this glorious city,” she said. “I have always felt my efforts were deeply appreciated, and to join this illustrious group is wonderful!”

The entire city truly loves this woman for her tireless efforts through the years in making the Doreen Gauthier Lighthouse Point Library a fairy tale come true!

The event also posthumously honored former police and code enforcement officer Mike McDace, who was highly loved and respected for his service to the community. Mike’s wife, Arlene, was present to accept the commendation.

Reverend Jack Noble delivered the blessings, Mayor Fred Schorr thanked the committee for their work, and Bill Sullivan masterfully handled the introductions with grace and humor. Also present was Channel 10 traffic girl Jacey Birch who reminisced about her days growing up in Lighthouse Point.





Continues on page 36

INJURED?

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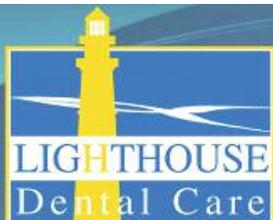
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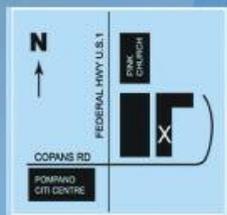


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9/30/11

Editor's Daughter to Serve as Deputy Inspector General at SEC



Washington, D.C., Jan. 27, 2012 —The Securities and Exchange Commission announced today that Noelle Frangipane-Maloney will serve as interim Inspector General for the agency following the departure of Inspector General H. David Kotz to join a private investigative services firm. Mr. Kotz's last day at the Commission was Friday, January 27.

Ms. Maloney will head the SEC's Office of Inspector General (OIG) while the Commission searches for a permanent head. The 2010 Dodd-Frank Act requires the Inspector General to report to all SEC Commissioners, so SEC Chairman Mary Schapiro has directed the staff to work with the Commissioners to create a consensus process that will involve all the Commissioners in the hiring.

Ms. Maloney has been Deputy Inspector General at the agency since July 2008. In that role, she oversees the OIG's Office of Investigations and the OIG's Office of Audits, which conducts independent audits and evaluations of SEC programs and operations. Ms. Maloney also is

responsible for supervising the OIG's administrative, financial, and personnel matters, information systems management, strategic planning, and policy development.

Ms. Maloney joined the SEC in January 2005 as a Senior Counsel in the Office of the General Counsel of the SEC. In that capacity, Ms. Maloney served as an agency subject matter expert on issues of privacy and information sharing.

Before coming to the SEC, Ms. Maloney was the Director of Policy and Public Information for the Peace Corps, where she supervised the audit and evaluation of agency policy, operating plans, and programs, and the drafting of new policy. She also served as the agency's Freedom of Information and Privacy Act Officer. Ms. Maloney began her federal career at the National Institutes of Health, where she worked in offices of administration and management as well as legislative and intergovernmental affairs.

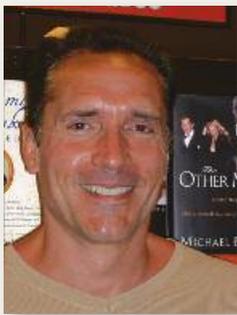
Ms. Maloney received her bachelor's degree in English from the College of New Jersey, and her law degree from Rutgers School of Law-Camden, where she graduated with awards for her pro bono work and brief writing. Before moving to Washington, D.C., to begin her federal career, Ms. Maloney clerked for the Honorable Donald A. Smith, Jr., Presiding Civil Judge of the New Jersey Superior Court, and was an associate at the law firm of Sterns & Weinroth, PC.

Cole Sinclair & Family thank the Lighthouse Point Community... ...For your prayers, love, and support through a tremendously difficult time.



This community has shown that it pulls together to support one of its own. Our family is moved to tears and so proud to live in this special town. We are overjoyed to update that your prayers were answered with a miracle: God has completely restored Cole to a healthy, happy three-year-old!

*We wish to express a special thanks to:
Our neighbors — especially Rod and Bill, the Vargo Family, the LHP Fire Department and EMS First Responders, the Emergency Room staff at North Broward Medical Center, and the Broward General Pediatric ICU team.*



AS I WAS SAYING

A Slot Master's Journey to The Isle

By Alan Williamson

Monte Carlo. Autumn of '89. The Casino Royale. She was on a roll at the craps table. I was on my last roll of quarters. Our eyes met across the crowded casino floor. She said, "Come, kiss the lips of lady luck." I did. Five minutes later I won \$50,000 on a slot machine called "Gooses Wild." I turned and she was gone. I've been looking for her ever since.

Atlantic City, Summer of '96. The Golden Nugget. Down to my last \$50, I join my parents on a three-hour bus trip to the new promised land of gambling conquests—the Jersey shore. The mooing sound from a slot machine called "Sacred Cows" captures my attention. I wait patiently for 2 hours and 25 minutes while a plump, chain-smoking grandmother with a sweatshirt that reads "Caution: Stops Frequently" finishes "milking the cow" for all its worth. It takes me only ten minutes to dump my \$50 bankroll down the hatch. The mooing sound seems to mock me as I stagger away.

I cap off my day of thrills by watching a bum fight a seagull for a French fry out on the boardwalk with my dad. In a creepy coincidence, he's also been rendered penniless by a machine called "Buffalo Bills." "Do you hear a mooing sound?" my dad asks as we wait for my mom to emerge from the casino with tales of daring moves and jumbo jackpots.

Canada. Winter of 2005. Casino Windsor. After a decade of trying to go "legit" I'm back in the hunt for easy money. Because of my status as a high-rolling, big-time gambler, my means of transportation is once again a bus. This one is bound for Canada from suburban Detroit, crammed to capacity with my wife, my in-laws and other titans of the casino world who are cleverly disguised to look like an assortment of twitchy burnouts, lost souls and cranky seniors.

The favorable exchange rate in Canada translates into more play time for my U.S. currency, an advantage I quickly exploit on a machine called "Yabba-Dabba Dollars." I shovel in twenty, forty, sixty dollars of Canadian coin, secure in the knowledge that I'm only down \$50 in American money. I win a little, lose a little in a seesaw crusade to hit Yabba-Dabba paydirt. Suddenly, I reach deep into my deflated wallet and realize the cold hard truth. I'm Yabba-Dabba done.

While my wife and others count their winnings on the long bus ride back, I take solace in small, less material victories. Had I not, after all, ravaged the casino's all-you-can-eat buffet, going back for three heaping platefuls of their shrimp cocktail, baked ziti, and banana cream

pudding? Why yes, I do believe I did. Because that, my friends, is exactly what a big-time gambler does to even the score on a day when lady luck is nowhere in sight.

Pompano Beach, Florida. Winter of 2011. The Isle Casino and Racing. The odds of hitting a jackpot at a Florida Indian reservation are steep. Last year in fact, \$750 million were fed into slot machines on tribal land in Florida with not one single million-dollar baby to show for it. (By way of comparison, a tollbooth attendant named Elliot Hickleburger gave away over a \$1 million in quarters all by himself that same year by miscounting the change due back to motorists.)

Offering a refreshingly friendly alternative, The Isle Casino in sunny Pompano Beach, Florida wasn't affiliated with any Indian tribe and offered 1,500 slots that actually were known to pay off with some degree of regularity. I felt an exhilarating confidence as my wife, my in-laws, my parents and I crammed into a rented Chevy Impala and headed to the glittering, welcoming hubbub that is The Isle. A machine called "Triple Diamond" looked promising, so I assumed the squatting position and dropped in some seed money. I hit the "three coins" button and watched the images flicker and twirl, coming to rest on the payline in random patterns of possibility:

ting, ting, ting, ting—a bar, a seven, a blank—you lose
ting, ting, ting, ting—a seven, a double bar, a blank—you lose

ting, ting, ting, ting—a blank, a diamond, a triple bar—you lose

Mustering up my last ounce of self-control, I hit the "cash out" button, grabbed my ticket and headed for the nearest "Blazing Sevens" machine. Within two minutes, the miraculous happened:

ting, ting, ting, ting—blazing seven, blazing seven, blazing seven!

In one fortuitous flick of the finger I had won \$234.33! Take that you Hard Rock tight wads! Who needs you shady lady luck! I beat the system on my own terms and nobody, but nobody can take that away from me!!

Nobody except a machine called "Wolf Run" which 20 minutes later claimed all \$100 of my winnings. A man's just got to know when to quit.

Oh well, I know there's another jackpot waiting for me at The Isle. And in the meantime, in the immortal words of big-time gamblers everywhere—"Gangway to the free buffet!



Debra Todd
PHOTOGRAPHY

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The Garden Lady Says . . .

These are for the birds...

By Donna Torrey



Gardening is America's number one pastime, and bird watching is the second most popular hobby. The combination of the two is so easy when you actually plant for the birds. This is easily achieved by using berry producing trees and shrubs; many species of birds enjoy small fruits. Some folks dislike anything that bears fruit, because they think they are messy and attract undesirables. However, much of the bird population depends on foraging for them, especially cardinals, mockingbirds, and woodpeckers, which are some of the most desirables.

There are different kinds of berries: large and juicy, such as the Mulberry (*Morus rubra, alba*), and small and rather dry, such as Simpson, and Spanish stoppers, and West Indian Cherry. There are also the in-between types, such as Firebush, and Fiddlewood, Beautyberry, and Marlberry. The only ones that can be slightly annoying are the large and juicy kind. But then, these are the kind that people like, too!

This leads me to the Mulberry tree. I planted a mulberry tree when it was a little darling about three feet tall. I have a photo of my niece, then three years old picking the delectable morsels. Now, several years later, and several prunings later, the tree is kept at ten feet or so and each spring and summer

is loaded with fruit and I always make at least two batches of yummy jam. If you place this tree towards the back of the property, or in a mulched or grassy area, the berries shouldn't bother you. What few fruits are not eaten by the birds (or children from the whole neighborhood!), will dry up quickly and add nutrients to the soil below.

The Mulberry tree is very cold hardy, and undemanding. If you plant one, you will be pleasantly surprised by how fast they grow and bear fruit. Left unpruned, it will get to be about 30 feet, providing shade, and windbreak and as a bonus makes a great orchid mounting tree.

You will soon discover that the cardinals can't resist a berry bearing tree or shrub, and they tell all their friends! Seeing a bright red cardinal and his orange mate up close is a breathtaking experience and hearing their "chip, chip" around the yard makes it feel like home. Plant some of these trees and shrubs, and your yard will soon become their favorite bistro.

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



*Beauty Spot
of the Month*
Photo by Debra Todd

Congratulations to Dominic and Cheryl Kleinbenz at 2510 N.E. 44 Street, winner of the Lighthouse Point Community's Beauty Spot of the Month Award for February, selected by the Lighthouse Point Garden Club.

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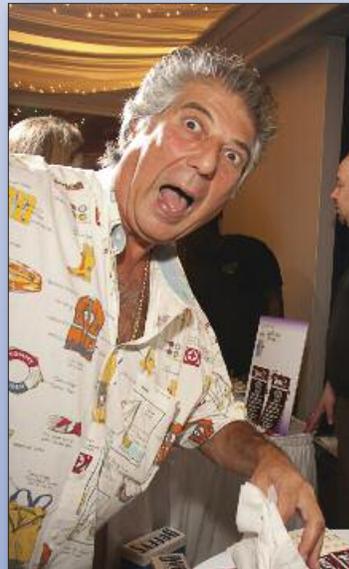
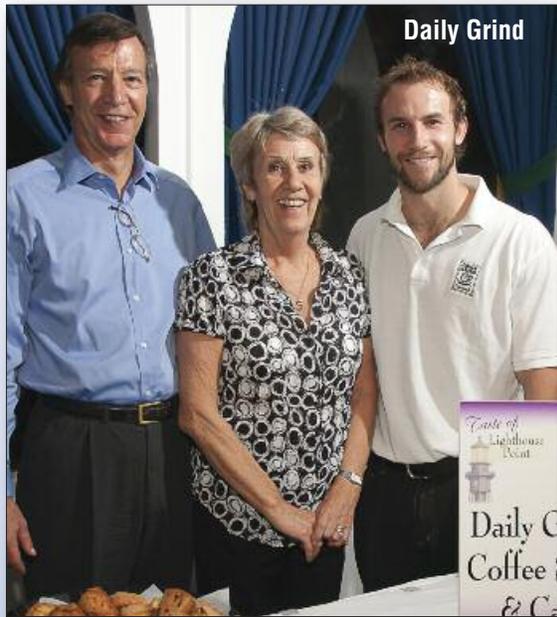
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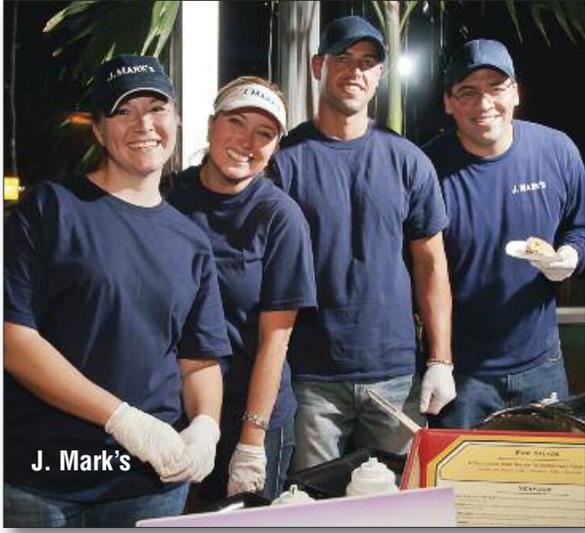


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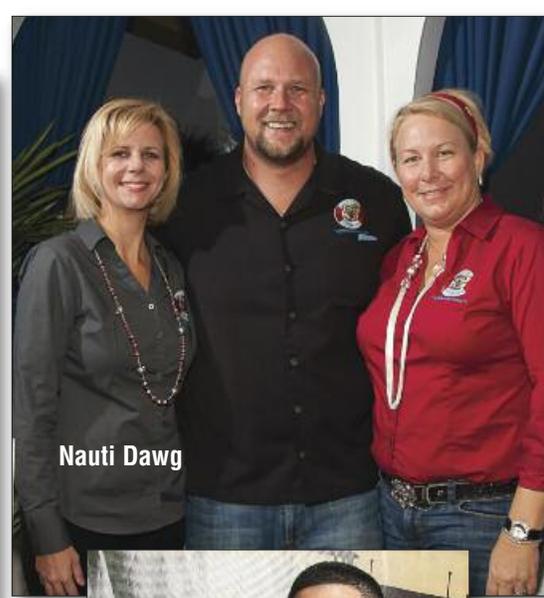
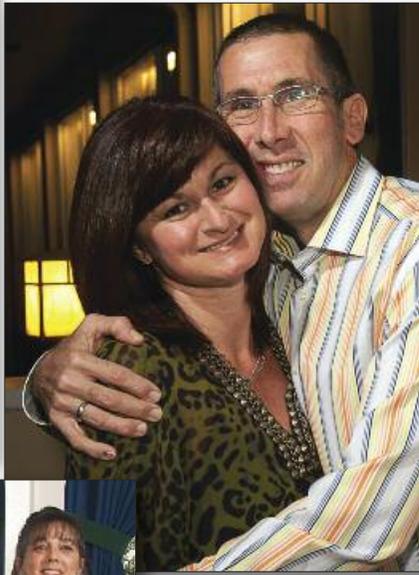
Taste Around Lighthouse Point

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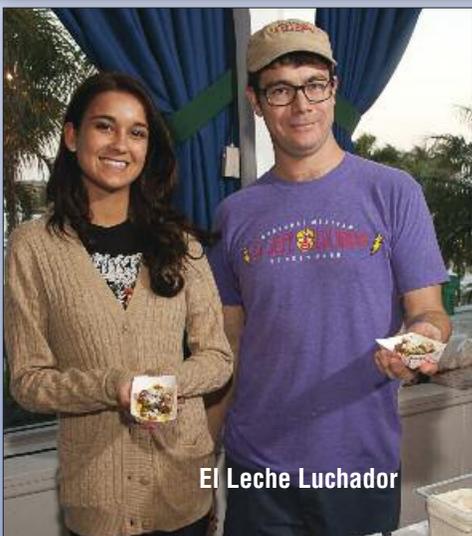
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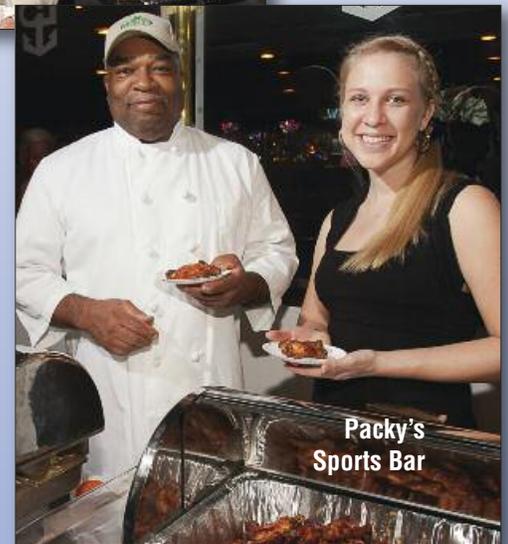
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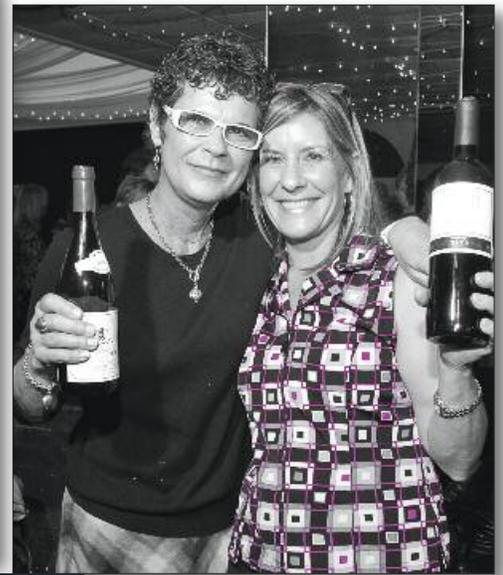
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Taste Around Lighthouse Point

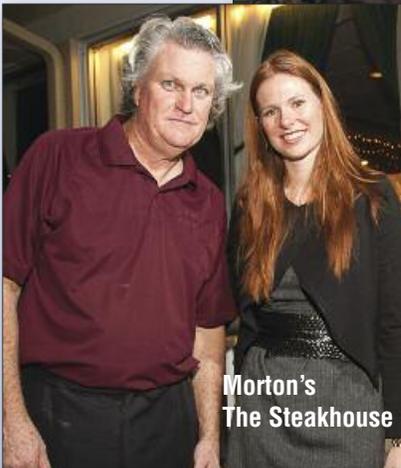
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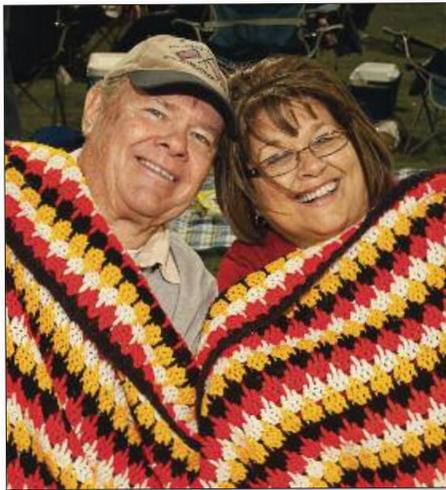
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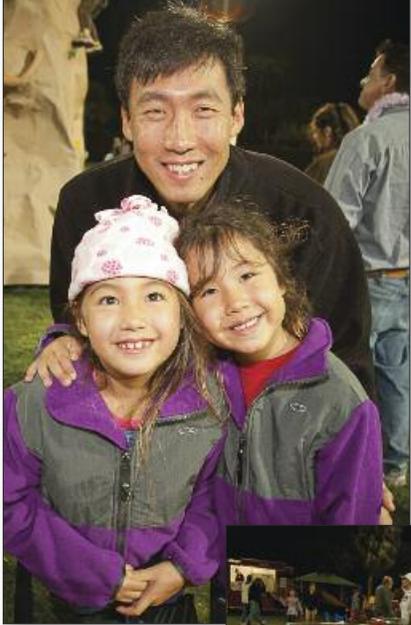
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Getting Cool in The Windy City

Continued from page 15





The Spawning of the Sea Wall Rodeo

While fishing at a remote creek just outside of Gainesville, at the end of their college days, Brandon Rhodes and Jack Melnicoff thought about changes that were to come into their lives. In order to ensure that they would have at least one time a year dedicated to preserving friendships and to keep up with each other's lives, an idea was spawned to create a fishing event that all would attend every year.

In 2003, with the help of CJ McLaughlin, the Sea Wall Rodeo debuted on the dock of Brandon's parents, Bill and Brenda Rhodes' home in Lighthouse Point. The event idea was simple; friends from near and far would gather together on Dec. 23rd to competitively fish off the Rhodes' dock, enjoy BBQ and other fine foods, share stories of the "Good Ole Days", provide updates on their lives and, and then even introduce their own children to one another.

The Sea Wall Rodeo in conjunction with Bone Fish Mac's has done more to keep friends close and has allowed them to support each other as well. During the Iraq war, all anglers sent magazines, letters, candy, etc. to troops that were a part of a platoon of one of the regular anglers. And they have also supported local charities along the way. This year, The Sea Wall Rodeo will proudly celebrate their 10th annual fishing contest on December 23, 2012.

BBQ Ain't Got No Curfew was the theme of a recent Rodeo, and for these guys... friendships don't either!



Sol Children Theatre Presents *Rapunzel*

The Sol Children's Theatre Troupe shall present *Rapunzel* from March 17 to April 1 on Saturdays and Sundays at 10 a.m. and 1 p.m. at 3333 N. Federal Hwy., Boca Raton.

This dramatization of the classic fairy tale closely follows the original tale as told by the Brothers Grimm. Among the charms of *Rapunzel* at Sol Children Theatre is the close relationship

between cast and the children in the audience...the children love it, and so do the actors as they hear the excited voices and happy faces of their young admirers.

Call 561-447-8829 for tickets, or email solchildtroupe@aol.com, or visit website at www.solchildren.org

Soroptimist International of Pompano Beach Presents to Woodhouse



In January, Soroptimist International presented a check for \$19,287 to Woodhouse of Pompano Beach. The funds were raised at the annual Casino Night event last fall.

Woodhouse is a residential facility for the mentally disabled. For more information contact Marsha Linville at (954) 786-0344.

Pictured here: Fonnie Gill, Sandy Johnson, Casino Night Chairperson Pam Euston, Debbie Cline, Woodhouse Executive Director Marsha Linville, Linda Woodhouse, Soroptimist President Cheryl DePretoro, and Pompano Beach Elks Exalted Ruler Marilyn Kronenberg. Fonnie, Sandy, Debbie, and Linda are Woodhouse Board members in addition to being Soroptimists.

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ERNIE'S ITALIAN CHOPHOUSE

By Valerie Amor



Located on Federal Hwy., halfway between Copans Rd. and Sample Rd, Ernie's Italian Chophouse presents a minimalist facade that is successfully echoed in the interior design. Entering into one of two rooms, the atmosphere is at once calm and sophisticated with a repetition of whites, grays and blacks that is accented by LED light lamps, offering a restful blue glow, especially appealing as table centerpieces. With an impressive bar top and a large wine cooler, the artisan etched glass windows surrounding the dining area are an elegant touch.

Ernie Potti, the owner, brings his New York Italian heritage with him, infusing the restaurant with traditional family recipes and a confident, warm assurance that everything will run smoothly. Joined by his girlfriend Barbara Borowiec, General Manager Tom House and Executive Chef Gary Wood, it is clear since their opening less than four weeks ago, they have quickly become family, caring about the staff as much as they care for their customers. Routinely sitting down to a family style dinner each and every night before they open, they share ideas and enjoy each others' company.

Ernie is a restaurant industry veteran, bringing a solid background as the previous owner of three nightclubs that include G Willkers, G Willkers South and Flix. All successful and featuring food available all night. He is also a general contractor. His background clearly shines through in Ernie's renovation, demonstrating clarity of design and solid construction. Look for the before and after pictures nicely documented in books tucked in on the side of the bar.

With a menu that offers an array of traditional Italian dishes along with some interesting variations off the

theme, the Executive Chef Gary Wood, very passionate and dedicated to both the quality of food and the restaurant, is a definite asset. Lacking an ego we sometimes get, he shares, "I just want to cook good food."

Graduating from Florida Culinary in 1997, Wood delights in recalling the time he spent on his own dime with Ron Siegel, a legend in the food industry, to learn and be inspired. Lucky for Ernie customers, it translates well.

We started with a refreshingly simple Eggplant Stack (\$14), of sweet, perfectly-fried, panko bread crumb-coated eggplant, topped with a thick slice of vine-ripened tomato and freshly-made mozzarella, dressed with an in house made balsamic syrup. This was followed by a Seafood Salad (\$15) with calamari and scungilli, piled high and topped with shrimp, thin slices of celery and lemons. It is the organic micro-greens that add that one step up that Ernie promises to deliver.



Eggplant Stack

In keeping with their philosophy to offer dishes with a range of affordable prices, the small plate selection, the Meatballs (\$15), arrived with and a scoop of small curd ricotta, nestled in between two large veal meatballs over a bed of fresh greens. Served with their signature San Marzano tomato sauce and grated Pecorino Romano cheese, the meatball family recipe uses milk-soaked fresh bread to give the meatballs their fluffy texture.



Meatballs

What came next can only be described as a wonderful surprise and delight! Grilled Octopus (\$19), tossed with warm Limoncello (an Italian lemon liqueur) vinaigrette and cannelloni beans was



Grilled Octopus

extremely tender and flavorful. The texture alone should win kudos for the kitchen, but it was the method of cooking that showed the extraordinary care that the kitchen takes to ensure that each and every dish excels.

The octopus, first blanched, and then slowly braised for three hours in carrots, shallots, garlic, oregano, thyme and extra virgin olive oil, is grilled and then served atop baby arugula.



Black Fettuccine

Another must try is the Black Fettuccine (\$25). The perfectly cooked slender strips of fettuccine, deriving its color from black squid ink, with large tender shrimp and sinfully good jumbo lump crabmeat was tossed with thin strips of shallots in a garlic butter sauce and toasted bread crumbs.

Outstanding from visual presentation to texture to taste, this is the dish to request. Spaghetti All'Amatriciana (\$19) served nicely, al dente with Guanciale (an Italian bacon), and topped with grated Pecorino Romano cheese, featuring their San Marzano tomato sauce. For those who also like the deeper tomato sauce that traditionally cooks for hours atop Italian stoves, Ernie's features their Sunday gravy at \$30 a person.

Very popular and only served on Sunday, this feast is served with round tube paccheri pasta, alongside a platter of sautéed spare ribs, meatballs, mild Italian sausage and beef braciola—Ernie's grandmother's recipe.

With three to four specials offered nightly, the filleted fish special (priced daily) was black grouper. A thick, succulent moist slice of fish delight came surrounded by a mage sauce with roasted fresh corn and tomatoes, petite shitake mushroom slices and cannelloni beans. Whole fish is also available, deboned at tableside. Ernie emphasizes that they serve what the menu states, so the Prime



Prime Petite Filet Mignon

Petite Filet Mignon (\$40) is just that, prime. Melting like butter in your mouth, it lives up to its name, served with broccoli rabe and halved yellow

fingerling potatoes roasted to perfection.

Another excellent stand out on the menu is the Pork Chop (\$25), a 16 oz. lollipop thick center-cut pork chop,



Spaghetti All'Amatriciana with ciabatta and walnut raisin bread



Seafood Salad



Pork Chop

paired with crisp green beans and a wonderfully robust sweet potato mash. The apple compote, served atop the pork chop, features bite-sized pieces of apple, golden raisins and Nueske bacon. The bacon, an applewood smoked meat, comes as a slab where the kitchen slices it, and then lets it slowly crisp in the oven, adding a flavor to the compote that is absolutely addictive. Served with a sauce of sherry, reduced veal stock and sage, is but one more reason to rave about this dish.

So how did Ernie's Italian Chophouse get its name? It is simple to remember. Just like their food, it should be on the tip of your tongue. Ernie personally meets and greets each and every customer extending an invitation to feel at home offering, as he says, "Great food, a great time and great service."

Every good Italian restaurant serves warm fresh bread and Ernie's is no exception. With an interesting mix of ciabatta and walnut raisin slices, the walnut raisin is customer-requested. Be sure to visit on Wednesday and Saturday to listen to the musical tones of the roaming jazz saxophonist.

Their dedication to serving the finest wines is showcased in their large wine cooler, located in the back dining room, along with an extensive and impressive wine list. The wine is served in elegantly shaped Riedel wine glasses. The Quail Ridge Merlot (\$10 glass) was smooth. They also have bottled beers from the expected domestics, as well as some impressive selections including Peroni, Stella Artois and Samuel Adams. On the next visit, the Chimay Cinq Cents Pères Trappistes (\$14.75) would be an adventurous choice. Made by the Trappistes Monks in Belgian, it comes in an almost two-pint bottle, topped with a cork. The Chimay Blue Ale is also available. Both selections boast an 8% alcohol content.

The meal finished with Strawberries Romanoff (\$12) that could easily serve two people. Made table side, Tom House, the general manger, theatrically created a wonderfully simple dessert from fresh sliced strawberries, whipped chantilly cream, vanilla bean ice cream, brown sugar and Kirschwasser, Italian cherry liqueur.

The restaurant is open for dinner seven days a week, Monday - Saturday 5 pm - 11 pm and Sunday 5:30 pm - 11 pm.

Ernie's Italian Chophouse is located at 3150 North Federal Highway, Lighthouse Point. Tel: (954-781-0910),

<http://erniesitalianchophouse.com>. Reservations can be made online.

(This article is for promotional purposes only.)



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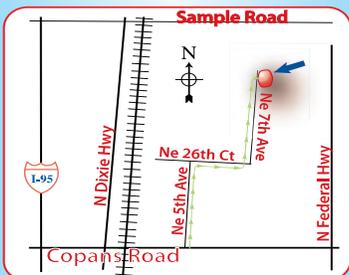
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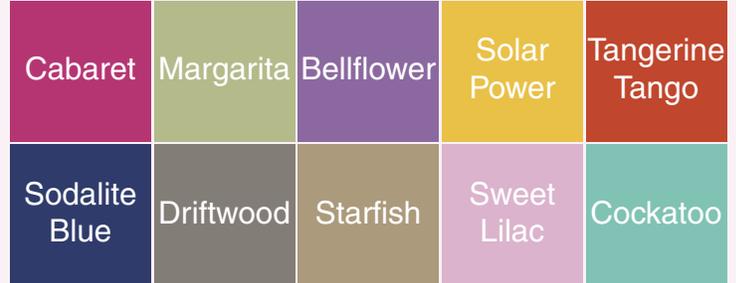
FASHION BLOG

Color Me Spring

By Millie Walsh

The change of season in Florida may be subtle, but the change of season in Fashion is anything but! Pantone, the leading authority on color, has surveyed spring designers and put together this season's most important color trends.

Cabaret is a sensual and intense rosy-red, an uplifting choice for summer tops and dresses. Margarita, a stimulating yellow-green, excites the wardrobe with its refreshing and vitalizing glow. Bellflower, a distinct ornamental purple, exudes uniqueness and creativity. Solar Power provides a jolt of energy as it radiates warmth and cheer. Tangerine Tango a bold and exciting choice to liven up anyone's wardrobe this spring. Sodalite Blue, a classic marine blue that works well with every color in the spring palette. Driftwood, a blend of beige and gray, is a good choice for capris and shorts this spring. Starfish is the perfect neutral to complement this seasons colors. Sweet Lilac, a delicate pinkish lilac adds a touch of innocence and romance to your wardrobe. Cockatoo, a soft blue-green, is sure to make your spirits soar. This almost aqua hue adds a softer touch to the palette and is sure to make a statement this spring.



So step out of the box and brighten your mood with a little color this spring. We live in Florida after all, who does color better than we do! ♦

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



HEALTHWISE

You Can Empower Your Child with Knowledge A simple step to life-long nutrition

By Kelly Doyle, dfp Pilates Health Studios

This issue we will focus on teaching a child the importance of nutrition. I've had overweight and underweight children, kids with high cholesterol and some that just need to exercise more. What they always have in common is their awareness of weight. So the question is, "How can we teach our kids that it's not about being 'thin,' it's about being healthy?" I'm going to share with you one of the keys to teaching any child to make smart choices—if they understand 'why,' then they will do it. It is that simple.

Kids are smart, and they want to do the right thing because there is nothing better than positive praise. I've used this philosophy with my own son. The first time I made him scrambles eggs they were green because I added a vegetable. He did not know that eggs were not supposed to be green until one day he asked. I answered that they have fresh spinach in them for added vitamins and that gives his body what it needs to grow and energy to play. My son looked at me and smiled and continued eating.

I learned this common sense thinking from working with our kids at the studio. One class I found out some of the kids drank soda every day. I asked them to bring in an empty bottle of their favorite pop. I set up a table with a kitchen scale, a glass, a table spoon and a bag of sugar. Then I had a container of natural juice, a candy bar

and a piece of fruit. As the kids brought up their bottles I showed the group spoonful after spoonful how much sugar they were drinking. I compared it to the juice, candy bar and fruit and compared that to the amount they should intake on a daily basis.

The next class the parents of those kids told me that their child went home and said they do not want to drink soda anymore. Now if I would have told the kids 'soda is not good for you, don't drink it' would they have listened? No, because they like the taste. When I showed them 'why' they should make a better choice they decided to change their thinking.

This sounds simple but is very powerful. This method can be used with any food you would like to take out of their diet or add in. We must realize that food is not the same as it was 30-40 years ago. Ingredients have been substituted for preservatives, hydrogenated oils, chemically derived sugars, dyes and coloring.

Empower your child with knowledge and you will be surprised how, in time, they will start making smart choices, healthy choices, naturally. This will set them for life! ♦

For more information 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)

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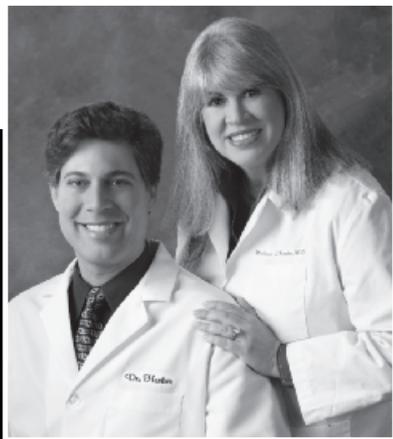
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By Melanie S. Hecker, MD, MBA

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LEGAL MATTERS

It's the Law! Bicycle Safety—What you need to know

By Catherine (Kate) Iaconis Favitta

Ever wonder why some bicycle riders in our community use the street and do not always “hug” the curb? While it might result in a few moments of annoyance to the car stuck behind the bike, it is actually safer for the cyclist, says Michael Bluejay, author of BicycleSafety.com. Surprisingly, bike riding in the street is also compliant with the law.

Florida Statutes Chapter 316 outlines numerous requirements for bike riders sharing the road with motor vehicles. A bike must ride in the same direction as traffic and utilize a designated bike lane, if one is provided. When there is no bike lane, the cyclist is only required to ride as close to the right edge of the street as practicable. When a lane is too narrow for a bicycle and car to share safely (which is the case on Lighthouse Point Drive) the cyclist is permitted to ride in the street. A bicycle is not required to ride on paved shoulders of the road, since many hazards can be present there, including increased risk of collision with a vehicle approaching from a cross street.

Other laws for bikes include:

- A bike may share a sidewalk with pedestrians, but must yield the right-of-way to walkers and give an audible signal before passing.

- A bicycle operated between sunset and sunrise must be equipped with a white lamp on the front, visible from 500 feet, and a red light visible from 600 feet on the rear, as well as a red rear reflector.
- A signal of intention to turn must be given during the last 100 feet before the turn. If the cyclist needs two hands to maintain control before a turn, the cyclist may alternate holding the handlebar and providing the turn signal. A cyclist may indicate a right turn by either extending the right hand horizontally to the right, or holding up the left hand and arm.
- No headsets, headphones or other listening devices are allowed when riding. The only exception is a hearing aid.

BicycleSafety.com contains “Ten Ways To Not Get Hit” that are a must read for everyone sharing the road with cyclists. It makes sense when Bluejay says the key to bicycle safety is not the helmet, but about not getting hit in the first place. Safety for bikes in our community may mean some inconvenience for motorists sharing the road with bike riders, but it is the law and well worth it. ♦

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

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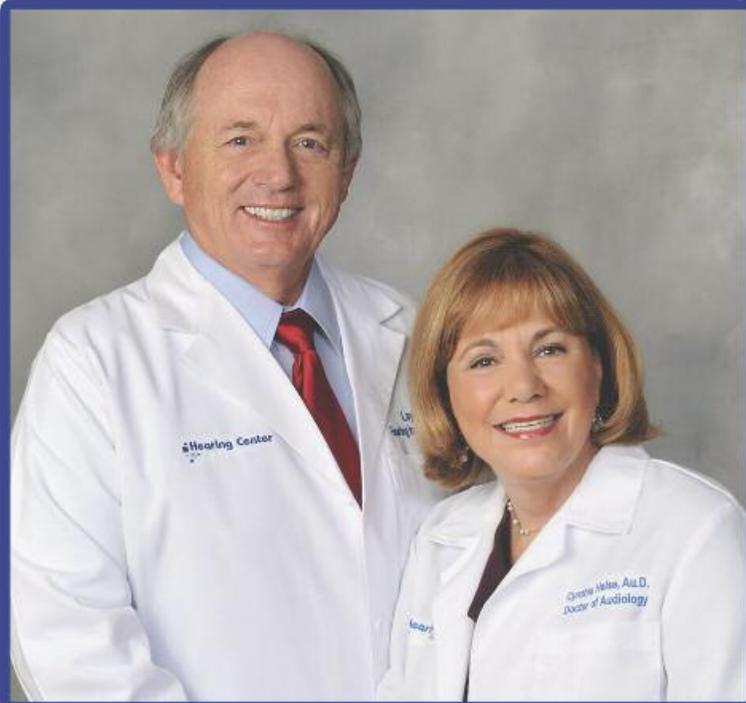
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Looking for a Sugar Mommy

By Wendell Abern

Dear Womanizers,

From the time I was seven until I was twelve years old, I read four to five books a week. Histories. Biographies. Mythology. Sports. Mysteries. Anything. Everything.

At the age of twelve, I discovered girls.

Over the next five years, I read two books. And then only because they were required.

Girls mystified me, excited me, confused me, and most of all, terrified me.

I have never recovered.

By the time I was in high school, I had fallen in love with at least a dozen girls, most of whom didn't even know I existed. However, the only one that counted was Jackie Margolin. In sixth grade, I had decided I would marry Jackie.

By the time we were sophomores, everyone wanted to date Jackie, who was smarter than most of us, bubbly, gorgeous and buxom. When she walked down the hall, you could almost hear the male hormones, always perched in avalanche mode, crashing to the ground.

She was the first girl I ever telephoned. I fortified myself with a two-page list of topics to discuss, and trembling, called to ask her to a dance the following month.

"Hello?" It was her voice! Not her mom! Now what?

"Um, hi, Jackie. It's Dendy." My nickname. No one called me Wendell.

"Hi, Dendy, how are you?"

I glanced at my list.

"Fine. Do you think the White Sox will win the pennant this year?"

It was all downhill from there. And future possibilities disappeared when she told me she had just been pinned to Bob. I knew which Bob she was talking about. A terrible second baseman.

I never did go out with Jackie. But eventually, I did marry and stayed married for 54 years. I have now been a widower for more than two years,

I have two kids, both genders, and two grandchildren, ditto.

This month, I will be 79 years old and yet, to this day, women befuddle me. And the more attractive the woman, the more buffoonish

I behave. To wit:

About six months ago, I went to my bank to cash a check, pulling behind two other cars queued up at the drive-through (I rarely actually go into the bank). For the next five minutes, not a car moved. This happens too often, I thought, and backed up, turned and drove to a parking space outside the bank.

Storming in, I shouted angrily, "Hello! Does anyone work here, or is this a bank holiday no one knows about?"

A pleasant voice asked, "Can I help you?"

I turned and looked at a beautiful young woman wearing a badge that read, "Jamilla." Perfectly cut bangs. Dark eyes, would wither a priest.

"Sir, can I help you?" she repeated.

Dimples, yet.

"Sir?"

"Um...do, um, do you think the White Sox will win the pennant this year?"

"I really don't know," she said, keeping a straight face.

"I, uh, I ... just want to cash a check."

Reduced to a humiliating stammer, I cringed over to a teller's cage, vowing to conduct all further transactions at the ATM machine.

That resolve disappeared a few months ago. Same bank. Longer queue. Seething, I backed out of line and drove to a parking space.

Yanking open the door as fiercely as I could, I marched in, determined to humiliate everyone, and shouted as loud as I could, "Hello! They got a whole new thing, it's called a bank teller! Anyone ever hear of it?"

Another pleasant voice. "Can I help you, sir?"

I turned and looked. Another one. Her badge read, "Priscilla."

Chestnut eyes. A smile that's a sunrise.

"Sir?"

They were ganging up on me. Convinced that my bank only hired female employees straight out of a beauty school, and that their name had to rhyme with vanilla, I began another stammering routine.

Priscilla patiently tolerated me. I cashed a check and slinked out of the bank as unobtrusively as I could.

Later that day I thought to myself ... I'm still twelve years old! I see a pretty woman and I stammer! I stutter! I blurt!

However, there's hope.

A recent article in the Sun-Sentinel (written by the Miami Herald's Michael Vasquez) announced a new website called Seeking Arrangement.com. This brainchild of CEO Brandon Wade brings together young women, AKA "Sugar Babies," looking for older, wealthy men, AKA "Sugar Daddies." And vice versa.

While many protest this is nothing more than thinly-veiled prostitution, Wade claims college students make up 40 percent of the Sugar Babies, and that his site carefully screens out prostitutes and professional escorts.

After reading this, I thought, "If young girls can look for a sugar daddy, why can't I look for a sugar mommy?" I could do my own screening, and find some willing young woman to squire me everywhere. More importantly, turning a relationship into a business arrangement might eradicate my puerility at the mere sight of a woman.

I put together some personal information, called my kids in Chicago and told them to get together that night for a conference call so I could read my profile to them.

I first explained the new website, reading to them from Vasquez's column. When I finished, I told them I wanted to seek out a Sugar Mommy. Amy said, "DA-a-ad!" Joel said, "Amy, I think it's time we put him in a home."

"Listen to my profile!" I interrupted. "How's this? 'Active, 79-year old man is seeking young woman interested in a meaningless relationship. Woman must be no older than 30 -'"

"DA-a-ad!"

"DA-a-ad!"

"Okay, 35. 'No older than 35, gorgeous, a superb bridge player and obscenely wealthy. Think Croesus. Older man agrees to tell all of the woman's family and acquaintances that he has just bought out Warren Buffet, and is re-creating Buckingham Palace on the west coast of Florida.'"

Resounding silence.

"Well? Kids?"

Over my loud and expletive-laced objections, my children booked a flight to Florida as soon as our conversation ended, and are on their way here as I wrap this up. If my column doesn't appear next month, you know who to blame.

Cantankerously Yours, Wendell Abern

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

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ONLINE MARKETING

Tales from Twenty Year Old – Browsing Habits of a New Generation.

By Jennifer Kovacs

Diana is a senior graduating from college and entering into a prestigious law program, studying intellectual property. As a young person who is constantly online I thought it would be interesting to discuss some of her online habits to build awareness about the importance of establishing your business online and targeting the next generation of consumers.

1. *What are the top five sites you visit the most? What do you use them for?* Facebook, Twitter, Hypem, Lookbook.nu, Stumbleupon.

Facebook—Look at pictures, chat with friends and search for people I meet.

Twitter—News and Products. I always look at the *New York Times* Feed, *Women's Health* Mag, and *Artizia* because they notify their followers of sales.

Hypem—Music, it's a Blog about new songs. I find a lot of my new music from there before I download it off iTunes. www.hypem.com

Lookbook.nu—People post pictures of themselves and tag their outfits so if you like the look you know where to get it out. It's also people all over the world so you can see what kind of fashion people are wearing in places like Europe. www.lookbook.nu

StumbleUpon—I like to type in a keyword and just search anything about it. For example, say I'm interested in looking at Interior Design. I look it up in the search and hit stumble. It pulls from any website that has been submitted to StumbleUpon that might be of some interest. Each website you go to, you can hit 'like' or 'dislike' so it narrows them down even more. www.stumbleupon.com

2. *How many Blogs do you read on a weekly basis?* It depends. I get a lot of my Blogs from Twitter. If someone 'Retweets' something I like, I'll check out the Blog and read the article. Or if a magazine I follow tweets an interesting article I'll read it.

3. *Have you learned anything really helpful about Social Media in your business classes?* I learned about Foursquare, how if you check in enough you can get discounts.

4. *What do you think about people who are resistant to getting on Social Media and Blogging about their business?* I think they're missing out on a lot of opportunities and discovering new information that's easily accessible. Everything is linked to Social Media. Any website you visit your Social Media tracks it. From your viewing history, Facebook tracks it can push relatable advertisements to your account.

5. *Comments:* Social Media is our way of connecting now. I get my news from Blog and reading the *Wall Street Journal* online. It's so easy to get all the information you need from websites like Twitter. I can basically browse hundreds of sites at one time.

As I interview her, Diana is looking up movie reviews. She is browsing Google just to see if it's worth buying a ticket. The reviews are not favorable.

6. *Do you look at a lot of reviews online?* Yeah, I usually Google it before I go.

What have we learned? Internet = Influence. ♦

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Sheriff Al Lamberti Reports

Buyer and Seller Beware

By Sheriff Al Lamberti

There is no doubt technology has made buying and selling goods much easier. More and more people are relying on online classifieds or trade sites to look for work, buy or sell items, rent homes or find lost items. Sadly, criminals are also utilizing this technology to rob unsuspecting victims of their money and property—even worse, some predators use it to sexually assault victims.

Craigslist, one of the more popular online trade sites, has had its share of criminal element making headlines in South Florida over the past few months. In December, a Marine war veteran's girlfriend posted a gold necklace for sale on Craigslist. When a buyer expressed interest the Marine made plans to meet with him. The prospective "buyers", who arrived at a Deerfield Beach apartment complex to purchase the necklace, instead snatched it from the Marine, who in turn gave chase. One armed robber shot at the Marine, striking him several times. Fortunately, he will recover from his wounds and the two suspects were apprehended and charged accordingly. In another case in Pompano Beach, a would-be robber tried stealing an iPhone after responding to an advertisement posted online, but instead of cash the "buyer" pulled out a gun. The victim was able to grab the gun and restrain the robber until deputies arrived. In both of these cases the victims are lucky to still be alive.

In numerous other cases reported across the country, victims have been duped out of cash for apartments or vacation homes that were never available or owned by the advertiser, women have been raped when responding to ads for employment, stolen merchandise has been peddled and identities have been stolen. Since there is no screening or regulation, anybody can use Craigslist—even criminals.

While it is never my goal or the intent of the Broward Sheriff's Office to scare anyone from utilizing technology, including online trade sites, it is our

mission to make sure you are fully aware of the criminal element who utilizes such sites. If you use Craigslist or know someone who does, please follow these safety tips:

- Meet with a buyer or seller in the parking lot of a police station or district office (for a list of BSO district offices, visit our website: www.sheriff.org under the Law Enforcement tab). If the person refuses to meet in a safe place you should find another buyer or seller.
- Never wire money or transfer funds to make a purchase from online trade sites.
- Never rent or buy a property without first seeing it on the inside (make sure you do not go inside the property alone), then check county records to verify the name of the property owner. If renting a vacation home, reserve making payments until you arrive at your destination.
- When applying for a job, do not agree to a credit check or background check unless you meet the person placing the ad face-to-face at his or her place of business.
- Trust your gut instinct—if something about a buyer or seller seems strange—it probably is.

If you believe someone is dealing in stolen property, please call your local law enforcement agency to report it immediately.

The recent reports of Craigslist robberies in South Florida should be alarming to all citizens who utilize online trade sites. While the only fool-proof way to prevent criminals from targeting users of online trade sites is to simply not use them, I know that is not realistic. I encourage all online buyers, sellers and traders to adhere to the safety tips I provided.

As always, you can stay up-to-date about BSO news and information by visiting our website at www.sheriff.org, become a fan of our Facebook page (Broward Sheriff's Office—Official), follow us on Twitter@browardsheriff or sign up for our CyberVisor program. Stay safe! ♦

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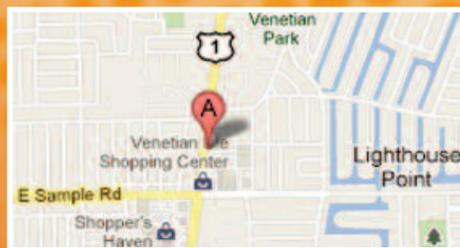
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ASK DR. CORN

By Dr. Andrea Corn

My husband's brother and sister in law are coming to stay at our home for a week, and I'm already stressing out anticipating their arrival. I do enjoy being with my brother and sister-in-law. What I dislike is

how they view our home as their hotel. After their last stay, I was quite annoyed at my husband for minimizing their lack of courtesy and making excuses for their behavior. This is so contrary to my upbringing and the kind of house guest I would be that writing this has me fuming. What can I do? — Annoyed

Dear Annoyed,

At least you realize how much this situation has remained a hot button for you. It's not unusual to feel aggravated, especially if you felt taken for granted and put in an unfair, subservient position. However, your husband's ignoring your feelings and his inability to express appreciation for all you did probably contributes to your strong reaction. His non-responsiveness may reflect a long standing pattern within his family of origin; yet that doesn't mean it should continue. In fact, this subject has been a sore issue for way too long.

It's going to be up to you to help him look at why he has such difficulty acknowledging your feelings. Chances are, he may be repeating a family pattern without realizing how much he's hurt you; his wife, and closest companion. Give him time to think about why might he have overlooked his brother and sister-in-law's poor manners and refrained from saying anything about their behavior during their last stay.

When you do discuss this situation, do your best to use "I" statements so you take responsibility for your feelings. It will also decrease the likelihood he'll feel put in an adversarial position. Focus on your experience and how it has affected you. Hopefully, he will realize what he can do differently in the future to express himself more appropriately and show more consideration for your thoughtfulness.

At the same time, why have you dragged your heels on addressing this issue? You also need to think about your own behavior and what has prevented you from speaking up. It's time to be proactive and not dismiss your feelings too. Otherwise, the two of you are more similar than you may realize. You must take the first step to change this unrewarding pattern. Otherwise you'll continue to feel angry, resentful, and unhappy.

In preparation for their next visit, why not write out a few requests (i.e., please put towels in the laundry room and wash your own dishes) so your houseguests will know exactly your expectations. By taking this approach, your requests will be clearly and thoughtfully communicated. Hopefully this will decrease the likelihood for you to experience any lingering disappointments. Plus it could have the unintended benefit of improving your marital relationship and communication skills too! ♦

Dr. Andrea Corn is in private practice in Lighthouse Point, FL. Her office is 2040 East Sample Rd. Lighthouse Point, FL. 33064. For additional information, please call 954- 942-3344. Or, her website at: www.DrAndreaCorn.com.



SKIN CARE

Tattoos and Piercings Can Be Harmful

By Melanie S. Hecker, MD, MBA

Body Modification: Tattoos

These days, body modifications are all the rage. However, some of these changes to the body are not without problems. Approximately 36% of Americans aged 25-29 years old have had one or more tattoos. Tattoo pigments may contain heavy metal and iron that act as conductors during a routine MRI, can cause a burning sensation and intense pain. There have even been reports of severe burning associated with tattoos and MRI. If this occurs, applying a cool compress or ice pack to the area can reduce the burning sensation.

It is difficult to always know what is in a tattoo since there are no federal regulations of tattoo pigments or of tattoo studios. International suppliers of tattoo pigments rarely supply a list of ingredients. Commonly, tattoo artists also may mix their own colors and since they have no training in anatomy, infection control or universal precautions, your guess is as good as mine as to what is truly in the tattoo color being applied. Because of these concerns, the Red Cross prohibits blood donations from anyone who has gotten a tattoo or piercing in the last 12 months unless the tattoo was done at a studio certified by the Association of Professional Piercers or at an Alliance of Professional Tattooists studio.

Body Modification: Piercings

Piercing is a common practice in many cultures. Among 16-20

year olds, piercings are the most common form of body modification. Piercings can include rings, anchors, studs or other metallic objects that poke through various parts of the body. One survey of 225 adolescents with piercings who were seen at an urban hospital found an associated infection in 74%, bleeding in 30%, allergic reactions in 26%, and keloids in 19%. This was commonly seen in the upper ear cartilage as this area has less circulation, it is prone to poorer wound healing and one can see more serious infections from piercing the upper ear. Other piercing issues include tongue piercings that have been associated with Hepatitis, HIV, endocarditis, significant blood loss, lingering pain and trigeminal neuralgia. Systemic infections such as tetanus have been seen from body piercings as well.

Conclusion

It is very important for clients of these studios to ask questions, do their homework and not just get a body modification 'on a whim.' Clients need to know what the risks of these procedures are and to be an informed consumer. ♦

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

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Shrimp Scampi

Serves 2

This is a scrumptious and healthy dinner. I usually serve with a side salad or broccoli. You can pour over whole wheat pasta as well. I always keep a bag of large frozen shrimp so I can make this at any time.

Ingredients:

- 10-12 large frozen shrimp, peeled, deveined and thawed
- 2 Tbsp margarine
- 1 Tbsp worcestershire
- 1/4 Cup chopped yellow onion
- 1 Garlic clove, minced
- 1 Tsp Italian Seasoning
- 1 Tbsp fresh lemon juice
- Parmesan Cheese

Preparation:

Saute onions and garlic in margarine, until onions are transparent. Add shrimp. Add in all remaining ingredients (worcestershire, lemon, italian seasoning). Sprinkle parmesan cheese on top.

Roasted Chicken Caprese

Serves 4

Ingredients:

- 1/2 C olive oil, 1/4 C olive oil (to be used separately)
- 2 Tbsp fresh lemon juice
- 1 garlic clove, minced
- 3/4 Tsp kosher salt, 1 Tsp kosher salt (to be used separately)
- 1/2 Tsp pepper
- 6 Medium plum tomatoes, quartered
- 1 Tsp sugar
- 1 8oz block mozzarella cheese, cut into 1/2" cubes (low fat optional)
- 1/4 C chopped fresh basil
- 4 Medium boneless, skinless chicken breasts

Preparation:

1. In small bowl, mix together olive oil, lemon juice, garlic, kosher salt, and pepper. Pour marinade in freezer bag with chicken. Refrigerate 30 minutes.
2. Preheat oven to 375°.
3. Place tomatoes in medium bowl and toss with sugar, salt and oil. Spoon into rimmed cookie sheet. Bake 30 minutes. Spoon all juices and tomatoes into bowl and add cheese, basil and ground black pepper. Toss and set aside.
4. Lower oven temp to 350.
5. Remove chicken from fridge and discard marinade. Place chicken on same rimmed cookie sheet and bake for 30 minutes, turning once.

To serve, place chicken on plate and spoon tomato mixture on top.

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



Cilantro Lime Fajitas

Serves 6

Ingredients:

- 1 Cup chopped fresh cilantro
- 3/4 Cup olive oil
- 5 Tbsp fresh lime juice
- 2 1/2 Tsp cumin
- 1 1/4 Tsp ancho chili powder
- 6 boneless skinless chicken breasts
- 3 Large poblano chilis, seeded and cut into strips
- 3 Large yellow bell peppers, seeded and cut into strips
- 2 Med red onions, slivered
- 12 large soft tortillas (whole wheat optional)

Optional Toppings:

Sour cream Tomatoes Jalapenos
Chives Shredded Cheese Salsa Guacamole

Preparation:

Mix all ingredients except toppings in a bowl (cilantro, olive oil, cumin, chili powder, lime juice). Cut raw chicken into strips and put in a tupperware, or freezer bag with half of the marinade. Place all the sliced veggies in a tupperware or freezer bag with the remaining marinade. Marinate at least one hour. In separate pans, saute veggies and chicken until chicken is fully cooked and veggies are tender.

Spoon into tortillas and top with shredded cheese, salsa, guacamole, sour cream, chives, jalapenos, tomatoes, or whatever you desire!

Quick Greek Snack

I always find that I have leftover tomatoes and a cucumber that is almost about to go bad. I also always keep a container of crumbled low fat feta cheese for my Craisin Chicken Salad that I make regularly. If I don't feel like having a salad for dinner, or perhaps to make a good cold snack over the weekend, I'll whip up the following:

Ingredients:

Equal amounts:

- Chopped tomatoes
- Chopped cucumber
- Sliced olives
- Crumbled feta cheese
- Chopped yellow onion

(any kind if you've got them, kalamata are the best)

Drizzle some olive oil, oregano, salt and pepper and toss.

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John Offerdahl is...

The Gridiron Griller

Mark "Super" Duper proved to the Miami Dolphins he could deliver the big play as an all-time leader in receiving yardage. In this month's recipe, Mark and Chef Oliver Saucy of Café Maxx in Pompano Beach, deliver an award-winning Super Duper Skirt Steak with hot flavors ignited by plenty of chili peppers.



John Offerdahl, Mark Duper (Ring of Honor) and Chef Oliver Saucy (Café Maxx)

Super Duper Skirt Steak

READY...Line up your ingredients

Corn & Tomatillo Relish

- 3 ears corn, husk removed
- 3 Anaheim chili peppers
- 1 red onion sliced
- 1 tsp chopped cilantro
- 1 lime juiced
- 1 T red wine vinegar
- 10 tomatillo tomatoes, husk removed
- 1 jalapeno chili pepper
- 1 clove garlic chopped
- 4 sliced scallions
- 1/2 c extra virgin olive oil
- 1 T agave nectar

Dry Spice

- 4 dried red chili peppers
- 2 T black peppercorns
- 2 T cumin seed
- 1 T granulated garlic
- pinch of cinnamon
- 1 Ancho chili pepper
- 2 T coriander
- 2 T sugar in raw
- 2 T smoked sea salt

Meat

- 4-6, 10 ounce skirt steaks, trimmed of excess fat
- 8 flour tortillas
- shredded lettuce
- 1 lb. pepper jack, shredded
- cilantro sprigs

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

Corn & Tomatillo Relish: Brush corn, tomatillos, and Anaheim pepper with olive oil. Preheat grill to high and grill char ingredients. Cut corn kernels from cob, peel and dice Anaheim chili peppers. Dice jalapeno and red onion and place in a medium bowl. Add and toss to the vegetables chopped garlic, cilantro, scallions, lime juice, olive oil, red wine vinegar, and agave nectar.

Dry Spice: Toast chili peppers, peppercorns, coriander and cumin in skillet over high heat for 60 seconds. Grind spices in spice grinder, then mix with sugar, garlic, salt and cinnamon. Dry spice can be made up to a week in advance.

Meat: 30 minutes before grilling, sprinkle dry spice blend on both sides of skirt steak and let stand.

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

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

JOHNNY SAYS..."You can always grill a plain old steak with salt and pepper, but if you want to really leave your "mark", spice things up with this Super Duper skirt steak!"

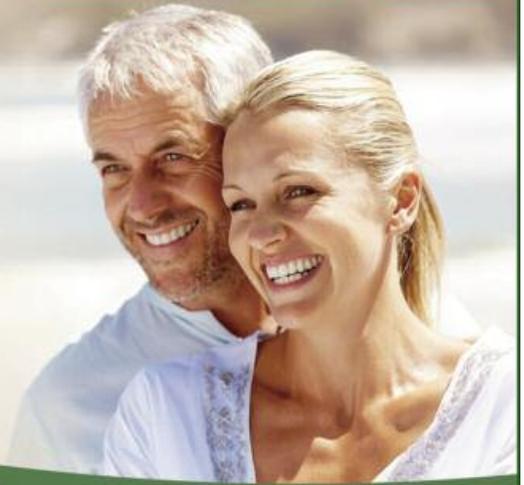


Grill Recipe - "Super" Duper's Skirt Steak





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IDENTITY THEFT

Some of the Latest Phone Phishing Scams

By Denise Richardson

Have you gotten a weird call on your cell phone lately? If so, you're like so many others out there. You may have just received one of the latest phishing phone calls.

It's possible you thought phishing scams were exclusive to emails and the Internet, but nothing could be further from the truth. In fact, scammers across the globe have gotten much sneakier, more sophisticated, and savvier at eliciting personal information. These days, scammers are using the telephone to swindle their victims.

Before we get into some of the latest phishing scams, here's a reminder of what phishing actually is. Phishing (pronounced just like "fishing") is a prominent problem in which a trickster attempts to get unsuspecting consumers to disclose personal and financial information. Phishing started off in emails that appeared to come from companies consumers regularly worked with and would often threaten disconnection unless certain information was provided.

Phishing scams are one of the leading elements of identity theft and fraud and now it's on your cell phone.

In Washington State, for example, when you pick up the phone, an automated voice lets you know that your Washington Mutual Bank card has been lost, stolen, or compromised and you must enter another number to reactivate the card. It will then ask you for your security code or PIN. Though this phishing attempt might be easy enough to spot because WaMu has been out of business for a while, some victims that once had accounts there may not be paying attention.

Another phone phishing scam has popped up in New York. Automated calls are going out to potential victims that inform them that their accounts with Western New York Credit have been compromised. The call is very similar to the WaMu robocall—the message indicates that the debit card has been deactivated and urges the victim to key in their bank account info.

Sound annoying to you? Such calls are obnoxious, but they are also highly illegal. And although we've included just two examples of the latest phone phishing scams, similar ones are popping up everyday all over our country.

Case in point; the tech support ruse; Callers claim to be from Microsoft. They might offer to help you solve computer problems or find a potential virus—if you simply allow them to connect via remote access. Once they have access to your computer, they can do the following:

- Trick you into installing malicious software that could capture sensitive data, such as online banking user names and passwords. They might also then charge you to remove this software.
- Take control of your computer remotely and adjust settings to leave your computer exposed.
- Request credit card information so they can bill you for phony services.

- Direct you to fraudulent websites and ask you to enter credit card and other personal or financial information there.

Consumers must be vigilant and take precautions.

Telemarketing fraud is a crime. Criminals use the phone to commit many different types of fraud, including sweepstakes and lottery frauds, loan fraud, buying club memberships, and credit card scams.

Telephone scammers are good at what they do. They say anything and target everyone to try to cheat people out of money. They may call you and imply that they work for a company you trust, or they may send text messages or use direct mail or place ads to convince you to call them.

Many phone sales pitches are made on behalf of legitimate organizations offering genuine products and services. Unfortunately, scammers also use the telephone to commit fraud. That's why the Federal Trade Commission (FTC) encourages you to be skeptical when you hear a phone solicitation and to report it if you think the call may be fraudulent.

Your complaint counts! Fight telephone fraud.

When you report phone fraud to the FTC, your complaint is entered into a secure database that is available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad. By reporting telemarketing fraud, you are providing important information to help law enforcement officials track down scam artists and stop them.

In an effort to help you protect yourself from identity theft and fraud, here are some additional tips to keep in mind when answering the phone:

- Know that phone phishing scams aren't always robocalls – sometimes people call as well.
- Once you are asked for any sensitive information, just end the call—do not give it out! Reputable companies will not call you and ask for such information in any unsolicited request.
- Keep a close eye on your statements. If your statement is ever late arriving, call and ask why. Periodically review your account online for suspicious activity.
- Take down the information in the automated message—or get the name, department, phone number, and extension of the person that called and contact the company directly at the number you know to be right. Ask if the call was legitimate.
- Use your caller ID to determine where the call came from—but never trust it. Scammers often use technology that disguises their legitimate number. Only use the number to search online to see if any scams are reported in relation to it or provide with your report to the FTC/AG's office. ♦

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



Florida Sport Fishing

Hook Up Online

Satellite Imagery Unlocks the Mysteries of Unfamiliar Shallows

By Capt. Mike Genoun

Recent developments with essential tackle and gear have propelled anglers to impressive catches. Fishermen are casting further and reaching deeper than ever before, and while technology certainly gives 21st Century fishermen the upper hand it's not only intuitive multi-function-displays and CNC machined aluminum reels that tip the odds in our favor.

While you probably know your local waters like the back of your hand, when investigating unfamiliar territory it's understandable if you stumble around like a blind squirrel. Florida is simply too big with way too much fishy water for you to know it all. This is exactly where online satellite imagery enters the fish-catching equation.

Unfamiliar territory is just that, and the thought of dragging your prop across a shallow flat or bouncing off an oyster bar might be enough to keep you from leaving your comfort zone. But aren't you tired of fishing the same old spots? If so, it's time you start utilizing the Internet because everything you need to plan a successful road trip and locate distant hot spots is right at your fingertips 24/7/365. And it's free!

More advantageous than the smoothest drag or liveliest baitfish, the World Wide Web is a powerful tool that can help you uncover new fishing spots and dramatically increase your success. With rising fuel costs and free time at a premium, it simply makes good sense to familiarize yourself with the river, bay or any unfamiliar inshore waterway you intend to visit and fish. There are no gimmicks here and don't think for one second that you'll have to spend sleepless nights scouring online forums waiting for someone to let the cat out of the bag. With help from *big brother*, Google Maps (maps.google.com) and Google Earth (earth.google.com) provide anglers unparalleled aerial views of fertile inshore and nearshore waterways. Although you might argue that the Internet is ruining the world and because of free satellite imagery there's now a pack of boats on your secret spot, you need to face the facts; your spot wasn't really that much of a secret.

Google Maps is a web-based mapping service that provides detailed aerial views of most major areas of the state. Easy to implement overlays include real time weather and traffic patterns. Google Earth is similar but a more powerful interactive program that you must download to your computer. Providing greater detail and resolution along with a 3D perspective, Google Earth gathers images from satellites and aerial photography. With either application anglers can virtually visit and thoroughly investigate any river, bay or flat on the globe via nothing more than a mouse and keyboard.

The truth is that these free tools reveal detailed structures like points, mangrove shorelines, spoil islands, passes and creek mouths, docks, channel edges, bridges, healthy grass beds and so much more. You'll also be able to scope out nearby access roads and parking lots, boat ramps and marinas, you name it; it's all here for you to see well before you hit the road.

While Google's images can certainly help make your time on the water more effective, make no mistake; they aren't the end all answer. The amount of underwater structure and detail revealed will vary greatly depending on the region and precise depth of water. You will be able to see darker colored water, which likely indicates deeper holes or depressions, but this is something you'll have to relate to and confirm with what you actually see and experience on the water.

To properly investigate an unfamiliar area, start wide on the satellite image and slowly zoom in to where you anticipate launching and ultimate fishing. Remember that you can search out promising locations and take



Finding and focusing on key areas is crucial to inshore success.

note of the exact latitudes and longitudes. Simply input the coordinates into your onboard chartplotter and you can create detailed waypoints and routes. While the images and information provided by Google are fairly accurate, you'll want to double check to make sure the lat/lon numbers match that of what you see on your chartplotter, and of course nothing is as reliable as a NOAA paper chart. As a rule, only use online satellite imagery as an exploratory tool. The imagery is **NOT** intended for navigational purposes so **DO NOT** rely on it for such purposes.

An often overlooked feature of Google Earth is its image history tool. If you look toward the lower left corner of your Google Earth application screen you will see a small tab that reveals image date. If you click on the image you will be able to scroll through several years of images. While the quality decreases the farther in time you go back, compare some of the latest images and be sure to look at the date. This will enable you to compare seasonal changes in water level and you'll see sandbars and channel edges meander from relentless currents and Mother Nature's wrath, but remember that the images aren't real time and what you see on the computer may not be exactly what you encounter in the wild.

Nowadays many tournament anglers pre-fish from the comfort of their recliner or office chair. And with modern smartphones and tablets offering Internet access on the fly, you can even view satellite imagery in the field. Even though technology is incredibly advantageous in its ability to put anglers on fishy water, you'll still need to prepare properly and execute accordingly as a convincing presentation is still required to get fish to bite. Whether you're scouting for next weekend's tournament or selecting a family vacation destination that features fertile flats within easy reach; let satellite imagery point you in the right direction. ♦

For more tips, tricks, tactics and techniques, visit FloridaSportFishing.com. Like Us on Facebook.



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turned 3 on February 14th



Spike
turned 12 on February 29th



JP Summa
turns 3 on March 15th



ON RELIGION

Living or Non-Living

By Reverend Jack Noble

Of late I have been pondering the whole idea of what it means to be alive — “alive.” This is what I am getting at.

The march of science and technology has handed all of us such bonuses in health and energy and life-span. We should be living hugely and with gusto, enjoying every moment, not as it were, walking through life on eggshells. For thousands of decades our race’s main concern was simply to survive, and rarely if ever, was the problem fully settled, at least for very long. Now, the crucial question has become not how to stay alive, but what to do with a life that is practically guaranteed.

I fear that too many of us do too little with the life we have been given. What do I mean? Where will you find half the male population of the United States on any given Sunday afternoon in October and November? hunting? fishing? flying kites or model airplanes with the kids? roaming the marshlands out west? or sprawled in a darkened room watching twenty-two professional gladiators bang one another around on an electronic screen? By and large the silent watchers are faithful taxpayers and solid citizens. They will discuss with genuine concern the issues of the day. So I wonder, is the real concern: the erratic, destructive, lawless behavior of a few or the ever-increasing inertia of the many?

The entire matter, it seems, hangs on a series of decisions that

each of us is continually being called to make—decisions that spell the difference between living and non-living. Often the margin is narrow, and tends to grow narrower as one grows older. But this is all the more reason for being ever-vigilant against the danger.

As a youngster I was given a bit of solemn and no doubt well-intended advice that was supposed to apply to almost any situation: “when in doubt, don’t” But its usefulness diminishes rapidly once we’re twenty, and it can become dangerously habit-forming after we turn thirty.

The longer I live the more convinced I am that the trouble with most of us isn’t active or deliberate wickedness; its lethargy, lack of caring, lack of involvement. We are most concerned about keeping our bodies comfortable, well fed and entertained. And the more successful we are at this, the more entombed our souls become in solid, immovable flesh. We can no longer hear the distant drummer but listen instead to the pipes of Pan, and fall asleep.

There’s only one answer, really. Each of us must be on guard against the influences that lull and seduce us toward a state of non-living. Each of us must fight our own fight against the betrayal of a life that comes from refusing to live.

Every day, for every one of us, some distant trumpet sounds, but never too faint or too far for our answer to be: “Wait! I am coming!” ♦



AL’S CORNER

Goals and Objectives

By Al Siefert

How many of us made New Year’s resolutions? How many can say that they are still a part of our lives?

In late December, I attended a class on setting goals. This class was different from other classes that I have taken on this subject in that it focused on three years; three years being more urgent than the five to ten year plan. The plan added a third year once the first year was completed. The plan also has a quarterly review so you can either stay focused or drop out. As with most goals setting classes we were asked to start out by listing our goals.

With them in place, we were next asked to list the advantages toward reaching our goals and why they were valuable. We were then asked to think about how these advantages could help us further leverage our goals.

With the above information in hand, we will need to plan our first action. Regardless of our goal we need to start someplace. In my case, it will be to plan for tomorrow today and write down what I need to accomplish so it is in front of me to check off of the list to move forward.

Beating resistance, the procrastination to accomplishment, will be my biggest obstacle in this process when it comes to getting more exercise. While I belong to a gym and have dogs that love to walk,

I am always eager to find an excuse not to do it. However, if I write it down and budget the time it will be more probable that it will be accomplished. Once it is accomplished a few times, it may become a good habit, but beating resistance will not be easy for me.

Another goal that I have is to grow the business back to where it was in 2007. To do that, I will first need to determine my strengths and unifying

principles that will give me a competitive advantage in finding areas in which we will be successful. By setting some time aside, each day, to concentrate on building our customer base we will accomplish this goal over time.

However, it will be something to go after and just not expect new business to come to me. Attracting talented employees and training them to meet our high standards for efficiency and customer relations

is another important component for business growth. Consumers expect consistency from the people they do business with. We have the training courses in place but we need to commit to using them and revisiting them more often.

By listing your goals someplace where you will see them everyday, you will be able to focus on each goal, one at a time, each day to reach a result that moves you closer to your three year plan.

Many people keep a daily journal and reflect back on it from time to time to see if they are doing what it will take to reach their goals. One day at a time, examine your progress quarterly and add another year after your first year is completed makes good sense and will help you stay on course to reaching your goals.

Now that I am on record for writing this, we will need to see if it works by the June issue! ♦

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

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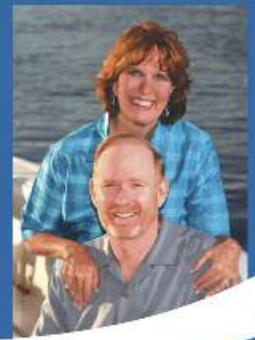
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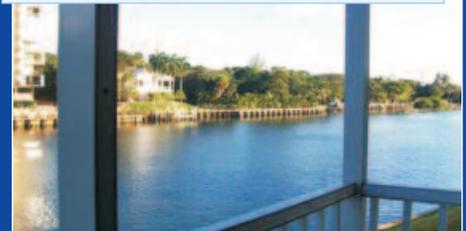
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Rarely do you find a condo this fabulous unit. From the moment you come through the front door you will appreciate all the upgrades-wood flooring throughout, beautiful kitchen cabinetry, updated appliances. Bathrooms have been totally remodeled. New impact windows throughout. ML#F1169008

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