

LHP

Lighthouse Point Magazine

www.LHPmag.com

Serving Boca Raton to Fort Lauderdale

December 2012

2012 SHINING STAR AWARDS



Debra Todd

Taste of Soroptimists

Bit-By-Bit Halloween Horse Show

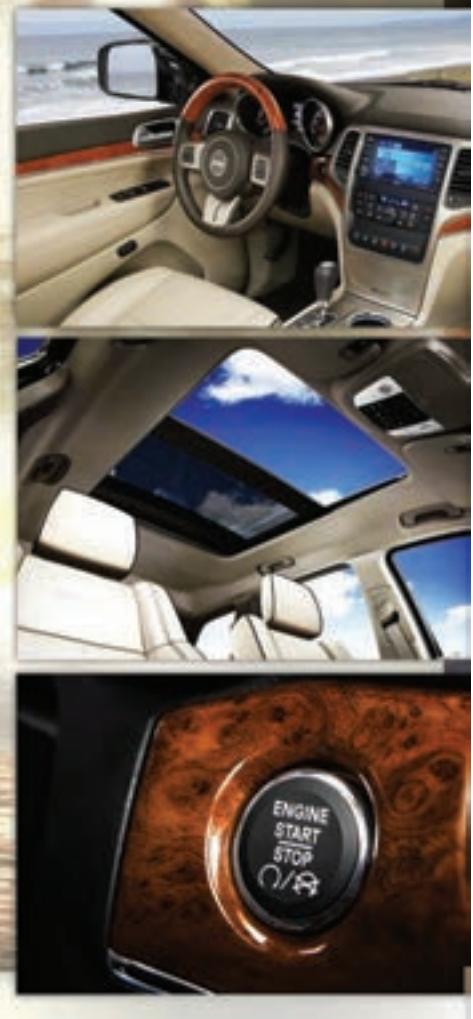
Corinthian Change of Watch

Ready for any occasion.

The All-new 2013
JEEP CHEROKEE



From your first moment inside, you'll experience the exquisite comfort and exceptional quality that only comes from a luxury vehicle of the highest caliber.



Jeep

DODGE //



RAM



of **North Broward**

909 South Federal Highway • Pompano Beach
Between Commercial and Atlantic Boulevards

954.943.6700

www.ChryslerJeepofNorthBroward.com



LUXURY LIVING

the pursuit of perfection



LIC.#GC021445

PHOTOGRAPH BY MICHAEL WALL

AD DESIGN BY PHOTO-GRAPHIC PRESS, INC. 954.216.2148

SUMMIT | BUILDERS OF FLORIDA, INC.

954.941.8261

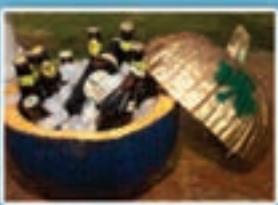
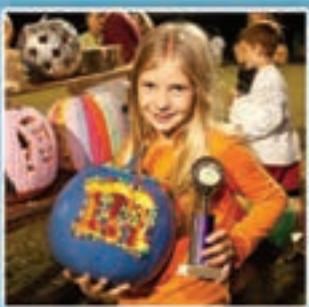
SUMMITBUILDERSFL.COM

FORT LAUDERDALE | LIGHTHOUSE POINT | BOCA RATON

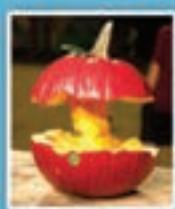


"Out and About"

with Debra Todd



The Last (16th) Tight Family
Pumpkin Carving Party



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.

DAR National Medal To Be Awarded To Local Man

Hillsboro Lighthouse preservationist Hibbard "Hib" Casselberry has been selected by the National Society of the Daughters of the American Revolution (DAR) to receive their most prestigious honor, the Historic Preservation Medal. Nominated by the Lighthouse Point Chapter of the DAR, the 89-year-old retired architect was presented with the national award at the chapter's November 3rd meeting.

The application process for this award is rigorous. It must be proven that the individual expended extraordinary efforts in establishing a historic district or preserving a local landmark through extensive volunteer leadership over a span of many years. Topping the list of substantial documentation required to prove a distinguished preservation contribution are a detailed biography of the nominee, letters of testimony from historic preservationists, supporting newspaper clippings, and the sponsorship of a DAR chapter for the application. All is submitted to a national committee in Washington, DC for review and verification.

Casselberry, a resident of Pompano Beach, was approved in record time! He originally had teamed with the U.S. Coast Guard in 1972 to begin compiling historic information on the region's lighthouses. When it was clear that public support was needed to save the local structure and others in Florida from destruction, Hib successfully teamed with a variety of national and statewide preservation groups along with local



citizens. The Broward County heritage champion persistently promoted interest in preservation of the landmark Hillsboro Lighthouse. That beacon was first lit in 1907.

Thanks to yeoman work by volunteers such as Casselberry and cooperation from

the U.S. Coast Guard, the Hillsborough Inlet landmark was restored and maintained. It now boasts a working Fresnel lens known as "Big Diamond" that is reportedly the strongest maritime light in the nation. In addition, the public now is welcomed for special tours to climb the lighthouse's 175 steps. Also, an adjacent museum of maritime history at the Pompano Beach Hillsboro Inlet Park was recently established by the Hillsboro Lighthouse Preservation Society which was founded in 1977 through Casselberry's efforts.

The National Society of the DAR is pleased to award this outstanding honor in recognition of distinguished historic preservation achievement to Hibbard Casselberry. The Hillsboro Lighthouse is the symbol of the Lighthouse Point Chapter of the DAR.

Village Memory Walk Supports Alzheimer's Association

Each year, John Knox Village hosts three walks supporting some excellent causes—promoting a healthy lifestyle (American Heart Association), cancer awareness and research (Relay for Life) and helping those suffering with memory disorders (Alzheimer's Association).

On Tuesday, October 23, The Village held its 13th Annual Memory Walk. Nearly 100 residents and employees gathered in our Furman Square for this year's successful event.

The Village is proud to announce that over \$16,000 has been contributed toward this worthy cause.

"We are grateful to the John Knox Village community for its support of the Alzheimer's Association Southeast Florida Chapter and the work we do to support those individuals affected by Alzheimer's disease and related dementia," said Barbara Grasch, Director of Program Services.

After a memorable group photo, our Fitness Professionals provided a brief warm-up session prior to walk. Then, participants proved their support by walking around our Lake Maggie and finished in the Auditorium for refreshments and the Alzheimer's Association donation presentation.

"The support at JKV to this cause is amazing," said Sara Berkowitz, Activities Manager. "Alzheimer's disease touches so many of our residents. It's wonderful to see everyone show their support by joining together for this annual event."

During the presentation, Sara recognized Lillian Kimmel, one of our residents who play a key role in assuring the

success of our Memory Walk. Lillian, who lost her beloved husband, Solomon, to Alzheimer's disease, remains a dedicated volunteer by personally raising thousands of dollars each year toward this event. The other funds are generously contributed by residents, employees and The Village's Sharing and Caring Program.

For more information about the Alzheimer's Association, visit its Website at (www.alz.org), or call (800) 272-3900 for the 24-hour helpline.

John Knox Village is a not-for-profit Continuing Care Retirement Community that provides a full range of life-care services for those aged 62 and greater. The Village is located at 651 S.W. Sixth Street in Pompano Beach, just east of I-95 and south of Atlantic Boulevard. For more information, contact our Marketing Department, at (954) 783-4040, or visit us at (www.johnknoxvillage.com).

United States Coast Guard Auxiliary Flotilla 37 Lighthouse Point

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, December 8, 2012 at the Dixon Ahl Recreation Center, 2200 NE 38th Street in Lighthouse Point, Florida 33064.

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.

Features

10 2012 Shining Stars Awards

18 Taste of Soroptimists

40 Bit-By-Bit Halloween Horse Show

46 Corinthian Change of Watch

Advertising Rates & Information

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

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

NEW ADVERTISERS PLEASE NOTE!

Our Website address is www.LHPmag.com

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

DEADLINES FOR CAMERA-READY ART AND PREPAYMENT OF ADS ARE DUE ON THE 1st DAY OF THE PRECEDING MONTH OF PUBLICATION.

ALL ON-GOING ADS MUST BE CANCELLED BY THE 1st DAY OF THE PRECEDING MONTH OF PUBLICATION.

From the *Editor*



Facing the New Year of 2013

The results of the election may be a welcome breath of fresh air for some, but to others, well, at least four years of bitter disappointment. However, as a business completely unaffected by political goings on, Lighthouse Point Magazine has made exceptional strides in being the most sought after monthly family publication between Boca Raton and Fort Lauderdale (Have you noticed our new, spectacular design?). Look for more up-to-date articles and features of critical importance, regarding a wide variety of subjects that appeal to all tastes.

Welcome Amanda!

We are absolutely thrilled over the newest addition to our staff, Amanda Coyne. A 22 year-old graduate of Florida Atlantic University, having majored in English and Journalism, Amanda will handle all Internet media coverage, write articles of major concern (see page 16), and manage our office, as well.

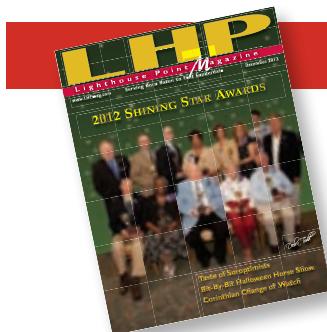
Ms. Coyne expects to start her own magazine after her internship with *Lighthouse Point Magazine*.

What I'd Most Like to See Happen in 2013

1. Kids are getting fatter by the minute. If we don't seriously address this issue soon, NO national medical program will be able to sustain the cost of treating diabetes, high blood pressure, cancer and heart failure that surely will affect these children in their early adulthood. It is incomprehensible that pizza and other junk food is continually being allowed to be served in school cafeterias for lunch every day of the week. Not only will kids' arteries become clogged, but so will the entire health initiative.
2. Our nation's schooling system is rated 34th in the world! A certain politician brilliantly suggested cutting government education costs and raising college entrance fees. I think a flogging is called for in this case.
3. American children by the thousands are dying while certain American companies continue to tout the importance of feeding starving children in other countries. I say, FEED AMERICAN CHILDREN FIRST! I say, AMERICA'S CHILDREN FIRST!

Please send us your own thoughts on what you'd like to see happen in 2013. We would love to hear from you!

John Frangipane, Publisher



Our Cover

2012 Shining Stars Awards

Photo by Debra Todd

Their story begins on page 10.

"I fear the day when technology overlaps with humanity, the world will only have a generation of idiots."

— Albert Einstein



ARE YOU UPSIDE DOWN IN YOUR HOME, BUT STILL MAKING YOUR PAYMENTS ON TIME? HARP 2 REFINANCES WITH NO OVERLAYS

FINALLY a government program that will help you.
I have saved many homeowners hundreds of dollars a month
with little to no out of pocket expense!

You need an expert now more than ever!
Call me today to see how **HARP2** can benefit you and
avoid being denied due to bank overlays.



Julie Wheeler, CRMS
Certified Residential Mortgage Specialist

- Purchases and Refinances
- Expert Advice and Personal Service
- Get Pre-Approved in Minutes
- Jumbo Mortgages, Conventional, FHA, and VA

“We can help you find the right home mortgage or refinance solution that makes sense and back it with excellent service”

Wheeler Mortgage Corp
665 SE 10th Street, Suite 102 • Deerfield Beach, FL 33441
954-422-9400 or 954-292-5292 • Fax: 954-422-9794
juliewmc@bellsouth.net • www.wheelermortgagecorp.com

Contents

A Pet Who Needs Love	8
Al's Corner	72
Around the Point	5
The Arts	54
As I Was Saying	24
Ask the Psychologist	52
Beauty Spot of the Month	26
Cantankerously Yours	56
Cookin' with the Community	62
From the Editor	6
Garden Lady	26
Happy Birthday	70
Identity Theft	66
Legal Matters	58
On Religion	72
Out & About	4
Pet Birthday Gallery	71
Sheriff Report	58

This complete issue
and all back issues of
**Lighthouse Point
Magazine**
can be seen on our great
website 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, Heart Rock Sushi, Lito's Turf & Surf, Red Fox Diner, LHP Yacht & Racquet Club, Bonefish Mac's, Nauti Dawg, J. Mark's and Offerdahl's Cafe. Call for other locations.

A pet who needs love



Spirit

Hi, my name is Spirit and I was a very malnourished mama with four puppies when I was rescued by Florida Humane Society. Volunteer foster mom Linda, took us into her home for nine weeks to get us healthy so we could have another chance at finding a home where people will love and appreciate our wonderful nature. I am now ready and waiting for that special someone.

Spirit is a Weimeraner mix about two years old, she has a beautiful friendly disposition and will be a good family dog, but needs a calm home.

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



LIGHTHOUSE POINT MAGAZINE

Serving Boca Raton to Fort Lauderdale

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

Use the code at the right for quick access to our site.

©2012 Lighthouse Point Magazine

Jon Frangipane – Founder/Publisher/Editor

Babs Kall, Kall Graphics – Magazine Design & Layout

Debra Todd – Photography

Amanda Coyne – Sales Rep/Writer

Wendell Abern – Staff Writer

Alan Williamson – Staff Writer

Contributing Writers & Photographers

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



Lighthouse Auto Repair

Domestic & Foreign



Now Open

**3500 N. Federal Highway – Building A
Lighthouse Point**



Complete Auto Care

Computer Diagnostics

Service & Repair for:

Air Conditioner

Transmission

Drivetrain Steering
& Suspension

Cooling & Heating

Pick Up & Delivery Service



OIL CHANGE SPECIAL

\$14.99

Most Cars

Free Oil Change with Any Service Over \$250.00
Free 15 Point Safety Check • Axels \$179.00 Installed
Brakes from \$69.95 and up

954-247-9855

Mon - Fri 8am to 5pm • Sat 8am to 1pm

Hillsboro Club Hosts 2012 Shining Stars Awards

By Ric Green, CEO & President of Pompano Beach Chamber of Commerce

Photos By Debra Todd



Shining Stars honorees: Seated, L to R: Roy Rogers, Rep. Gwyndolen Clarke-Reed, Bill Jaycox, Margaret White, and Allen Merritt.
Standing: Ric Green, Rob Wyre, Mayor Lamar Fisher, Barbara Bryan Ph.D., Monica Ribeiro, Andrea Trindade, Peter Baron, and Roy Merritt.

The sun was shining brightly, as were the stars, setting the stage for a beach-side gathering when the Greater Pompano Beach Chamber of Commerce held their annual salute to area achievers and their accomplishments. The Shining Star Awards recognizes the stars of the communities that populate northeast Broward County.

The 2012 edition of the Shining Star Awards luncheon was held at the Hillsboro Club, the private club that sits on its own peninsula at the entrance to Hillsboro Inlet. The Club treated the 270 plus in attendance to a tasty luncheon accompanied by an equally tantalizing view of a white capped, wind churned Atlantic Ocean.

The event started with recognition and graduation of the 2012 North Broward Leadership Class. The Leadership Class members gather for a full day each month, traveling around Northeast Broward County, learning about government, police, fire, medical,

and the many city and county services. The tour major employers and successful businesses visit Port Everglades, the Fort Lauderdale and Pompano Airports, and many other exciting venues. The 2012 Leadership Class graduates were; Dianne Brodie, Faye Bruner, Paul Cooney, Eric Davis, Neal Glassman, Sherea Green, Herb Hays, Hector Javier, Mary Keiser, Alex Lazowick, Jeffrey Morse, Ed Murray, Luigi Pace, Monica Ribeiro, Lisa Spinelli and Rob Weech.

The 2012 Shining Stars were up next, but there was some unfinished business from the 2011 Event before the show could began. At the 2011 event, honoree Roy Rogers had to leave early to catch a plane and did not receive his trophy. So it was a surprise to Rogers and most of the organizing Committee when he was summoned to the podium to receive his 2011 symbol of the honor.

Pompano Chamber Chair, Jeanie McIntyre, then introduced each 2012 Shining Star individually, giving a short explanation of why they were being recognized. George Minnich, the Chamber's incoming Chair, assisted McIntyre in presenting each honoree their trophy. She opened with introduction of the *Light of the Community* honorees:

Brazilian Business Group, a business and civic organization; Peter Baron, Starworks Motorsports Owner; Rep. Gwendolen Clarke-Reed, State Representative; Chief Ross Licata, Lighthouse Point Police; Margaret White, Sample McDougald House and one of highlights of the event, the very colorful Bill Jaycox, who entertained the crowd by performing "Pompano Beach, Florida" the official song of the City of Pompano Beach, that he composed.

Next up was Business Man of the Year, Rob Wyre, General Manager of the Isle Casino and Racing, and Business Woman of the Year, Barbara Bryan, Ph.D., President of Broward College North Campus. The final two honorees were the Founder's Award, presented to the Merritt Family, whose Merritt Boats have set the industry standard for Sport Fishing Boats. The Stewart Kester Award was presented to the Honorable Lamar Fisher, Mayor of Pompano Beach for his leadership and community involvement.

"It was a great event and I think everybody who attended came away with a sense of pride in our community," stated a proud Jean McIntyre.



Rep. Gwendolyn Clarke-Reed.



The Pompano Pelican Team: Phyllis Neuberger, Bill Heaton, Diane Heaton, and Anne Siren.



Ric Green, Pompano Beach Chamber of Commerce.



Jean McIntyre and Chadia Meroueh.



Commander Michael Oh who accepted Chief Ross Licata's award as Light of the Community.

Continued on page 30

Myriam's

Fine Jewelry & Gifts

Jewelry Repairs

Watch Repairs

Engraving

Pearl & Bead Stringing

Eye Glass Repair

WE'VE
MOVED

**4616 N. Federal Hwy
Lighthouse Point**

Next to Seafood World

954-586-1363

954-937-0540

Florida Shores Bank We Lend Money!



Bonnie Gill, VP Residential Lending

Right Bank, Right Time, Right Now!

Take advantage of our low **FIXED** residential mortgage rates, and a free appraisal.*

*Up to \$450



Service. It's our passion.

400 North Federal Highway
Pompano Beach, FL 33062
www.floridashoresbank.com
954-876-2340

Member FDIC Equal Housing Lender

Florida Gold Traders



**We Turn Gold
Into Cash**

- Buyers of any Gold, Silver, and Unwanted Jewelry
- From the privacy of your home or our L.H.P office
- Highest industry pay out due to minimal overhead
- Serving with honesty and integrity for over 30 years
- Confidential, discreet, and extremely safe
- Experts in **fundraising** and **gold parties**

Call for Details: 954-532-5002

Steven@FloridaGoldTraders.com

FloridaGoldTraders.com

7 Days a Week by Appointment Only • Off business hours available

We have offices in LHP, Boca, Coral Springs and Ft. Lauderdale.



Susan Nelson

Specializing in "YOU" the client!

954-242-6400

SueNelson@remax.net



\$6,995,000

6 BR/7.5 BA, 180 ft deep lot on 100 ft of Intracoastal in No Wake Zone! 40-ft covered patio & hale detached guest house AMAZING



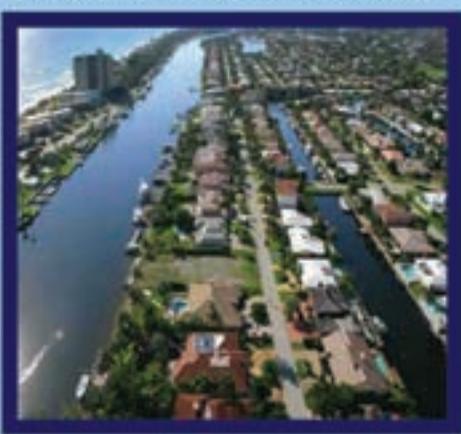
\$5,790,000.00

6 BR/6.5 BA 245-ft Point Lot in Southern LHP Unparalleled with theater, gym, ofc, billiard rm, Workshop, 4-CG—Must see to believe!



\$1,999,999

Newly built single story, 5 BR/5 BA, open floor plan with split bedrooms, south exposure, 100ft of deepwater in LHP!



\$1,195,000

Unbelievable Intracoastal lot in No Wake Zone 100' x 200' on Millionaire's Row in LHP



\$799,000

WOW! Lake Placid location newer bld 4/3 on corner lot, high ceilings, impact glass Perfect family home. Walk to park!!



\$699,000

100 feet of deepwater! Literally houses away from Intracoastal. 4BR/3 BA over 2200 sq ft 2CG and delightful South exposure



LIGHTHOUSE COLONY

Unbelievable views of Intracoastal, lighthouse & inlet in small boutique bldg Dockage available 1 and 2 BR units \$159,000-\$169,000



\$479,500

Millionaire's Row! 3 BR/3 BA home with split floor plan, screened in pool, spacious living areas salt pool and more!



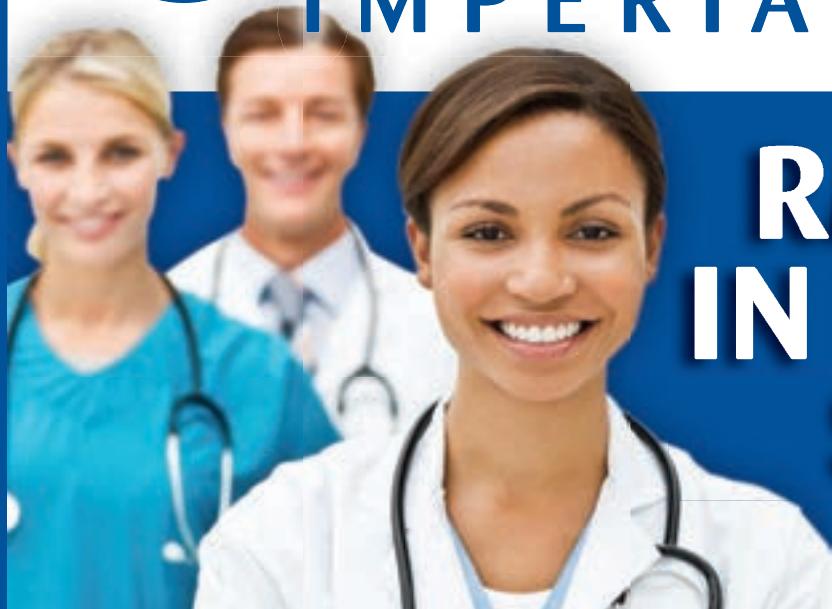
\$369,000

2BR/2BA Venetian Isles spacious garden home w/ Fam Rm, 2 CG on large lot. Easy conversion to 3 BR. Perfect for Fla Living!

RE/MAX Preferred Outstanding Agents, Outstanding Results!



**BROWARD HEALTH®
IMPERIAL POINT**



**RATED “A”
IN HOSPITAL
SAFETY**



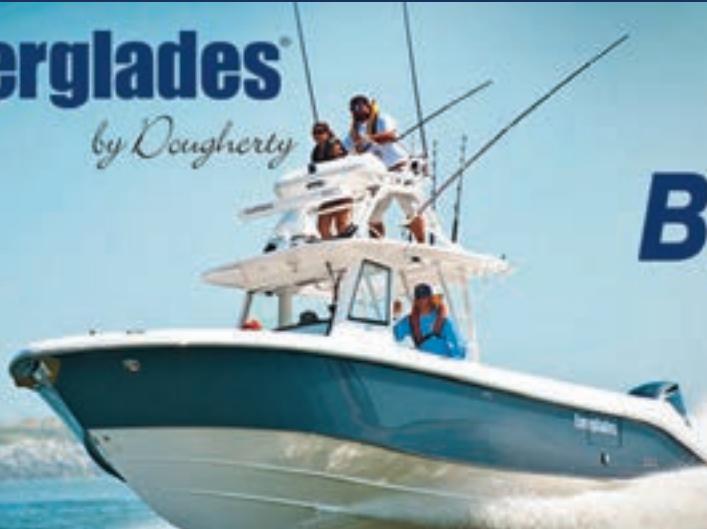
BrowardHealth.org/BHIP



SALES & SERVICE – MODELS FROM 21' to 36'

Everglades®

by Dougherty



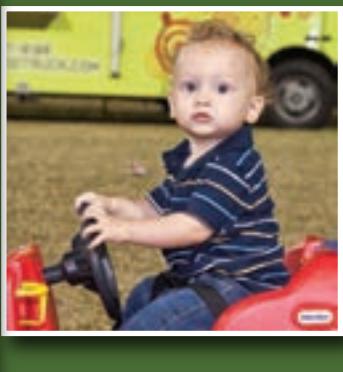
Boat World

954-781-7100
boatworldusa.com

Mention this ad for your LHP discount!

1260 N. FEDERAL HWY., POMPANO BEACH, FL 33062

2nd Annual Food Truck Event!



Give Thanks For Your Freedom!

The story of 14-year-old Malala Yousafzai

By Amanda Coyne

Editor's note: This is the first article written by Amanda Coyne, the newest member of our team of fine writers, and graduate, majoring in English/Journalism at Florida Atlantic University. She will be addressing issues affecting women in their fight for equality, as well as subjects that plague all of us in a fast-changing America.

Imagine getting a call from someone telling you that your 14-year-old daughter has been shot, and that the shooter had attempted to murder her—and as a result she has now been taken to the hospital in critical condition. This is the horrific situation that Malala Yousafzai's parents dealt with on October 9th.

Malala was targeted by the Taliban in Pakistan because of her willingness to speak out against what is going on in her home town. Since the age of 11 she has written a diary online for the BBC in order to let people know what she has to deal with on a daily basis.

The boys in her town were allowed to attend school, while the girls' schools were being shut down. This troubled Malala because she had dreams of becoming a politician. She wanted to receive a good education and be able to make changes in Pakistan. "I have the right of education," Malala said in a 2011 interview with CNN. "I have the right to talk. I have the right to speak up." Unfortunately, the Taliban does not seem to acknowledge these rights.

"In attacking Malala, the terrorists have failed to grasp that she is an icon of courage and hope," the Pakistani Army Chief Gen. Ashfaq Parvez Kayani said. This statement could not be truer. How did most Americans find out about the goings on in Pakistan? Before this story emerged, did you know that the Taliban was shutting down girl's schools?

This girl has shown a light on the trouble that Pakistan faces. Although this story is the most widely spread of its kind, Malala is just one of many women who have been attacked for standing up for what she believes in.

According to NPR, in late July of this year a woman by the name of Farida Afridi, who ran SAWERA, an organization that provides information for women about their rights, was gunned down in the street in northwest Pakistan. Before being killed, Afridi had been dealt multiple death threats for speaking up for women's rights. Despite these threats, this courageous woman continued her work and sadly paid the ultimate price for doing so.



A poll done in 2011 by the Thomson Reuters Foundation Poll proves that Pakistan is the third most dangerous country for women in the world. The reason for this ranking was due mostly to the "Pakistan ranked third largely on the basis of cultural, tribal and religious practices harmful to women. These include acid attacks, child and forced marriage and punishment or retribution by stoning or other physical abuse."

"Pakistan has some of the highest rates of so-called honour killings," said Divya Bajpai, reproductive health advisor at the International HIV/AIDS Alliance. Some 1,000 women and girls die in honour killings annually, according to Pakistan's Human Rights Commission." An honour killing is when a female family member is killed by a male, after being accused of ruining the family's reputation.

Despite these horrific stories and statistics, there are many stories of hope as well. Not all men believe that women should be treated badly and banned from receiving an education. Malala's father, Ziauddin Yousafzai, in an interview with New York Times acknowledges that women's education is not easy to come by, and can even be dangerous to try and

attain. He says, "In the area that I live there are some people who want to stop educating girls through guns. I see a great potential in my daughter. She can create a society where a medical student would be easily able to get her doctorate degree."

Alfridi's younger sister, Noorzia, who worked alongside her at SAWERA, refuses to back down from her cause. Despite receiving threats from the Taliban and her friends and family urging her to stop speaking out so she can remain safe, she is determined to make a change, to make all women aware of their rights. Noorzia said, "I will never leave this job because it's the mission of my sister and [God willing] I will complete it."

Perhaps you can read these stories and feel sadness, sympathy, even hope for the women of Pakistan. You live in a country where you can get an education despite your gender. You live in a country where you can run a woman's rights organization without fear of being threatened or killed. You can speak your mind without fear in America. Unfortunately, despite all of these rights, some political factions are still treating women as second-class citizens.

I strongly urge all American women to use your voice NOW, and stand up for what you believe in—to fight back, and demand your inalienable rights! ♦

it's beginning to
look like Christmas.



▲ GLASS ART ▲
FOR YOUR HOME

Available by appointment

954.675.4944

www.artglassbybabs.com
GIFT CERTIFICATES AVAILABLE



**Unique
Holiday Gifts**

GLASS: FUSED ▲ CAST ▲ STAINED ▲ MOSAIC ▲ ARCHITECTURAL ▲ UTILITARIAN



"I have been a client of the Furman agency for many years and they have always gone above and beyond my expectations with their service and knowledge."

- Preston Moody, Insured



DO YOU HAVE THE "RIGHT" INSURANCE PROTECTION FOR YOUR HOME?

CALL US TODAY

WE DELIVER QUOTES FAST, EASY AND SECURE

954.943.5050

YOUR SOLUTION TO HOMEOWNER'S INSURANCE



Serving our Community for 50 Years
www.furmaninsurance.com

Our Programs:
Offer Competitive Pricing
Protect Your Assets
Exceed Your Expectations



**FLORIDA
FAMILY®
INSURANCE**

Dedicated to Protecting Your Home.
www.flfamily.com

Annual Taste of Soroptimist is a Super Food Fest!

Photos by Debra Todd

Editor's note: As we approached the front door of Pam and Don Euston's home, heavenly aromas permeated the air, causing our olfactory organs and salivary glands to do a gleeful dance. On this evening, this was to be the Taste of Soroptimists, an annual membership recruitment and super treat to members' pallets. We were told to leave the word "calories" at the door.

The name "Soroptimist" literally means "Best for Women." Soroptimist International was founded in 1921 in Oakland, California, and grown to become an International volunteer organization, working to improve the lives of women and girls, in local communities and throughout the world.

Pompano Beach Soroptimist Club was chartered in 1981, and currently has 47 members who work in a variety of jobs, including teachers, attorneys, business owners and retirees. The club actively participates in both community service projects and fundraising for local charitable organizations. This past year's charities included: Woodhouse Residential facility for disabled adults, Broward Children's Center, Children's Healing Institute, Relay for Life, Stepping Stones, Christ Church Food Pantry, Deaf Conference, Special Olympics Broward, and the Dynamos.

Every year, we select winners of the "Women's Opportunity" and "Violet Richardson" Awards. The Women's Opportunity Award was established for women who are the sole source of financial support for their families. These scholarships to collect and/or technical schools allow the women to improve their lives through education and skills training. The Violet Richardson Award was established to recognize young women, aged 14-17, who display outstanding volunteer efforts in their school or community.

The group meets on Wednesdays at 5:30 pm. The first Wednesday of the month is a Service Night (members take turns hosting a cocktail party with donations benefiting a charity selected by the hostess). The second Wednesday is a "Business Meeting" and the fourth Wednesday is a "Program Meeting," featuring a speaker or field trip. These meetings are usually held at the Lighthouse Point Yacht and Racquet Club.

"Taste of Soroptimist" is a membership recruitment party that happens each October. We invite potential new members and each Club member brings a dish (along with the recipe) to share.







A SMART CONTRACTOR FOR OUR COMMUNITY

KITCHENS – BATHS – CUSTOM CLOSETS – CUSTOM MEDIA ROOMS – NEW CONSTRUCTION – RENOVATION

remoracontractors.com – Toll Free (800) 551-1596 – Broward (954) 882-8423

YOUR NEIGHBORHOOD, YOUR DEALERSHIP.

POMPANO



LINCOLN



RICK SAUL
SALES/LEASING MANAGER
SERVING CUSTOMERS FOR 22 YEARS
A 25-YR RESIDENT OF LIGHTHOUSE POINT

US-1 BETWEEN COPANS & SAMPLE • 954-782-8110

50th Annual Holiday Boat Parade

Sunday, Dec. 9
6 PM - 8:30 PM

Watch along the Intracoastal
in Pompano, Deerfield,
Lighthouse Point & Hillsboro

Presented by: The Greater Pompano Beach Chamber of Commerce

Decorate Your Home Along
the Intracoastal & Win Prizes!

Call: 954-941-2940 for more info.
www.pompanobeachchamber.com



Life...
Make it Fun
For the Family!



LIGHTHOUSE POINT
YACHT & RACQUET CLUB



We have so much to offer –
stop by and see us...
Boating and Tennis, of course...
and Swimming, Fitness, Massage, Social Activities,
Fine Dining, Club Kid's Activities and more

Contact Linda Lennon, Director of Club Membership
954.942.3524 • lindag@lpyrc.com to schedule a visit.

Be sure to ask about membership and marina specials!

PAC N' SEND OF LIGHTHOUSE POINT

Let Us Keep Your Holidays Happy & Hassle-Free!



**Authorized Shippers for
UPS•FedEx•DHL•USPS**
We Give You Choices.

Livescan Fingerprinting Available Here



We have a great selection of unique cards and gifts!

3640-B3 North Federal Highway, Lighthouse Point, FL
Located in the Venetian Isles/Publix Shopping Center

954-946-7760

Olympia Flame DINER

80 SOUTH FEDERAL HIGHWAY
DEERFIELD BEACH, FLORIDA

BREAKFAST, LUNCH & DINNER

954.480.8402

7 Days - 5:30A.M to 10:00P.M

www.OlympiaFlameDiner.com

Heart Rock Sushi Lounge

SUSHI • JAPANESE • THAI

Happy Hour Both Locations
Fort Lauderdale: 3 pm - 6 pm • LHP: 5 pm - 8 pm

NEW HAPPY HOUR • 5-8 PM • 7 DAYS

½ OFF BEVERAGES & SPECIAL HAPPY HOUR MENU

HAPPY HOUR MENU

Edamame \$3 ■ Seaweed Salad \$3 ■ California Roll \$4 ■ Chicken Wings \$5
 Chicken Wings \$5 ■ Crab Rangoon \$5 ■ Shrimp Tempura or Katsu \$5
 Tuna Tataki \$6 ■ Spicy Salmon Roll \$5 ■ Spicy Ecolar \$5
 Pad Thai Noodles (Chicken) \$6

All happy hour menu presented on premises. No substitutions.

1970 E. SUNRISE BLVD
FORT LAUDERDALE
954.779.2735

4460 N. FEDERAL HWY
LIGHTHOUSE POINT
954.532.1763

2 GREAT LOCATIONS!

WWW.HEARTROCKSUSHI.COM

Thinking Pink at Lighthouse Point Chamber

Article by Andrea Freygang Photos by Jon Frangipane

Members gathered for a fun night of networking for a good cause at the Lighthouse Point Yacht & Racquet Club where several dozen items were raffled off to raise money for the American Cancer Society for breast cancer awareness month.

New Chamber Members

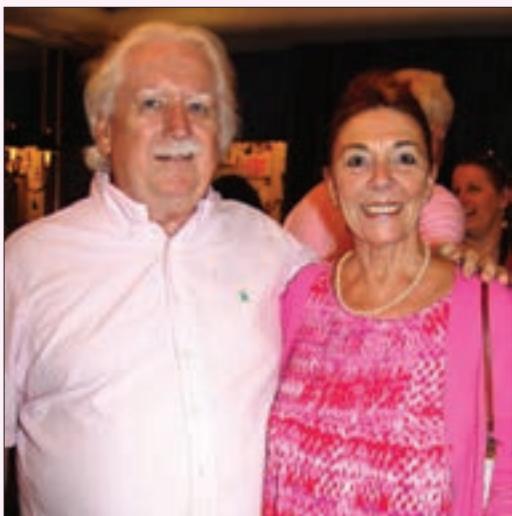
Performance Insurance Group, Worden's Art & Frame, Florida Shores Bank, Isagenix and Lighthouse Point Fitness joined the chamber in October. Welcome!

Taste of Lighthouse Point

In January, the chamber is celebrating the 9th Annual Taste of Lighthouse Point with a full line-up of scrumptious restaurants and plenty of wine. Join us and mark your calendar for January 22, 2012 from 6-9 p.m. at the Lighthouse Point Yacht & Racquet Club for this great annual event and fundraiser for the chamber of commerce.



Ken Gruneisen with Nathalie and Luis Molina.



Roger and Mary Stefl.



Allison and Steve Kahn.



David and Shannon DiPierro.

If you would like to be involved on the Taste event committee or the auction committee, email lhpchamberoffice@gmail.com. Contact Kimberly Bean at crittersitter143@aol.com or 561-542-9617 if you would like to donate an auction item. Email Charlie Davis at charlie@beaconlightjewelers.com if you would like to be a sponsor. Gene Petilli is collecting wine for the wine wagon. Contact him at gpetilli@fsrestorations.com to donate. Visit www.lhpchamber.com for the latest details on the taste.

Shop the Point

In November, the Taste of Lighthouse Point launched Shop the Point, a loyalty program for residents of Lighthouse Point and chamber members. This loyalty card is good year-round at businesses in Lighthouse Point. Visit Shop the Point online at www.lhpchamber.com to check out the latest deals especially for card-holders. While you are there, sign up to get announcements from the Lighthouse Point Chamber of Commerce.

Happy Holidays!

Christmas Eve in West Milford

By Alan Williamson



It always snowed on Christmas Eve when I was growing up. Or at least that's the way I remember it. Snow falling down. Relatives falling down. Snow letting up. Relatives getting up. Me, standing at the picture window, a little too entertained by the ice capades in the driveway as my aunts and uncles arrived and made the delicate journey to the front door.

Some did better than others. My Uncle Allan, an athlete in his younger years, glided gracefully from car to house, steadying my Aunt Jean with his free hand. Uncle Sam, an avid golfer, had trouble with his short game in the poorly lit driveway, often taking up a big divot where his rump rammed into the ice. Par for the course for him, I'm afraid.

They came from the suburbs and cities, my relatives, making the trek to the mountaintop home my dad called the Ponderosa and where my parents hosted Christmas Eve dinner each year. We lived in a rural New Jersey town called West Milford, about 40 miles northwest of New York City. To many in the family, it was a place to enjoy the fresh air and wide open spaces of the country. Or, on Christmas Eve, to squeeze into our cramped 1,000 square foot ranch house and hope that the deviled eggs my mother prepared wouldn't trigger a man-made greenhouse effect of lethal gases.

As tradition had it, the kids were allowed to open one present on Christmas Eve. It was your tough luck if that turned out to be socks or pajamas. Before you took a moment to sulk, you were expected to hold up the socks or pajamas, wave them excitedly in the air, and yell across the room, "Wow, thanks, grandma—they're just what I wanted!"

The adults would exchange gifts, too, often relaying a colorful story to underscore the specialness of their selection.

"I stopped at six stores to find that snow globe," someone would announce heroically. "They don't make that one anymore." Maybe that's for a good reason, I would think.

Sometimes a hot new toy would grab the spotlight, like the year my brothers Bob and Jim got some Matchbox cars and a ten foot long strip of plastic racetrack. Again and again, they would perch their miniature cars at the top of the elevated plastic track and watch them scurry along on their predictable journey to the end of the coffee table. Though they are grown men now and would deny it vehemently, in the heat of their Matchbox mania they could be heard to yell things like "Wicked!" and "Wow—Cool!" and even "In your face, herk-a-merk!" (I have no memory of the origins of the term "herk-a-merk" but knowing the banter of brothers I have no doubt that it was meant to be hurtful.)

My Aunt Sue would often bring a date to the festivities. A Stan. Or a Glen. Or a Byron. There would be the inevitable

whispered comparisons to the previous year's date, with comments like "Glen's no Stan," or "When did she break up with Byron?" or (cruelly) "What a total herk-a-merk."

Surveying the proceedings from the sidelines were the revered elders of the tribe, Grandpa Herman from my mother's side, and Grandma Bessie from my father's side.

Grandpa Herman would sit silently for long stretches of time, sipping his Pabst Blue Ribbon and smiling softly at the commotion going on around him. Lulled by his Zen-like stillness, at some point in the evening I would slide into the next seat, greeting him with a casual, "How you doing, Grandpa?" In response, he would grab my knee in a vise-like grip, his eyes gleaming wickedly as he squeezed until all feeling left my leg and I lost consciousness.

"You're his favorite, you know," my mother would say later, after they revived me and packed my leg in ice.

"I know," I'd say. "It's when he stops crushing my knee caps that I'll worry."

Grandma Bessie was also content to watch from the periphery of things, a piece of pie or a slab of cake at her disposal. I'd slide into the seat next to her, hungry for her wisdom and inquisitive nature.

"Do you think your parents would mind if I took my girdle off?" she would ask me, shifting uneasily on her creaking folding chair.

"You mean right here?" I blurted.

"No, no. I meant in the bathroom."

"I don't think they'd care," I ventured. "But there's a line for the bathroom and the estimated waiting time is 35 minutes."

"What if I do it behind the pile of coats in the bedroom?"

"Go for it," I urged supportively. "I'll save your seat."

Actually, as I look back with nostalgia at those Christmas Eves of my boyhood, in my mind I'm still saving a seat for everyone. For Grandma Bessie and Grandpa Herman. For Aunt Sue. For Uncle Allan and Aunt Jean. For Uncle Bobby and Aunt Gail. For Aunt Shirley and Uncle Sam. For Aunt Janet. For Cousins Allan and Dawn. For Cousins Jenn and Diane. For my brothers, Bob and Jim. And most of all, for my parents, Al and Marge, who made the West Milford Christmas Eves a holiday tradition that will warm my heart and burn bright in my memory for as long as I live.

And some day, when my turn comes again to open just one Christmas Eve present, I will hold my socks or pajamas high, wave them gleefully in the air, and yell with joy and gratitude...

"Wow, thanks everyone—it's just what I wanted!" ♦

La Mimosa

Fine Food • Good Friends • Great Times

A TRUE ITALIAN RESTAURANT

**GRAND
OPENING**

Lunch 11:30 AM - 3:00 PM

Early Bird 5:00 - 6:00 PM

Dinner 5:00 - 10:00 PM

Sundays

Brunch 11:00 AM - 3:00 PM

Dinner 5:00 - 10:00 PM



La Mimosa
Seafood Medley

1825 E. Sample Road • Pompano Beach
954-594-4395 • LaMimosa1825@gmail.com



Like us on Facebook



Debra Todd
www.debratodd.com



(954)
941-4294



The Garden Lady Says... A Special Winter Visit

By Donna Torrey



'Twas the week after Christmas and all through the garden, lots of creatures were stirring, begging your pardon... This is a fantastic time of year to view the wildlife that comes to our native plantings. All those seed and berry producing trees shrubs are like magnets for the local bird life; shrubs like Jamaican Caper, Stoppers and Firebush, to name a few of the best.

It can take several years before our plants are old enough to provide good cover for the birds. Dense shrubbery encourages shy birds to venture close. Last Sunday I was inside wrapping presents, when I heard that familiar "chip, chip," of the cardinal. I looked out the window and spotted a gorgeous red male in all his glory sitting in the birdbath, having a wonderful time. He kept hopping out onto the edge, then in again, splashing and romping.

Then I saw another bird in the bush nearby, looking on, wanting a turn. I thought it was a female cardinal, because it had a reddish belly, but then I noticed that it was smaller

and didn't have a pointy cardinal head. What to my wondering eyes should appear? Something far better than Santa's Sleigh!

It was a Painted Bunting! My first! I have heard people tell of these spectacular birds, but I had all but given up hope of seeing one. They are like little splotches of pure color with their red belly, purple head, and bright lime green back. Birdbaths really do attract birds! This beautiful guy wanted a turn too, and tried to hop with the cardinal, but he would have none of it, and they both flew away.

My garden never ceases to amaze me with natural beauty. If you landscape with the native plants that creatures need, birds and butterflies will soon become your living, year round ornaments. ♦

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



*Beauty Spot
of the Month*

Congratulations to Dana and Gary Burnett at 2325 N.E. 26th Street, winner of the Lighthouse Point Community's Beauty Spot of the Month Award for November, selected by the Lighthouse Point Garden Club.

HOW CAN I HELP YOU?



COMMERCIAL PROPERTY FOR LEASE



UNDER CONTRACT IN 60 DAYS!



Mary Jo Kunzman, PA
Realtor®
954.254.3959 Direct
954.561.5565 Fax
MaryJo@BHGFirst.com



JUST LISTED IN LIGHTHOUSE POINT!

UNDENIABLY ONE OF THE FINEST 4 BEDROOM 3 FULL BATH POOL HOME
AVAILABLE IN LHP. SPACIOUS & COMPLETELY UPDATED!

CALL TODAY FOR A PRIVATE SHOWING OF THIS AMAZING HOME!



Better
Homes
and Gardens
FLORIDA 1st

Closet Factory Completes the Home!



Call 7 Days a Week
to Schedule a Free
Design Consultation!

closetfactory
Your solution

Custom Closets
Home Office Suites
Entertainment Centers
Murphy Beds
Pantries & Garage Systems
www.closetfactory.com



Garage Systems



Office



Murphy Bed



Upgrade Closet

CALL 954-979-5150

Licensed and Insured
Broward - #04-11177A-PC-X
Palm Beach - #U-21559
Martin County - MCN-56159



\$400 OFF Any Organizational System Over \$2,500
PLUS FREE INSTALLATION
Present coupon at time of sale. Exp. 12/15/12



Thomas C. Worcester, D.D.S.

Visit Us for a Brighter Smile and a Healthy Mouth



Thomas C. Worcester, D.D.S. has been serving the Lighthouse Point, Pompano Beach, Fort Lauderdale, Boca Raton and South Florida Community for over 30 years



2323 Northeast 26th Avenue, Suite 104

Pompano Beach, FL 33062

(954) 941-2606

www.LighthousePointDental.com



2012

AS THE YEARS GO BY

You're going to **need** that body!

We are here to help. Our personal coaches will design a health and fitness program just for you. We will be there to motivate you and celebrate in your progress. After all, it's the results that will excite you! Plan now to live healthier as the years go by.

Get started
today with

Ask about our
**NEW
GROUP
TRAINING!**

1 free week!

*First time guests only. See club for details.

Say fitness
Personal Training
www.sayfitness.com

WE HAVE MOVED!

Call or visit us today!
954-421-2116

Now located at 499 South Federal Hwy, Deerfield Beach, FL 33441

INJURED?

ACCIDENTS

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

INVESTMENT LOSSES

- Stock Broker Fraud
- Unauthorized Trading
- Unsuitability
- Annuities
- Churning
- Overconcentration

FREE CONSULTATION!

No Fees or Costs
Unless We Recover
Money for You!



WITES & KAPETAN
ATTORNEYS



MARC A. WITES

ATTORNEY AT LAW
University of Michigan, B.B.A.
University of Florida
College of Law, J.D.

ALEX N. KAPETAN, JR.

ATTORNEY AT LAW
Harvard University, B.A.
University of Miami,
College of Law, J.D.

(954) 570-8989

www.wklawyers.com

4400 N. Federal Hwy. • Lighthouse Point • FL

2012 Shining Stars Awards

Continued from page 11



Front Row: Alex Lazowick, Sherea Green, Monica Ribeiro, Chadia Meroueh, Mary Keiser, Ed Murray, Dianne Brodie
Second Row: Rob Weech, Luigi Pace, Jeannie McIntyre, Neal Glassman, Paul Cooney, Jeff Morse, Faye Bruner, Herb Heys, Javier Hector, Eric Davis



Barbara Bryan, PH.D.



Peter Baron and George Minnich.



Margaret White.



Bob Wyre.



Allen Merritt, Sr.



Leila Moavero with Jean McIntyre.



Joanne and Bill Jaycox.



Karen and Roy Merritt.



Mayor Lamar Fisher.

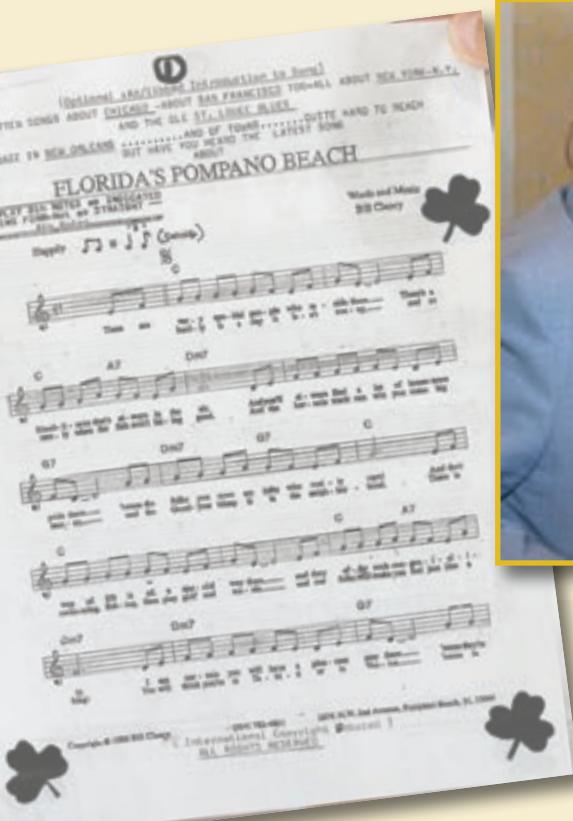


Andrea Faria and Monica Ribeiro.

Continued on page 32

2012 Shining Stars Awards

Continued from page 31



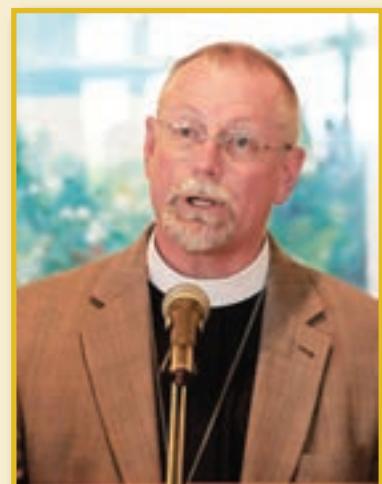
Bill Jaycox singing the song he composed for Pompano Beach, chosen as the official song of the city.



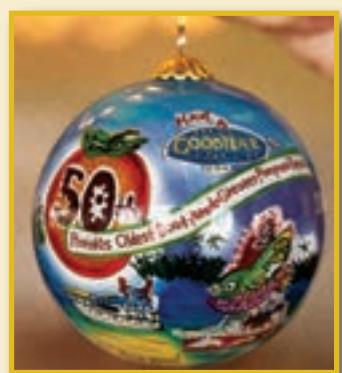
Roy Rogers and Crystal Green.



Standing, left to right: Commander Mike Oh, City Administrator John Lavisky, Finance Director Frank DiPaolo, Commissioner Glenn Troast, Corporal Paul McCormick
Seated, left to right: Lieutenant Jack Vaccaro, Broward County Commissioner Chip LaMarca, City Clerk Jennifer Oh, Commissioner Earl Maucker



Rev. Mark Andrews.



9TH ANNUAL



Taste of Lighthouse Point

**SAVE
THE DATE**

January 22, 2013

6:00 - 9:00 pm

**at Lighthouse Point
Yacht & Racquet Club**

Tickets – \$50pp in Advance • \$60pp at the Door

*Enjoy the best food and wine
our local restaurants have to offer!*

**Join the Lighthouse Point Chamber of Commerce
as we sample fare from our fine restaurants.**

THE LIGHTHOUSE POINT CHAMBER OF COMMERCE
www.LHPChamber.com • LHPChamberOffice@gmail.com

ELLIOTT-VARON

Featured at Hair Design Medi Spa

- COLOR
- HAIRCUTS
- HIGHLIGHTS

BRAZILIAN &
KERATIN
SMOOTHING
TREATMENTS!
Available!

Radiant color

Holiday Special! Now through January 2013

20% Off All Color

Lighthouse Point's own Hair Designer and Premier Colorist is now accepting new appointments.

Call for your appointment. 954-785-9964

Also specializing in mens cuts and color!

3120 N. Federal Highway Lighthouse Point FL 33064

Just South of Sample on Federal Hwy.



TIRES • TIRES • TIRES



OK TIRE STORES

ALL BRANDS • ALL SIZES
PASSENGER • TRUCK • TRAILER
SPECIALTY TIRES

"Service You
Can Trust"

52
YEARS
1960-2012

3381 N. Dixie Hwy, Pompano Beach

954-941-8204

Lube • Oil Change • Tire Balancing
Complete Brake Service • A/C Repair
Complete Front End Service
High Speed Balancing • Tire Truing
Drive Line Vibration...And Much More

COMPLETE AUTOMOTIVE SERVICE & A/C REPAIR

Don't let this happen to your pool!

The Rugose Spiral whitefly will turn your pool green and make your patios black and sticky while it infests your landscape

What to look for:

- White Spirals and buildup of white waxy substance on leaves
- Infested plants' leaves turn white
- Sooty mold which turns everything black under the tree: i.e. driveways, cars, pool decks and other landscape

There are three main systemic treatments:

- ArborJet with Tree I.V. (treatment injected into the trunk)
- Basal Bark Spray (treatment absorbed through the trunk and bark)
- Root Drench (treatment to the root zone of each tree/palm)
- Call or email us today to have your property inspected for spiral whitefly!
- **1-877-JPM-Green** or info@millerpestcontrol.com



Protect your Pool & Landscape from this invasive new pest.
Call us today!
1-877-JPM-Green



Limited time offer: receive \$30 off a spiral whitefly treatment now through Oct 2012. Coupon must be presented in person. Coupon is transferable so share this offer with friends and family. For more information visit our website: www.millerpestcontrol.com. Offer not valid with any other offer.

Offer Expires: Dec. 31, 2012

Must present this coupon



Save
\$30

RED FOX DINER

We invite you to visit the Red Fox Diner – the place where the locals go to enjoy a great meal. We feature freshly made food; served with a smile by our friendly staff. Open 7 days for breakfast & lunch. We deliver too!

RED FOX DINER

OPEN

Call 954-783-7714
www.redfoxdiner.com



Venetian Isles Plaza
(North East Corner of Sample & Federal)

Where can I get that unique gift for my sweetheart?



at
BEACON LIGHT
Jewelers^{INC}
& ENGRAVERS

"One of the most recommended stores in Lighthouse Point."

Conveniently located in Beacon Light Shopping Center

2484 N. Federal Highway • Lighthouse Point, FL
954-942-9318

Tuesday-Friday 10:00AM to 6:00PM
Saturday 10:00AM to 3:00PM

www.beaconlightjewelers.com



**Looking for a vet
for your exotic animals?**

Dr. Christopher D. Smith is your answer at

Bayview Animal Clinic

Give him a call today and
make an appointment for your next visit.

40 years in business ■ 4 doctor practice
24 hour emergency ■ digital x-ray ■ surgery
Local House Calls ■ Hospitalization
Dentals Including X-Ray ■ Ekg/Blood Pressure/Ultrasound
Eye Exams/Tonometry ■ Convenient Drop Off Exams
Routine Health Needs/Vaccinations
Full In-House Laboratory
Small Animals and Exotics

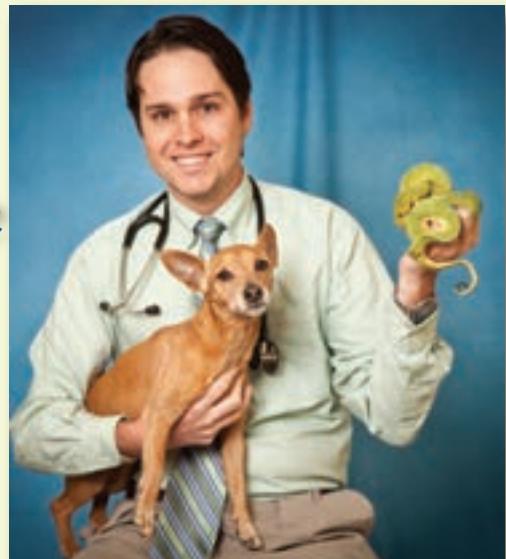


Photo by Debra Todd

Dr. Rudd C. Nelson small animal

Dr. Christopher D. Smith small animal and exotics

Dr. Henry Allen Brunz small animal

Dr. Laurie Phillips small animal

2850 East Commercial Boulevard ■ Fort Lauderdale, Florida ■ 954.771.8520

A Magical Summer in Maine

Story and sketches By Marjory D. Lyons

Photos By Peter Jefferson

PART 2 (In a series of 2)



Editor's note: This is the second in a series of two articles written by Pompano Beach resident, Marjory D. Lyons.

Ariving early to attend a Sunday concert at the 116-year-old Colony Hotel in Kennebunkport, Maine is a special treat, because, once you go up the broad front steps and enter the handsome reception area, you are drawn to go right on through the open door to the veranda. You circle on to the rotunda, set with wicker arm chairs, and accept an irresistible invitation to sit and enjoy the view of the Ocean lapping at the edge of the lawn.



We took Jo-Jo with us to one concert, it being a pet-friendly hotel. As we entered the Grand Dining Hall, we were startled to have the guest artist, David Pihl, come up and pet Jo-Jo saying, "I had a Westie for 15 years. He will be well-behaved at the concert." And he was, with David coming over to pet the dog following each round of applause for the two men—once college roommates—who played four-handed Beethoven, Brahms and Mozart. Coordinated by Warren King, music director and organist and choirmaster at the Methodist Church in Kennebunk, the Sunday concerts are always well attended, with a donation going to local organizations such as the Library or Rachel Carson Foundation. When David played a solo, Grieg's "Wedding Day at Trollhaugen," the audience—and I were thrilled.

I went to an art film, *Take this Waltz*, at the historic Portsmouth Music Hall, and there I met and made a friend,

Susan, a volunteer usher. The next night we met at the RiverRun Bookstore (where I sometimes give my writing workshops but this summer held them at the York Public Library instead). Susan wanted to hear an author speak, Ernest Hebert, who writes about the "working people" like those she encounters in her social services work.

The author, a professor of Creative Writing at Dartmouth, spoke of his

interest in depicting his memories of growing up in his French-Canadian family, ever on the move, and of the unsettled feeling he had as a boy. He said, "I always hoped that I could finish something." When I asked, "Now, having published *Never Back Down* and your other books, do you feel that you have done that?" He smiled and said, "I hope I have done so." Bill, seated next to me, an English

instructor at New Hampshire Community College asked, "How do you teach?" I loved that question and loved learning that Ernest uses the same approach I do in my writing critique workshops, relying on feedback and interaction among the students. Later, I went Bill with others to the Chicken Barbeque restaurant and had the famous fresh peach chicken salad, the only place in town serving that dish.

"Let's go up to see the Wyeths in Rockland," said Pete one morning. On the way up north on I-95, we stopped at



Students in Marjorie's writing workshop:
Front row, Peter Jefferson and Linda Payne-Sylvester; back row, Marjory Lyons, workshop presenter and Kim Myers, Assistant Director, York Library

Wiscasset, Maine where I had vacationed 43 years earlier. The stroll along the undulating main street, framed by authentic colonial buildings, was charming. I found a tavern, and had a cup of coffee there. The bartender and I chatted about the wobbly, swaying bridge that I remembered. "Oh, I remember that," he said, adding, "They replaced it in 1973." (Photo of Wiscasset antique shop)

The Farnsworth Museum houses works of all three generations of the famous Maine artists, N. C., Andrew and Jamie Wyeth. I loved Jamie's dark oil painting of his dream about Monhegan Island in the Atlantic just off the Maine coast, depicting the most influential men in his life. They were dimly discernable, the grandfather, N. C., father, Andrew in the background; Winslow Homer, attired in mid-19th century garb; and surprisingly, Andy Warhol standing toward the edge in the foreground but unmistakable with his shock of blond/white hair.

Next door is the sophisticated Harbor Square Gallery featuring glorious silver and jewelry, designed by Tom O'Donovan, and an exhibit of huge, colorful human faces and forms, by 90-year-old Harold Garde, who paints "to illustrate my feelings." The roof garden with lovely boxed shrubs, witty sculptures and view of the rooftops and sea beyond proved a welcome retreat for me to sit and reflect.

On the way back, we stopped in Bath, Maine where we had fresh haddock at a restaurant alongside the Kennebunk River, with diners arriving by boat. Four bridges cross over the River—two for cars and two for trains. We watched in excitement as a train moved along one of the bridges, heading north.

In early August, Martin and Ann invited us to go for dinner to a restaurant in the restored brick factory in New Market, New Hampshire, a few miles away. We sat at the long, mahogany bar and had tapas of haddock (the real local specialty), hummus, a bean and avocado mix scooped up with endive leaves. We dipped and nipped from every dish, and then they toasted me in honor of my birthday.

A few nights earlier we had gathered on Martin's back porch and feasted on his special chicken and vegetables mélange, with Martin naming each vegetable that he had picked from his garden outside the door. The day before I left for Florida, Martin took me to his favorite Turkish restaurant in Kittery where we had very strong coffee and sweets and talked about writing books.

Maybe the best meal I had all summer was the last one Pete and I had. We went to the fish market nearby and bought a quarter pound of fresh lobster (luscious pieces taken out of the shell), plus a half pound of steamers with soft, silver, elliptical shells, right from the Dover River, and 10 miles away. At home, Pete poured the chilled wine while the water boiled the steamers, just till the shells opened, and he laid out the lobster on greens. I took the French bread and melted butter for dipping the clams to the table. Pete put on a tape of Chris Botti, lit the candles, and we toasted to the greatest feast in all of Maine. It certainly had been a magical summer.



Rockland Main Street.



Hecker Dermatology Group, P.A.

Dermatology for the entire family!

Dermatology is More than Skin Deep

- Skin Cancer • Psoriasis • Sun Damage •
- Specializing in Skin of Color • Nail Disorders •

Now Featuring Ultherapy® 

- Xeomin, Botox, Dysport injections
- Radiesse, Juvederm, Restylane, Sculptra
- Fraxel and DOT Therapy lasers
- SkinMedica & Latisse for longer lashes
- HydraFacial (as seen on "Real Housewives of Beverly Hills")



David J. Hecker, MD



Melanie S. Hecker, MD, MBA



**MAKE THE CALL!
(954) 783-2323**

3500 NE 5th Avenue
Pompano Beach
(near North Broward Hospital)



Like us at:
Facebook.com/Hecker-Dermatology-Group-PA

Most Insurances Accepted
www.Heckerderm.com

Saturday and evening appointments available in 2012

Prevent or Lament? The 4 Step Anti-Aging Regimen

By Melanie S. Hecker, MD, MBA

Step 1: Topical Antioxidants

Anti-oxidants neutralize free radicals generated by UVA/UVB rays. The skin's most important and abundant anti-oxidant is Vitamin C. When combined, Vitamin C and Vitamin E offer a much higher level of prevention because they work synergistically to increase photo-protection and prevent aged skin. Remember, anti-oxidants are not sunscreens; they work to prevent the damage from exposure to the sun's rays. SkinMedica's Vitamin C and E Complex, which when this product is applied daily helps to prevent fine lines and wrinkles by neutralizing free radical destruction.

Step 2: Daily Application of Broad-Spectrum Sunscreen

Physical ingredients in broad spectrum protection sunscreens (both protecting against UVA and UVB rays) are the key to shielding your skin against the sun's harmful rays. However, I am not recommending your parents white, zinc oxide paste; now some formulations of zinc oxide are transparent and offer cosmetic elegance when applied to the skin. SkinMedica Environmental Defense SPF 30+ which contains 8.5% Zinc Oxide, Green Tea Extract, Hyaluronic Acid, and Caffeine. Additionally, SkinMedica's SPF 50+ UV Proplex is a water-resistant and sweat-resistant sunscreen designed for active patients such as golfers, joggers, etc.

Step 3: Human Growth Factors

There are 118 very important growth factors found in newborn skin. These growth factors are essentially instructions for your own skin on how to grow as perfectly as possible. Research has shown that when these growth factors are extracted and applied to sun damaged, aged skin, they help to rejuvenate and regenerate your own skin to be as perfect as possible. The basis of this technology comes from wound healing research for burn victims. SkinMedica's TNS Recovery Complex contains a 93% concentration of human growth factors. When applied twice daily, patients should expect a reduction in fine lines and wrinkles as well as an improvement in tone and texture of the skin.

Step 4: Retinoids

The gold standard for anti-aging is a nightly, topical application of Vitamin A. Not all Vitamin A products are equivalent. Concentration is the key for effective results. The higher the concentration of Vitamin A, the more irritating it can be so I recommend easing into the higher concentrations. Start with a lower concentration of this powerful anti-aging ingredient and build up to the highest tolerated Vitamin A possible. A stepwise approach to correction is to start with SkinMedica's Retinol Complex 0.65% for three months then bump up to SkinMedica's TriRetinol ES 1.1%. This will allow you to ease into what is the powerhouse of anti-aging products.

For a consultation, contact Hecker Dermatology Group, P.A. New patient and most insurances accepted. Call 954-783-2323 or visit us on-line at: www.heckerderm.com. Please visit our new location in West Broward – coming December 2012.

Brunch | Lunch | Midday | Dinner | Happy Hour



Sensational Menu. Inviting Atmosphere

Brunch

"Bennies 6 Different Ways"

- Classic Eggs Benedict
 - Bacon Bennie
 - Cheeseburger Bennie
 - Blue Crab Bennie
 - Fierro Bennie
 - Veggie Bennie
-
- Filet & Eggs
 - Breakfast Eggroll
 - Egg Croissant Sandwich
 - Veggie Egg-White Omelet
 - Fresh Mimosas
 - & Bloody Marys

Lunch

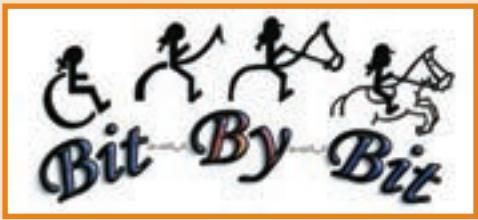
- Soup & Salad
- Spinach Salad
- Ahi Tuna Sliders
- Buffalo Chicken Sliders
- Footlong Hot Dog
- Five Cheese Pasta
- Fresh Scottish Salmon
- Chicken Madeira
- Orange Chicken
- Havarti Cajun Burger
- Half a Roasted Chicken

Dinner

- Calamari
- Jamaican Grilled Wings
- J.Mark's Tender Salad
- "Deluxe" Hickory Ribs
- Shrimp Scampi
- Blackened Chicken Pasta
- Chicken Fierro
- Classic Burger
- Hawaiian Rib-Eye
- 12 oz. Prime Rib
- Seared Ahi Tuna
- Miso Glazed Chilean Seabass

J.MARK'S
RESTAURANT

Fort Lauderdale 1245 N. Federal Hwy., Fort Lauderdale
Pompano 1490 NE 23rd Street (Copans Road) Pompano Beach
www.jmarksrestaurant.com | www.facebook.com/J.Marks.Restaurant



HALLOWEEN FESTIVAL & HORSE SHOW

By Kathleen Pegues

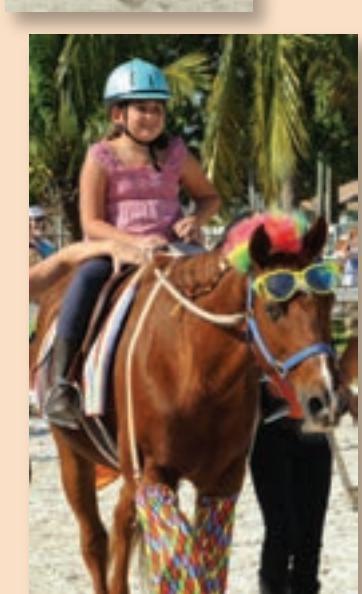
Photos by Peter Caspari

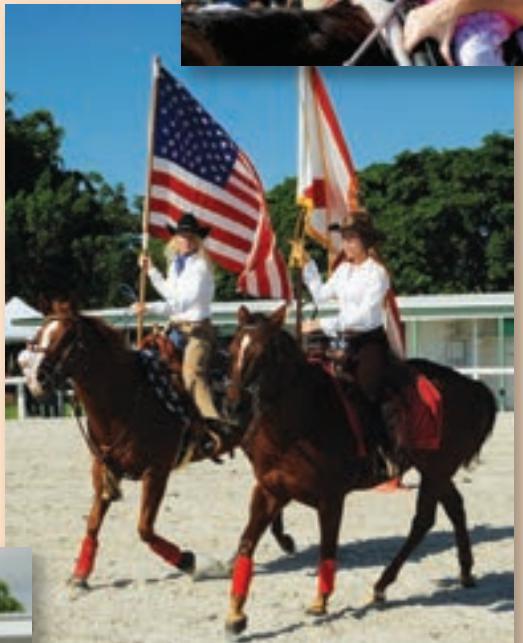
On Saturday October 20th approximately 2,000 people attended the annual Bit-By-Bit Therapeutic Riding Center's Halloween Festival and Horse Show at Sand & Spurs Equestrian Park in Pompano Beach.

Bit-By-Bit raised 80% of their goal of \$25,000 in donations from local businesses who sponsored the event, such as Moss and Associates, Bobby Rubino's Restaurant, First Sign Printing, Liberty Tax Service, and Corporate Property Services. Donations and corporate sponsorships are still being accepted in order to reach their goal.

All donations provide therapeutic services to disabled children or veterans as part of their "Horses For Heroes" Veteran Rehabilitation program. This event featured pony rides, carnival games, hay rides, costume contests for kids and horses, and 50 horseback riders both disabled and able bodied.

Bit-By-Bit provides hippotherapy, or medical treatments with the help of the horse, every day at the park and more information can be seen at www.bitbybittherapy.org. Bit-By-Bit is always looking for fun-loving volunteers and can be reached at 954-802-8874.

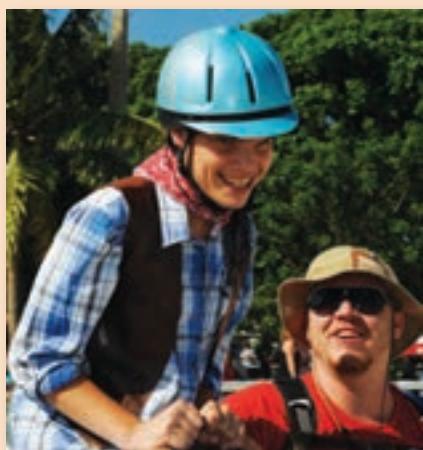
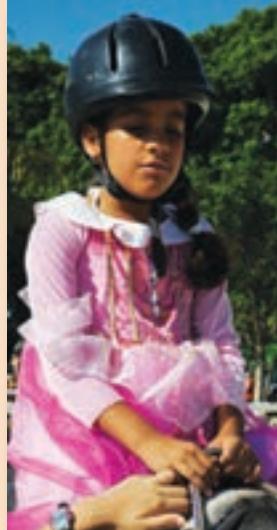




Continued on page 42

HALLOWEEN FESTIVAL & HORSE SHOW

Continued from page 41



 **LIGHTHOUSE POINT CLEANERS**
A full-service
on-premises dry cleaning,
laundry & tailoring

We specialize in hand-cleaning, hand-pressing,
Comforters & Alteration on designer garments

RUSH ORDER AVAILABLE



For free pick up & delivery call:

954-428-6424

5030 North Federal Highway
Lighthouse Point, FL 33064

visit our website: www.LHPcleaners.com

Celebrating
Our 1 YEAR
ANNIVERSARY



**You Catch It,
We Cook It-
Just the way you
like it!**

Comes with soup or salad and
choice of one side item

\$10.99 each

Didn't Catch? No Problem!

We have the freshest fish around—
Just ask your server what the catch of the day is.

Litos serves only the freshest seafood, fish, steaks, ribs and more.

- "Award winning chicken wings"
- Home made soups, sauces, salads and dessert
- Ipswich clams flown in fresh from Maine every Wednesday

*The coldest draft and microbrews in town
Enjoy a glass or bottle of your favorite wine.*

Stop by and give us a try.

The holidays are almost here – Let us cater your event.

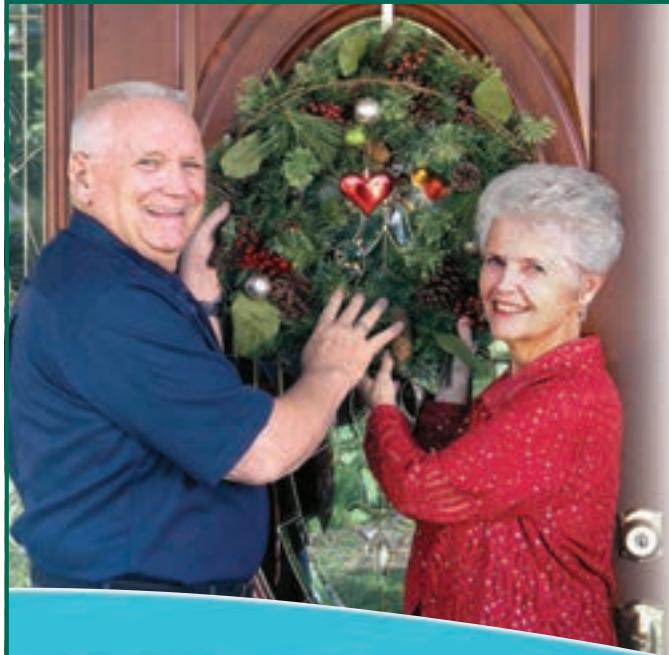
One call and we will do it all!

Lito's Turf & Surf

2460 N. Federal Hwy., Lighthouse Point
In Shoppes at Beacon Light.
Serving Lunch & Dinner

954-782-8111 ■ Litosturfandsurf.com

Family owned and operated



The Best Gift For You and Your Children

'Tis the season to give yourself the gift of a carefree lifestyle at John Knox Village. Enjoy a year-round schedule of cultural activities, educational events, fitness programs, and a comprehensive long-term care insurance policy that provides lifetime security!

Give yourself and your children peace of mind in knowing your care is guaranteed.
Life Care living starts in the \$70's.

One Community Sharing Life



RC-10/97

lhp12-12



**651 S.W. Sixth Street, Pompano Beach, FL 33060
954-783-4040 or toll free 800-998-5669
www.johnknoxvillage.com**





SOUTH FLORIDA Windows & Doors

"Team Commitment Results in Customer Satisfaction"



*Serving South Florida & Lighthouse Point
SINCE 1986*



Let the Professionals at **South Florida Window & Doors** help you improve your Home with high quality products from Industry leading manufacturers like PGT. We can provide elegance and beauty for your house, but that's not all! **SFW&D** can also bring Security, Hurricane Protection, and Energy Efficiency with each and every installation. Find out why SFW&D is a preferred Dealer for PGT and about our thousands of satisfied customers - **Call NOW!**

2175 N. Powerline Road Pompano Beach, FL 33069

Broward: 954-979-3935 Palm Bch: 561-997-0055

www.sfwd.com www.pgtindustries.com

Lic. Broward: 87-4765-G-X Lic. Palm Bch: U 17662 Lic State: SCC131149651



Dave
Giannone's

Service • Parts • Sales • Brokerage • Fuel • Dockage • Storage

COMPLETE MARINE

**"From Bottoms To Repower.
We Do It All."**

Full Service Marina




Marine Industries Association
of South Florida



VISIT
OUR NEW
Gas/Diesel
Fuel Dock



- Haul Out & Lift Services
- Repowering
- Complete Engine Service
- Running Gear
- Gas/Diesel Fuel Dock
- Parts
- Canvas & Upholstery
- Electrical
- Inboard/Outboard
- Dockside Service
- Inboard - Gas/Diesel
- Hurricane Storage
- Emergency Haul Outs
- Painting & Refinishing
- Survey Haul Outs
- Buff, Wax & Detail
- Fiberglass Repairs
- Lettering & Graphics
- AC/Refrigeration
- Generator Repairs
- Outboards
- Pre-Purchase
- Electronics
- Engine Inspections

We Buy & Sell Boats!

*Consignment and Brokerage boats needed.
Looking to sell your boat or purchase one?
Call the Complete Marine sales team today.*

954-567-BOAT

800 S. Federal Hwy., Pompano Beach ■ completeboat@aol.com ■ www.completeboat.com

Good Health Care Begins With A Great Doctor

Associates in Internal Medicine

Meet Doctors Samina and Zahid Qureshi offering medical care with compassion and concern for your well being.

- Laboratory Services • EKG
- Pulmonary Function Testing • Available 24 hours
- Complete Physical Examinations

Monday - Friday • 8 a.m. to 5 p.m.

Appointments will be scheduled as quickly as possible at your convenience.



Dr. Samina R. Qureshi & Dr. Zahid H. Qureshi
Board Certified

2201 NE 52nd Street, Lighthouse Point **954.420.5110**



THE STANDARD OF THE WORLD

A CONCEPT CAR YOU COULD ACTUALLY OWN.

THAT WAS OUR CONCEPT.



INTRODUCING THE ALL-NEW CADILLAC XTS From its highly intuitive CUE¹ driver interface -- which leaps two generations ahead -- to its exhilarating driving experience, the stunningly modern yet meticulously crafted XTS is a brilliant example of what the future will hold.
Learn more at cadillac.com/xts

Starting at:
\$44,995 MSRP²

As Shown:
\$49,610 MSRP²

CORAL CADILLAC
5101 NORTH FEDERAL HWY / POMPANO BEACH FL 33064
954-426-1800 / www.coralcadillac.com

1. Full functionality requires compatible Bluetooth® and smartphone. Some devices require USB connectivity. 2. MSRP. Tax, title, license, dealer fees and optional equipment extra.
©2012 General Motors. All rights reserved. Cadillac® XTS®

46th Annual Change of the Watch

Article by Tari McCabe

Sunday, November 4th, marked a beautiful event at the Lighthouse Point Yacht and Racquet Club—the 46th Annual Change of Watch ceremony of the LPYC Corinthians.

Cannons fired and bugles played as outgoing Commodore John Hallbauer turned the ‘watch’ over to incoming Commodore Jaime LaRue. Her flag was raised on the Club’s marina flagpole to remain there for her year as Commodore.

Since 1967, the LPYC Corinthians have been the yachting group within the Lighthouse Point Yacht and Racquet Club. The objectives of the Corinthians are “to promote social activity among members, such as cruises, dinners, dances, parties and other forms of entertainment and to foster a spirit of camaraderie among its members.” They also are very active in providing educational programs in the areas of seamanship.

Under Commodore Jaime’s watch this next year, there are eight cruises scheduled to destinations on the east coast and the Bahamas.

The Change of Watch is the only event of the year where the Corinthians are in full uniform. Other events include formal

Photos by Fader Reichard

balls, informal theme parties, patio parties and of course, all the social intermingling of a truly active ‘family’ of people who love the water, love the Club and love having fun. The Corinthians have over 200 members of which many own boats.

This Change of Watch event and our Club are truly one of the many things that make living in Lighthouse Point so special and unique. You are welcome to come and join with the Corinthians to learn more about their group on Thursday evenings for happy hour at the Club.

If interested in more information, please call Linda Lennin at 954-942-7244 at the Yacht Club or the Corinthian Membership Chairperson, Chuck Schroeter at 954-943-5556.





Membership Chairperson Chuck Schroeter,
Governor Millie Moyer, Governor Bob Heckman



Commodore Jaime LaRue, Vice Commodore Jim Reichard,
Rear Commodore Cal Parent, Cruise Director Rod LaRue



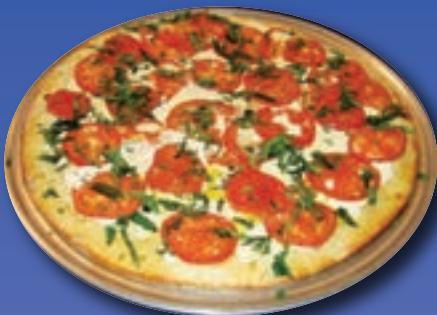
Governor Paul Alfieri, Governor Jim Conlan,
Governor Maureen Jacobson



Judge Advocate Lee Donais, Events Chairperson Johann Leigh,
Treasurer Sherry Wojciechowski, Mainsheet Editor Stacia Garland

You Haven't Lived Until You've Tasted

KOSTA'S GREEK PIZZA!



MARGHERITA PIZZA

Fresh Mozzarella, Fresh Tomatoes, Fresh Basil



GREEK STYLE

WHITE PIZZA

Ricotta, Mozzarella, Feta



GREEK STYLE

HAWAIIAN PIZZA

Pineapple, Canadian Bacon



ALL MEAT PIZZA

Sausage, Pepperoni



GREEK PIZZA

Feta, Tomatoes, Onions,
Kalamata Olives

**Eat-In
Take-Out**



Delivery
[minimum \$15 delivery]



**Catering
Available**



Monday – Thursday & Sunday 11:30am-12:00am

Friday & Saturday 11:30am-2:00am

954-573-7321

1940 N.E. 49th Street, Pompano Beach

1 Block West of Federal Hwy. on N.E. 49th Street



YOUR HEALTH is
YOUR WEALTH...
HEALING THE MIND,
Body & Soul

We use organic & non-organic products.

Facials ♦ Nails ♦ Acupuncture ♦ Hot Stones Massage
Thai Yoga Stretching Massage ♦ Chiropractic Services
Myofascial Release ♦ Sports Massage ♦ Chair Massage
Swedish Massage ♦ Pre-Natal/Pregnancy Massage
Combination Massage ♦ Deep Tissue Massage



\$20 OFF on the First Visit for a Massage.

750 E. Sample Road, Bldg. 3 #4
Pompano Beach

**561.674.5215 ♦ 954.861.9298
954.548.5276**
www.genspa.com

We accept cash, checks, credit cards & some insurance plans.

KNOX POOLS, inc.

"Your complete backyard super store"

• New Construction • Renovation • Service • Repair
Family owned and operated for over 20 years



**\$5 off your next purchase
of \$30 or more**
Offer expires 12/31/2012



954-785-5622

3825 N. Federal Hwy. • Pompano Beach, FL

www.KnoxPools.com

Licensed & Insured CP#957045

PBP Pam Blount Plumbing & Supplies, Inc.

Commercial & Residential
Plumbing Supplies & Service

"We carry some of the finest brands"



**Are you a homeowner
and want to do-it-yourself? . . . We can help!
SHOWROOM OPEN ON SATURDAY FROM 8:30am to 1:30pm**

We have everything you need for residential and commercial installations and repairs or we will send our plumbers to you!

Same Location Since 1982. Store Hours: Monday-Friday 8:00 am-5:00 pm & Saturday 8:30 am-1:30 pm

Showroom: 112 NE 3rd Street, Pompano Beach, FL 33060
Phone: 954.946.3566 • Fax: 954.785.7566 • 24 Hrs: 954.785.3566
Email: blountinc@bellsouth.net • Web: www.pamblountplumbing.com



Come and See Me!



License# CFC1426564

EF TIRE & AUTO REPAIR

**Always the Best Service • Always the Best Prices
Always Working Hard to Earn Your Business**

We Have Moved!

**Now located at
3725 N. Federal Hwy.
Pompano Beach, FL 33064
1/4 mile north of Sample**

With over 200 years of combined experience right here in Pompano Beach, no one is better prepared to service your vehicle needs than our team of certified technicians. Please take advantage of our monthly service specials and feel free to call me personally for all of your tire and vehicle needs.

Pete Diener, General Manager



THIS MONTH'S SPECIALS

OUR FAMOUS OIL CHANGE & MAINTENANCE SPECIAL

Our technicians will change your car's engine oil and filter, lubricate the chassis, inflate the tires and check the fluid levels.

INSTANT WHILE YOU WAIT
SERVICE BY REAL MECHANICS
FOR LESS THAN ANY
"QUICK LUBE" STORE

**NOW
AVAILABLE
EVERY DAY!**

\$1295

Most cars. Includes up to 5 quarts. With this coupon only. Exp. 12-31-12

ELECTRONIC TIRE GAUGE

Just for stopping in and saying hello. Nothing saves fuel more than the proper tire pressure.



FREE

With this coupon only. Exp. 12-31-12

CHECK ENGINE LIGHT ON?

We will perform a diagnostic computer scan and reset your check engine light.



FREE

With this coupon only. Exp. 12-31-12

WHEEL BALANCE & TIRE ROTATION

Our technicians will rotate and high speed balance your vehicle's tires and wheels.

\$1995

Includes most cars and small SUVs. 4 Tires only. Some alloy wheels extra.
With this coupon only. Exp. 12-31-12

EF Tire & Auto Repair
3725 N. Federal Highway, Pompano Beach
954-426-9926

www.EFTireAndAutoRepair.com

Monday-Friday: 8AM – 6PM ■ Saturdays: 8AM – 2PM

**FAST
FRIENDLY
RELIABLE
SERVICE**
Since 1979

Boat Sales and Service

JUPITER
Boats



 **YAMAHA**



NauticStar



3000 N. Federal Hwy, Lighthouse Point, FL 33064 954-941-2297 kmcmarine.com

Have you had your Citizens Windstorm Insurance Discount Inspection yet?

Substantial discounts for Citizen's Property Insurance premiums are available for homes in your area!

Save up to 44% on your Citizens Windstorm Insurance!

If you haven't had a windstorm inspection you could be entitled to discounts up to 44% of your premium. Homeowners who have had an inspection, but did so prior to 7/1/05, there are now additional discounts available to you!

Based on the thousands of inspections we have performed you are guaranteed to save money! If your home does no qualify for any discounts, there is no charge for your inspection! Schedule your appointment today by calling:

Don Meyler Inspections 954-749-7099.

Auto Tech and Body



Mechanical Repairs-Maintenance ■ Body and Paint Service

Extended Warranty ■ Dent and Scratch Repair ■ Automotive Sales ■ Restoration Service

Serving the South Florida Community for the past 16 years.

www.AutoTechAndBody.com

429 N. DIXIE HIGHWAY POMPANO BEACH, FL 33060

954-946-9730

From the President's Desk...

(a LHP resident)

Mention this ad
and get a **10% LHP
DISCOUNT**

Discount on labor only.

Ask the Psychologist

By Andrea Corn, Psy.D.

Dear Dr. Corn,

Usually this is my favorite time of year. Yet, I can't seem to find the joy. I've lost my way after losing my pet of many years. My angel and best companion was my cocker spaniel who died this Fall. I should be raring to start decorating, shopping, and getting our home ready for the holidays. But, I am dragging my heels and cannot motivate myself. I can't shake these blues, yet I don't want to drag my family and those around me down for the holidays. What can I do?

Dear Lighthouse Point,

Losing a pet can be a significant loss and one not to be minimized. A pet offers unconditional love and for that reason alone, their passing can be devastating and heartbreak. Since your sadness, heaviness, and loss of joy has lingered longer than what is considered expectable grieving, it's now time to seek help.

It will help if you meet with a mental health professional to discuss your loss. You may not realize this, but even the loss of a beloved pet can trigger sad and painful feelings associated with other endings. It may not necessarily have to represent a loved one's death; you could be re-living memories associated with another wonderfully loving relationship that has ended. If so, your current malaise may be due to unresolved mourning. Hopefully, out of your suffering you can learn coping skills to help you heal these long standing emotional wounds.

It would also be prudent to schedule an appointment with your primary care physician. It's always advisable to check your physical well-being. Your Doctor will hear your symptoms, review current medications, rule out any potential concerns, suggest an exercise or dietary changes, or make a recommendation to consult with a psychiatrist for antidepressant medication.

As you begin to take care of yourself, you'll stop bottling up painful thoughts and feelings. This should start you on the path to find comfort and renewed inner strength so you can re-find the joy this holiday season.

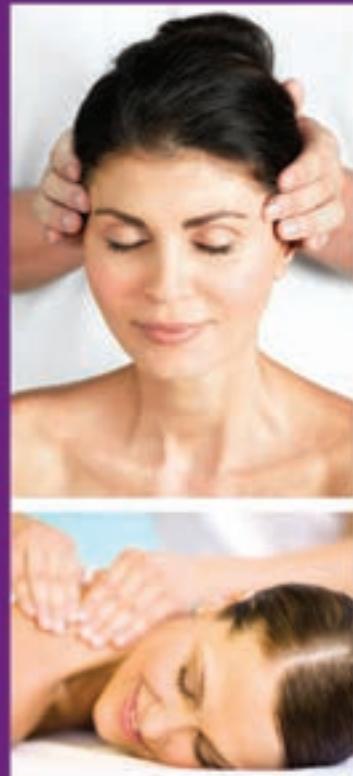
It seemed fitting to write about endings because this is my last LHP column. We all encounter necessary changes in life and this is one of mine.

It has been a pleasure to write for Jon Frangipane, the editor and the residents of Lighthouse Point. Over the years, my effort has been to raise awareness about various mental health issues. I also wish to thank all friends and readers who have made supportive comments and suggestions.

Best wishes to all in 2013. ♦



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



TWO SOOTHING WAYS TO ENHANCE YOUR WELL-BEING

There's no better way to spend the next hour than improving your overall health with a customized massage or Murad® Healthy Skin facial. Can't find time today? Then get away weeknights, weekends or whenever it's most convenient for you at Massage Envy Spa.

\$49

Introductory 1-hour
customized massage session*

\$59

Introductory 1-hour
Murad Healthy Skin facial session*

Massage Envy
S P A. Murad. 
Transforming Skincare®

POMPANO BEACH

1253 South Federal Hwy., In Pompano Marketplace
next to Staples | (954) 946-7600

Franchises Available | MassageEnvy.com | Convenient Hours
Open 7 days: M-F 8am-10pm, Sat 8am-6pm, Sun 10am-6pm

MMI 2025II



SEA-TECH CONSTRUCTION

Seawalls • Docks • Pilings
New Construction • Inspection Reports
Guaranteed Repairs

954-480-2607

FREE CONSULTATION & ESTIMATES

Lighthouse Christian Gives a Helping Hand

LCS Cares, a student-led community service group at Lighthouse Christian School, took part in feeding the hungry at All Saints Soup Kitchen, located in Fort Lauderdale on Friday, October 19. In order to buy the food for the project, the students had a bake sale for their fellow students at LCS and raised over \$150. They were able to prepare beef stew that consisted of potatoes, carrots, onions, and green peppers. Cindy Black, a teacher moderator of the club, watched over the students as they peeled, diced, and cooked all of the ingredients at Lighthouse Christian School.

Once the soup kitchen opened, there was a steady flow of visitors from three o'clock to five o'clock. Kelly Herrick, an eighth grader who had never been to a soup kitchen prior, couldn't believe how many people came through the door. "After watching the people come in and realizing this was probably one of their only meals of the day, I felt very grateful about the things I have in my life, and I felt so happy to be able to help people in need," Kelly stated.

LCS students wanted to bring the guests their meals, so that they had more time to sit down and relax. Some



Kendal Murphy and Abby Dickman.

students even delivered their drinks and clear their plates for them. "I wanted them to feel like we really care about them and respect them even though they don't have money and are going through hard times. After all, they are humans too," Joseph Cavaleri expressed.

When the kitchen closed, tables had to be wiped, floors had to be mopped, and dishes had to be washed. Alex Malfanti, a teacher moderator, was impressed by the students' eagerness to help out at the kitchen. "I loved watching the students learn how great a feeling one gets after helping others." The students are already planning their next visit to All Saints Soup Kitchen.



Joey Cavaleri, Sydney Hall, Kassie Holder, Sydney Dearden and Kelly Herrick.

The Arts

Learning to Look at Art: Using the Resources in our Community

By Mary L. Cavaioli, M.S., NBCT

We all love to view the beautiful things around us. Whether we are looking at a beautiful sunset, landscape, painting, mural, concert, theatre performance, etc...everyone sees something different. The study of the arts in our homes, classrooms and community provide a window into appreciation and an understanding of how artists create.

In an art museum, there is no "3rd grade art section" or "High School Wing". We don't have children attend a play or theatre performance based on their reading level. The immersion of our children into rich arts experiences provide them with the skills to look and appreciate the world around them. The arts train children to dig deep into a work that is challenging to view and has the ability to keep them focused for long periods of time. This can be accomplished through the participation in dance, theatre, music or the making or viewing of visual art in a gallery or museum.

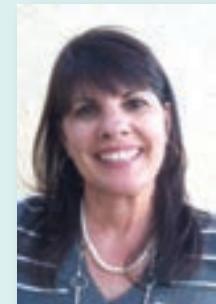
When looking at art, the power of observation is key to understanding how we see the world around us. Having children draw and paint, dance, sing, create a play or participate in one, make their educational experiences more complete. Set aside a space in your home for your child to have their own place to

create. Large pads of paper, a variety of writing and painting supplies, recycled objects, interesting magazine photo's/illustrations to view, comics, old period clothes, etc...can all be used to improve the fine motor, creativity and observation skills of your child and you.

Be sure to use the resources we have available in our community to experience the Arts. The Boca Museum at Mizner Park, Sample-McDougald House in Pompano Beach, The Norton Museum, Kravis Center in West Palm Beach, Fort Lauderdale Museum of Art, Young at Art Children's Museum, The Broward Center, check out the local high schools as well who provide theatre and musical performances all year long. These resources serve our community with many exhibitions, masterful performances and classes throughout the year for the whole family to see and participate in!

Remember: The Arts enhance the ability to visualize, imagine and observe the world around us! Support your local arts community! ♦

Mary L. Cavaioli, M.S., NBCT, K-12 Curriculum, Arts Integration Specialist, Palm Beach County Schools



Our Waterways:

Keeping Lighthouse Point Beautiful

Did you know that Lighthouse Point has over 16 miles of canals?

Well, whether you live on the water or not, chances are that when you decided to live in Lighthouse Point, the beauty of the local waterways was a big attraction. Many of the residents here enjoy the waterways in a variety of ways — fishing, cruising in their boats, enjoying the parks, and even just relaxing on them while watching the sunrise and sunset. Regardless of how you embrace what the waters have to offer, **have you ever wondered if there's an outlet to voicing your ideas and desires with regards to the maintenance, upkeep or use of our local waterways?**

Well there is — The Lighthouse Point Waterway Committee.

The LHP Waterway Committee is a volunteer organization dedicated to helping the city to oversee the welfare of the waterways and canals that surround our local streets. This "watchdog" group is made up of local residents who have a passion for making sure that every resident has the opportunity to live around and enjoy these waters in a safe and clean manner. Responsibilities include everything from keeping the canals clean, providing for youth activities that relate to the water, improvements to our waterway parks, and anything that affects the beauty and operation within our waterway system.

The main funding for this committee is earned by the very volunteers that make it up. Each January, LHP and Pompano join together to host the Nautical Flea Market. Through the proceeds of this highly attended event, the committee has been able to fund many local projects.

With the next Nautical Flea Market coming up on January 26th and 27th, 2013, now is a great time to get involved in your city. If you have anything you'd like to discuss with the Waterway Committee, please email us at louispetrone@comcast.net, we'd love to hear your input. Most importantly, get out on the water and enjoy the very reason we live in LHP!



Photo by Debra Todd

23rd Annual
Pompano Beach & Lighthouse Point
NAUTICAL
FLEA MARKET
January 26 & 27, 2013
Community Park • 920 NE 18th Avenue
Pompano Beach

For more Info & Vendor Application visit our website:
www.nauticalfleamarket.com

Do you have a garage full of old boating & fishing gear?
Why not get a booth and turn it into cash?

All types of nautical gear—both new and used!

Fishing Tackle ■ Dock Boxes ■ Boat Shoes
Nautical Art & Jewelry ■ Motors ■ Dinghys ■ Scuba Gear
Antique Goods ■ Boats On Trailers ■ Plus Much More!

Join us for a fun weekend in the park
and take advantage of the bargains.



The Cities of Pompano Beach
and Lighthouse Point
working together.



Sixth Annual Scroogie Awards

By Wendell Abern

Dear Holiday Revelers,

Happy holidays to you all!

Scroogies are awards I inaugurated in 2006, as an homage to my idol and favorite role model, Ebeneezer Scrooge. This happens to be my favorite column to write all year, because I don't feel constrained to be funny—merely nasty.

I award Scroogies only to those who have proved themselves worthy through acts of inconsiderateness, boorishness, stupidity, arrogance, or any other trait that just plain rankles me and deserves my curmudgeonly wrath.

And each year, I confront the same major problem: hundreds of worthy candidates, limited space to include them all. Following are this year's very deserving winners:

1 - Perennail Scroogie: Lisa Jackson.

Those of you who have read previous "Scroogie" columns will recognize the name of this prolific writer. I have not only included her previously, but also made her the first permanent member of my Scroogie Hall of Fame. In fact, Lisa Jackson is the only double winner in the short history of this award.

Last year, she also won the much coveted "Chudspah" Award. (The classic Talmudic definition of chudspah: a young man murders his mother and father, then throws himself at the mercy of the court on the grounds he's an orphan.)

I mention her yet again because it is unlikely anyone will ever infuriate me as much this world-famous author, who has penned more than 50 thrillers.

I bought her nail-biter, "Born to Die," and sat up until 3AM three nights in a row, bleary-eyed, riveted. Could not get to the conclusion fast enough. But there was no conclusion!

Instead, in an epilog Ms. Jackson informs the readers that if they want to know what happens, they should buy her next book.

2 - Whining Scroogie: All professional athletes.

In examining the salaries of these whining millionaires, the operative word is "more." They always want more.

As I write this, the entire National Hockey League season is on hold. Seems the owners of the teams and their vaunted players can't get together on a lot of issues, including how to divide up more than three billion dollars in income. Obviously, the players want more.

Last year, the National Basketball Association season was also put on hold for several months and started late—because the players wanted more, more, more. Sixteen games were cut from each team's schedule.

In addition, the National Football League almost postponed or shortened its season, because the owners were proposing a lockout and players were demanding more.

Today, the average salary of NBA players is 5.15 million dollars. The minimum salary: \$473,604. That's the minimum. Until, that is, those making this paltry sum start whining they want more.

The average salary of Major League Baseball players comes next at a scant average salary of 3.31 million dollars. MLB players have not struck for years. One suspects they'd be too embarrassed. Some of their biggest stars have been producing anemic statistics

while holding multi-year contracts that average more than ten million dollars a year. However, MLB players are easily manipulated by greedy sports agents; it's just a matter of time before they start whining again.

Average salaries of National Hockey League players come to only 2.4 million, but when the current negotiations have concluded, that will surely rise.

And the lowly National Football League players average only 1.9 million dollars a year. On the other hand, they play only sixteen games a year, so they average more than \$100,000 per game.

We all know it is merely a matter of time before these professional kvetches start whining again. For that reason, I am devoting an entire section of my Scroogie Hall of Fame to them. I call it my "Whiner's Wing." Long overdue. After all, one must remember the importance of what these athletes do.

They play a game.

3 - Misnamed Scroogie: Emergency Rooms.

Several months ago, a bridge partner called me to cancel a game.

"I'm shaking all over," he said, "and I've got chills and a fever a little over 103."

"What! Listen, I'm coming over and taking you to an emergency room!

Right now!"

"Are you kidding? That's the last place I'd go!"

I told several of my friends about this incident, and they agreed with my bridge partner! Then I heard all kinds of tales involving broken legs and bleeding wounds, and waits of more than nine hours.

Granted, I am crankier than most people, but there is something dramatically wrong with a health system when the last place someone wants to go with an emergency is an emergency room.

Emergency room. A glaring misnomer. These sections of hospitals should be re-named "Waiting Rooms."

4 - Abuse of the word "service" Scroogie: Netflix.

The only surprising thing about this nominee is that they have not won a Scroogie previously.

I thought this movies-through-the-mail provider had outdone itself last month, when they sent me a CD with a scratch covered up by Scotch tape.

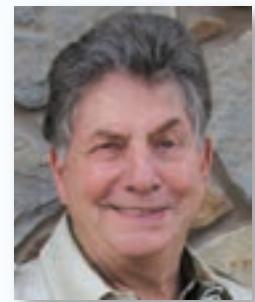
Last week, they topped this. I received a disc cut in half! I pulled two separate halves out of the envelope. I thought of calling them, but they would only blame it on the post office.

* * *

I feel badly that I had to leave out so many deserving candidates, such as the Veteran's Administration, where no one answers the phone, the Cleveland Clinic (ditto), and old, old, old woman who was driving down Pine Island last week at a blistering twelve miles an hour and not permitting me to pass her. But, as Chicago Cubs fans always say... "Wait 'til next year."

Cantankerously Yours, Wendell Abern

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



Don't Overlook Financial Risks in Retirement

You may need your investments to help support you for two, or even three, decades during retirement — so you should be familiar with the types of risk that could threaten your investment strategy.

First, there's longevity risk — the risk that you could outlive your resources. To lessen this risk, you'll need to be careful how much you withdraw each year from your investment portfolio.



Next, there's inflation risk. Over time, even low inflation can erode your purchasing power. To deal with this risk, consider investments with growth potential, but keep in mind that their value will fluctuate.

You also need to be aware of the risk of taking money out of your investments when the market is down. To ease this risk, you'll need some sources of income whose value is not dependent on what's happening in the financial markets.

By understanding and addressing the relevant investment risks, you can make your retirement years more enjoyable.

954-783-6694

www.edwardjones.com

Robert Friedman, AAMS
1827 NE 24th Street
Lighthouse Point
FL 33064
MEMBER SIPC



robert.friedman@edwardjones.com

For All of Your Electrical Power Needs



954-493-9411

EC0002423



RSB

DERMATOLOGY

& Dermatologic Plastic Surgery



1500 E. Hillsboro Blvd., Suite 204 Deerfield Beach
8130 Royal Palm Blvd., Suite 201 Coral Springs

INC

Board-Certified in Dermatology - Trained at Yale for Internal Medicine
Chief Resident in Dermatology at Hahnemann
Fellowship trained in Mohs' & Dermatologic Plastic Surgery
"Official Dermatologist & Dermatologic Surgeon" for the Florida Panthers 2005-2008

Robert S. Bader, M.D.

Botox™ Restylane™ Dysport™ Perlane™ Radiesse™

Sculptra™ Chemical Peels Age Spot Treatment

421-3200

Mohs' Surgery - Cosmetic Surgery

Skin Cancer Screenings - Growth Removal

Parking for the Holidays — What You Need To Know

By Catherine Iaconis Favitta

The holidays always bring more cars to our neighborhood while we get ready for and enjoy our annual boat parade, have help to get our yards decorated, and when friends and extended families get together to celebrate Christmas, Hanukah, and the New Year. Lighthouse Point City Code Chapter 82 governs parking in our community. Here's what you need to know to stay within the law and keep everyone safe this season.

- Section 82-64 specifies what direction to park a car on the street: All vehicles are required to park in the direction of the authorized traffic movement. That means cars parked on the road next to your home must have their fronts facing in the same direction as the flow of traffic on that side of the street.
- Section 82-66 prohibits parking any vehicle in a manner that blocks any portion of a sidewalk or bicycle path. When you have visitors and you try to park as many cars in the driveway as possible, be sure all cars stay fully clear of the sidewalk and allow pedestrians to pass freely on both sides of a curved driveway. One or more of your guests might have to park (correctly) in the street!
- Section 82-65 limits what cars may do on the street: No vehicle

may be displayed for sale, washed, greased or repaired (except for repairs needed by emergency). No vehicle may be used to display advertising. No vehicle may store junk, debris or the like for more than 24 hours.

- Section 82-67 restricts what vehicles may be parked overnight on the street: None of these may remain in the public right-of-way between the hours of 9:00 p.m. and 6:00 a.m. the following morning: trucks, work vans, business vehicles with commercial lettering on the sides, or recreational vehicles.

Violation of any of these ordinances may result in a parking citation and a fine. Avoid problems for you and your guests this holiday season by making sure you comply. Remember to tell your family and friends.

Having a houseful can be fun during the holidays, but make sure the Lighthouse Point parking ordinances are followed when you do—it's the law! ♦

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



Sheriff Report

Stay Safe This Holiday Season

By Sheriff Al Lamberti



The men and women of the Broward Sheriff's Office are committed to keeping Broward County residents and visitors safe this holiday season and throughout the year. Following some simple safety tips will help keep you and your family safe.

Too often, opportunistic criminals prey on holiday shoppers. While you are out making your purchases, stay alert. Remember to park your car in a well-lit area and secure valuables inside your trunk or take them with you. When you return to your vehicle, have your keys in hand so that you can quickly unlock the door and get in. You should never carry large amounts of money and if you go to an ATM for cash, do so during daytime hours in a safe location.

With the number of vehicles on our roadways and in crowded parking lots, it is important to practice patience. Speeding, distractions and alcohol contribute to the increased number of accidents this time of year. If you are attending a holiday celebration and plan on drinking alcohol, designate a driver or take a cab. The Broward Sheriff's Office has a zero tolerance policy for drunk drivers and will be out in force to ensure all of our roadways are safe.

If you will be leaving home for the holidays and live in a BSO jurisdiction, I encourage you to sign up for our free Home Watch program. To sign up for this free service, visit www.sheriff.org/homewatch. Once you fill out the form, please return it to your local BSO district office.

There are many ways you can protect your home from thieves. Before you leave town please remember to:

- secure your doors, windows, garage, storage sheds and gates
- leave a parked car in your driveway or ask a trusted neighbor to park in your driveway
- have the post office hold your mail
- stop your newspaper delivery

Remember, a few minutes of prevention can save you from becoming a victim of a crime this holiday season. On behalf of the men and women of the Broward Sheriff's Office, I wish you a safe holiday season. ♦

Happy Holidays

from
the Ron Rosen Group



Howard Goldberg
Nicole Leavitt
Louisa Wright
Mark Lees
Sharon Dolinsky

Ron Rosen
Mike Grossman
Tim Prather
Sue Childs
Marla Sedel

Nicolas Arciola
Lyne Leveille
Melissa Calvet
Scott Kennedy
Mireille Jones

The Ron Rosen Group, LLC. • Lighthouse Point, FL 33064
Direct: 954.234.2628 • email: Ron@RonRosenGroup.com

Trinity Christian School Holds Groundbreaking Ceremony For New Middle School

Trinity Christian School in Lighthouse Point held a groundbreaking ceremony for its new middle school on Saturday, November 3. This new structure includes three new classrooms and an administrative office, and allows for an increased school enrollment capacity of 45 students. On hand for the groundbreaking ceremony was Lighthouse Point Mayor Fred Schorr, City Commissioners Becky Lysengen, Glenn Troast, Earl Maucker and Sandy Johnson. Also participating in the ceremony were several current 5th grade, TCS School Administrator Debbie Galup, TCS Middle School Administrator Mary Susan Trainor, Pastor Dennis Redstone and Trinity Church's Lay Leader, Barbara Herrmann. Following the ceremony, attendees enjoyed a BBQ lunch by PA BBQ and Grille of Boca Raton. The middle school at TCS is scheduled to start construction by the end of this year and be completed by the next school year by local contractor Michael Delaney of DH Builders. For more information on Trinity Christian School, please find us online at www.TrinityChristianSchoolOnline.com or contact via phone at 954-941-8033.



Commissioner Glenn Troast, Commissioner Earl Maucker, Pastor Dennis Redstone, Commissioner Sandy Johnson, Commissioner Becky Lysengen and Mayor Fred Schorr.

A Time To Fish And A Time To Play

SAILFISH

HIGH END QUALITY & BOAT DESIGN AT MID-LEVEL PRICES

YAMAHA
POWERED WITH FUEL EFFICIENT YAMAHA OUTBOARDS

SOUTHWIND

Get Great Deals Now!

Huge Selection of Southwind And Sailfish Boats!

3671 North Dixie Hwy. 11995 Southwest 222nd St. 102550 Overseas Hwy.
Pompano Beach, FL 33064 Miami, FL 33170 Key Largo, FL 33037
Tel. (954) 785-4820 Tel. (305) 258-2000 Tel. (305) 451-3320

RIVA MOTOSPORTS & MARINE

WWW.RIVAMOTOSPORTS.COM

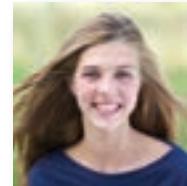
*Season's
Greetings*



**BAILEY
WOODRUFF
TITLE COMPANY**

665 SE 10th Street #104
Deerfield Beach, FL 33441

(954) 571-7919



Our Local Pediatric Dentist

Bright Young Smiles provides exceptional dental care to infants, children and teens. We specialize in Pediatric Dentistry with two years of additional training. Our office has been serving families in the area for over forty years and we are family owned and operated.

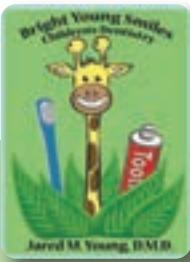


Our newly renovated beautiful office offers:

- Warm and friendly dental care
- Accepts many dental insurance plans
- Saturday and evening hours are available
- Sedation dentistry is available with qualified Medical Doctor Anesthesiologists

Jared M. Young D.M.D

Dr. Young is an active member of the American Dental Association, American Academy of Pediatric Dentistry, Florida Dental Association, and the Broward County Dental Association.



(954) 781-1855

BrightYoungSmiles.com

1930 N.E. 34th Court. Federal Hwy. & Sample Rd.



Cookin' With The Community

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

Shrimp and Sausage Tortellini with Asparagus and Sundried Tomatoes

Ingredients:

- 2 frozen, pre-cooked sausage links (I used Casual Gourmet Roasted Red Pepper and Spinach Chicken Sausage)
- 1 Cup thawed frozen shrimp, peeled, deveined and tails removed
- 2 Tbsp olive oil
- Juice from 1 lemon
- 1/2 Cup dry white wine
- 1/2 small yellow onion
- 2 garlic cloves
- 1 package cheese tortellini
- 1/4 Cup sundried tomatoes
- 2 asparagus stalks, cut into 1" pieces
- Dash crushed red pepper
- Salt & Pepper
- Parmesan cheese (to top it with)

Preparation:

In one pan, boil water and cook tortellini. Drain and set aside. In another pan, sautee onions and garlic in olive oil until onions are tender. Add asparagus and sundried tomatoes. Add sausage links and shrimp. Sautee on medium heat to cook shrimp and fully heat sausage. Add lemon juice and white wine. Add salt, pepper and crushed red pepper flakes. Toss with tortellini and top with parmesan cheese. Serves 2

Lighthouse Point resident,
Courtney Stephens, shares some of
her favorite recipes. You can find
all of these and many more recipes
on her blog at
www.floridagirlfood.blogspot.com



Banana Nut Bread

Ingredients:

- 2/3 Cup whole milk
- 1 Tbsp fresh lemon juice
- 2 1/2 Cups sifted cake flour (not self-rising; sift before measuring)
- 1 Tsp baking powder
- 3/4 Tsp salt
- 1/2 Tsp baking soda
- 1 Stick unsalted butter, softened
- 1 Cup sugar
- 2 large eggs
- 2 1/2 very ripe bananas
- 3 oz walnuts, chopped (1 cup)
- 1/4 Cup turbinado sugar

Preparation:

Put oven rack in middle position and preheat oven to 350. Grease a 9x5" loaf pan and line bottom with wax paper, then grease paper.

Mix together milk and lemon juice and let stand until milk curdles, about 1 minute.

Whisk together flour, baking powder, salt and baking soda in a bowl.

Beat together butter and sugar in a large bowl with an electric mixer at high speed until pale and fluffy, about 2 minutes. Add eggs, 1 at a time, beating until combined, then beat in bananas until combined. (Mixture will look curdled).

Add flour mixture to banana mixture alternatively with milk, mixing at a low speed just until batter is smooth. Stir in walnuts. Pour into loaf pan. Sprinkle the top with turbinado sugar and bake until a wooden pick or skewer inserted into the center of the bread comes out clean, about 1 hour.

Cool bread in pan on a rack 20 minutes, then invert bread onto rack. Remove paper and turn bread right side up on rack to cool completely.

Note Bread keeps wrapped in plastic wrap at room temp for 4 days, or frozen for 1 month.

Salmon Escabeach

Ingredients:

- 5-6 oz pine nuts
- 3 oranges, zested
- 5-6 garlic cloves
- 2 stalks celery, sliced thinly
- 2 fresh salmon fillets, skinned
- 1/2 Cup sliced green olives
- 1/2 Cup raisins
- 2 Tbsp capers
- 2 small cans mandarin oranges, juice drained
- 1 Tsp cider vinegar
- Extra Virgin Olive Oil
- Saly & Pepper

Preparation:

In a pan, cook celery, garlic and orange zest with a little olive oil and salt and pepper over medium-low heat until celery is tender. Add pine nuts, olives, capers, raisins, orange segments, and cider vinegar. Keep simmering on med heat.

In a separate pan, heat olive oil to medium and add salmon filets. Cook 3-4 minutes until they brown nicely, then turn and cook another 2-3 minutes. Top each filet with mixture.

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



Handyman & Home Improvement Service

New to Lighthouse Point

- Repair
- Replace
- Remodel



Honest & Reliable

NO JOB TOO SMALL

Call Andy:

954-789-6544

Senior Discounts Available
Fully Insured -- License #1330117

- Carpentry / Trim / Molding
- Drywall
- Assembly
- Tiling
- Painting
- Bathrooms
- Kitchens
- Installation of
 - Flat Screen TV's
 - Appliances
 - Grab Bars
 - Window Treatments
 - Laminate Flooring
- You Name It...

AG
Charles Albert
Cosabella
Green Dragon
Hanky Panky
Hudson
Jack Rogers
Joseph Ribkoff
Linda Segal
Love This Life
Nu Bra
Popits
Sao Paulo
Soul Revival
Spanx
Three Dots
Yellow Box



Trendy, chic, exotic and unique fashions have become Sky's signature niche. Shop local, shop Body & Soul Boutique for a refreshing approach to boutique shopping.

body & soul
BOUTIQUE
WWW.SHOPBODY.COM

The Shoppes at Beacon Light
2430 North Federal Highway
Lighthouse Point
954.942.6446
Mon.-Fri. 10-6, Sat. 10-5

STOP PAIN WITHOUT THE USE OF DRUGS!



ALL ABOUT
ACUPUNCTURE
& ROLFING

Dr. Keith Parmenter D.O.M.

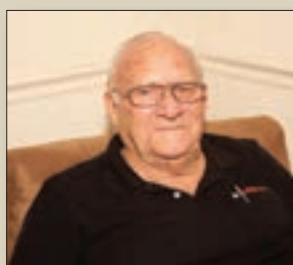
Doctor Keith Parmenter says,

"There are no magic pills. Let me prove it to you."

- Rolfing (Deep layer tissue transformation)
- Tui-na (Focuses on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system)
- Electro-Acupuncture (Electrical pulses stimulate special areas through needles inserted in the skin)



Teenager Noah Flegel having acupuncture with electric stimulation.



77-year-old Jack Smith has Rolfing treatment for back pain.



Athletic coach Todd Widom having Rolfing treatment for lower back.



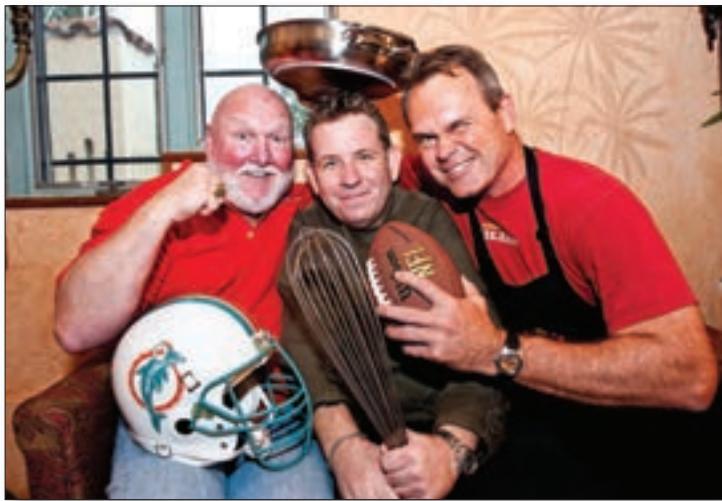
Namiko Shibata has Tui-na treatment for plantar fasciitis.

Office Located at

Med Plex Building, 5458 Town Center Road, Suite 10, Boca Raton

FREE CONSULTATION! 561-368-9400

The Gridiron Griller



In honor of the 40th anniversary of the Perfect Season, this recipe celebrates one of the greatest offensive linemen in Miami Dolphins History. #67 Bob Kuechenberg anchored a stellar line that parted the sease for running backs Larry Csonka, Mercury Morris and Jim Kiick. A ring-of-Honor recipient, "Kuch" has been a an iconic figure in Dolphins history and South Florida's community. Chef Schupbach and Casablanca has also anchored the Fort Lauderdale beach for many years and their BBQ Salmon joins the Grill-Off Ring-Of Honor as one of our best, perfectly-seasoned recipes.

In honor of this year's 40th anniversary of the Perfect Season, we are teaming up Miami Dolphins' Ring-Of-Honor Offensive Lineman Bob Kuechenberg with Restaurateur John Schupbach of Casablanca Cafe!

Kuch's "Perfect Seasoned" BBQ Salmon

READY...Line up your ingredients

Bourbon & Mustard BBQ Sauce:

- | | | | |
|-----------------------------|--------------------------------|-------------------------|-------------------------------|
| • vegetable oil | • 1/2 t cayenne pepper, ground | • 1 green pepper, diced | • 1/2 bunch scallions, sliced |
| • 1 T garlic, minced | • 1/2 c V-8 Juice | • 1 c ketchup | • 1/2 c pineapple juice |
| • 1/4 c apple cider vinegar | • 1/2 c dijon mustard | • 1/4 c bourbon | • 1 yellow onion diced |
| • salt and pepper to taste | | | |

Salmon: • 4 pc 6 oz. salmon fillets • extra virgin olive oil • salt and pepper to taste

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

Sauce: In a medium sized sauce pan on medium heat, add just enough vegetable oil to coat the bottom of the pan. Add onion, bell peppers, scallion, garlic and sweat until the onion turns translucent. Add the spices: paprika, cumin, cayenne and stir. Continue to cook for 1 more minute. Carefully, add bourbon to deglaze the pan. Tip the pan towards the flame to flambe the mixture. Continue to cook for 30 seconds to burn out the alcohol. Add the remaining ingredients and cook on low-to-medium heat for about 15 minutes. Adjust seasoning with salt and pepper. Finally, puree sauce with an immersion or standard blender. Serve immediately or chill.

Salmon: Rub the salmon fillets with oil and season with salt and pepper.

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

Preheat grill to 400° (medium high) and grill salmon until desired doneness, about 3-4 minutes on each side. Baste the salmon with BBQ sauce.



Recommended wine pairing...

Murphy Goode 'Liars Dice' Zinfandel

JOHNNY SAYS...

"A Perfect Season is hard to beat, but BBQ Salmon from Kuch and Casablanca is truly a culinary treat!"

Fifty Shades of RED



Body & Soul Retreat

PREMIER SALON & DAY SPA

954.784.5505

2024 EAST SAMPLE ROAD, LIGHTHOUSE POINT

GEORGE GEORGAKAKIS, M.D.

Diplomate American Board of Otolaryngology

Adult and Pediatric Otolaryngology

Head and Neck Surgery

- Hoarseness
- Hearing Loss
- Nasal Congestion
- Hearing Testing
- VNG (Dizziness) Testing
- Sinus Disease
- Difficulty Swallowing
- Throat Pain
- Hearing Aids
- Tinnitus (Ringing in the Ear) Evaluation and Treatment

Actual sizes



HOURS:

Monday - Thursday 9-4:45

Friday 9-3:45

954-493-8773

www.drgeorgeent.com

4801 N. Federal Hwy. #302 Fort Lauderdale, FL 33308 • (Fax: 954-493-8807)
2 Blocks south of Commercial on the west side.



5018 N. FEDERAL HIGHWAY • LIGHTHOUSE POINT

Between SE 10th Street & Sample Road

North of McDonalds in Shopping Center behind Citgo Gas Station

Try Us Once & You'll Be "Hooked"

We Specialize in Personal Training Including:

Sports ■ Physical Therapy

Functional Training ■ Competitive Body Building



GET RESULTS...

*Train with a Champion
Like a Champion*

Lighthouse Point Gym
is home to Luciana Papini
ONE OF THE
Top Bodybuilders in the World

Luciana finished in the TOP 10
at the Arnold Classic 2010

WE HAVE A TRAINER FOR YOU!



**ALWAYS NEAT, CLEAN & FRIENDLY
NO CONTRACTS ■ NO \$\$\$ DOWN**

LHP POLICE MONITOR THE PARKING LOT 24 HOURS A DAY!

Free Classes with Membership

TRX ■ Yoga ■ Zumba
Abs & Brazilian Butt Lift with Lucy
Silver Sneakers and more...

A NEW YOU!
3 MONTHS
Only **\$99**

Exp. 12-31-12
Must have valid Florida driver's license

**ONE PERSONAL
TRAINING SESSION
FREE**

Must be 18 years of age and present valid Florida driver's license or local ID.
Cannot be combined with any other offer. • Exp. 12-31-12

OPEN 7 DAYS: Mon-Fri 5AM – 10PM ■ Sat & Sun 7AM – 6PM
954-426-8787 ■ LighthousePointGym.com

Holiday Identity Theft Warnings

By Denise Richardson

It's finally December, so try as we might there's no denying that our busiest shopping days of the year are right around the corner. Unfortunately, that means that the identity thieves who hope to cash in on all of the holiday spending that goes on this time of year are out in force. I've mentioned before how much of a menace identity thieves can be during the holiday season, so I thought I'd take a moment to point out a few more things that you can do to keep yourself—and your identity—safe during the holiday season.

- Use a credit card instead of a debit card when making purchases. Using your credit card provides better protection against fraudulent activity. A fraudulent credit card purchase can be much more easily rectified than a debit card purchase that is made using your money. If you prefer using a debit card, consider opening a separate account for online and shopping use.
- Make sure that the website you're shopping on uses a secure connection when checking out. This is evident by a "lock" symbol appearing next to the address bar of your browser, and in some browsers the address bar actually changes color to indicate that the connection is secure. If the site doesn't offer a secure connection, the risk of someone intercepting your personal information increases significantly.
- Watch your inbox. Spam levels often increase during the holidays, and some of the messages you get might sound legitimate. Of particular concern should be messages claiming that you have a digital card from a friend or your package couldn't be delivered; these links appear legitimate, but rarely are. They are used to install malicious software on your computer that will monitor your system and try to steal financial information while shopping online. Be suspicious of any email that you can't verify is from a legitimate source, and make sure that your antivirus and anti-spyware software is up to date before getting online.
- Change your passwords, and change your PINs too if possible. Choose strong passwords that are at least eight characters long and that contain mixed-case letters and numbers. Select a PIN that doesn't have any easily-identifiable significance to you. By updating this information before you start shopping online you'll increase your chances of foiling an identity thief before he has a chance to strike.
- Watch your surroundings in stores and at the ATM. You never know who around you could be trying to steal your identity. Today's tech savvy criminals place skimmers and cameras on ATMs and gas pumps. Always make sure to use an ATM inside a bank where they are less likely to be tampered with. Also make sure that people behind you in line or at the ATM never get a clear view of your credit or debit

card. Use your body or your hand to block their view of the keypad when entering a PIN to make sure that they can't see what you enter.

- Don't let down your guard. Don't tell yourself that someone isn't a threat because they don't look like a "typical" identity thief; there's no such thing. Don't assume that a website is safe because it looks professionally made or has an icon claiming to be safe; Shop at well-known sites or do your homework first before shopping; look for customer service phone numbers, how you would contact the seller if there is a problem, and Google the name of the company with the word "complaints" and see what comes up. You can also check with the Better Business Bureau. You can never be too careful.

You never know when or where an identity thief might strike so it's important that you do everything in your power to keep yourself safe. Don't forget to keep your receipts and double-check your bank and credit card statements after your shopping is done, too; even if you do everything right there's always a chance that somebody could get your personal information. Be vigilant to make sure that your credit and personal information stays safe, and report any charges that you can't account for as soon as possible so that they can be investigated.

Shoppers can avoid fraud and potential scams by familiarizing themselves with scams and any new holiday-related cons and would-be pitfalls, before embarking on a shopping venture!

While nothing can guarantee that you won't become a victim of identity theft, you can minimize your risk, and minimize the damage if a problem develops, by making it more difficult for identity thieves to access your personal information. Avoid posting your travel plans and other personally identifying information on your public profiles. As you prepare for the holiday shopping season, remember that scammers are online and in the malls. They are hustling and bustling; creating new scams and putting new twists on old cons aimed at faking you out—out of your money, your identity and your very sense of security. Taking time the time to stop, think and then connect or react, can save you a lot of time, aggravation and money later!

Remember to report any known of suspected fraud to the appropriate local, state or federal law enforcement and regulatory authorities. For complaints about identity theft contact the FTC at: (877) ID-THEFT. For complaints about spam or phishing, you can email spam@uce.gov. The Internet Crime Complaint Center (IC3) is a partnership between the Federal Bureau of Investigation and the National White Collar Crime Center. You can file an internet complaint at ic3.gov.♦

*For additional information visit my site at
GiveMeBackMyCredit.com or email me directly at
deniserichardson@givemebackmycredit.com*



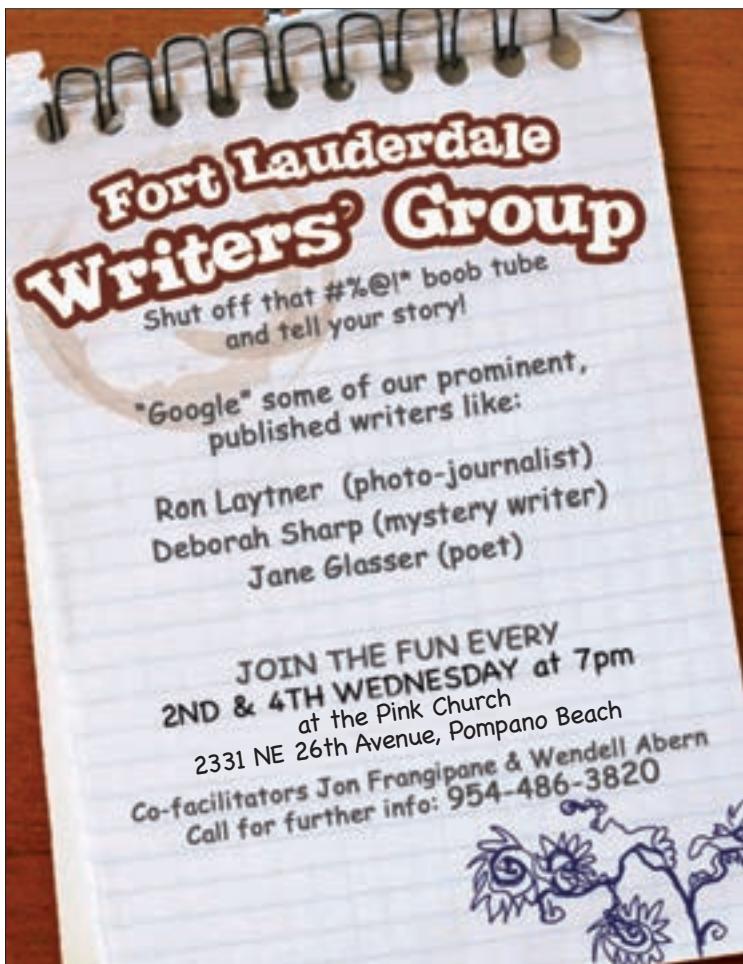
Christmas at St. Nicholas

Lessons & Carols	Dec. 23rd	5 pm
Christmas Eve	Dec. 24th	6 & 11 pm
Christmas Day	Dec. 25th	10 am



*...to you is born this day
in the city of David
a Savior, who is
the Messiah, the Lord.
— Luke 2:11*

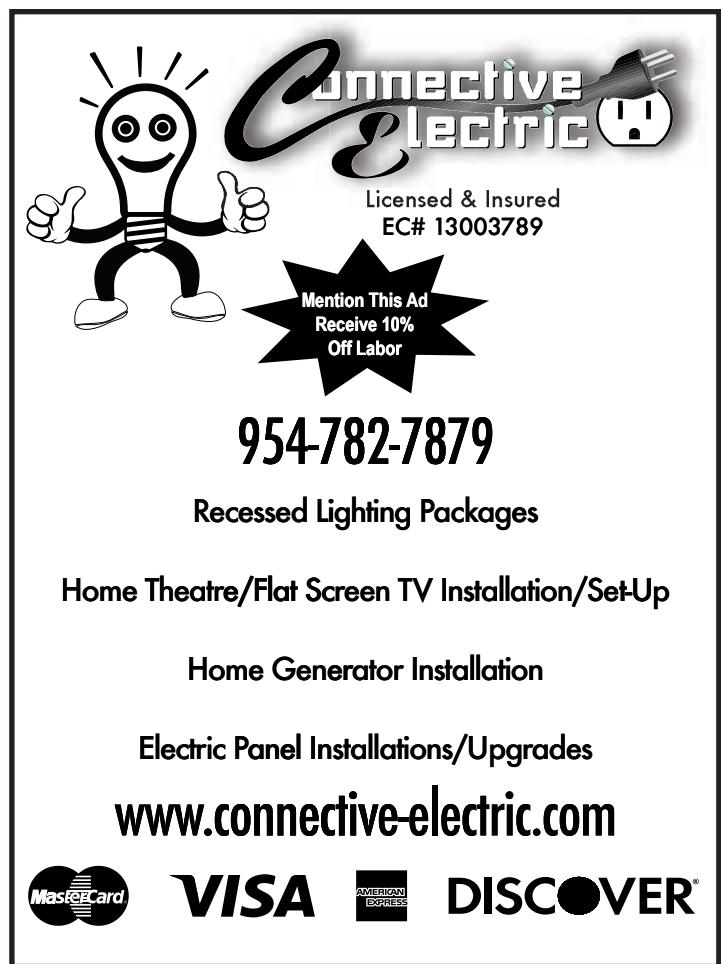
ST. NICHOLAS EPISCOPAL CHURCH
1111 E. Sample Rd * Pompano Beach, FL * 954.942.5887



**Fort Lauderdale
Writers' Group**
Shut off that #%^@! boob tube
and tell your story!
"Google" some of our prominent,
published writers like:
Ron Laytner (photo-journalist)
Deborah Sharp (mystery writer)
Jane Glasser (poet)

JOIN THE FUN EVERY
2ND & 4TH WEDNESDAY at 7pm
at the Pink Church
2331 NE 26th Avenue, Pompano Beach
Co-facilitators Jon Frangipane & Wendell Abern
Call for further info: 954-486-3820





**Connective
Electric**
Licensed & Insured
EC# 13003789

Mention This Ad
Receive 10%
Off Labor

954-782-7879

Recessed Lighting Packages
Home Theatre/Flat Screen TV Installation/Set Up
Home Generator Installation
Electric Panel Installations/Upgrades

www.connective-electric.com

LOCAL BUSINESS DIRECTORY



Dee's Dogs
professional pet sitting & dog walking
INSURED & BONDED
954-790-3327
PLEASE CALL FOR A FREE CONSULTATION
deesdogs@hotmail.com
DeesDoggies.com

**ON-LINE SHOPPING
HURTS LOCAL ECONOMY
PLEASE SUPPORT OUR
LOCAL BUSINESSES!**

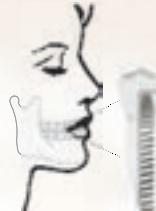


Cynthia Brown, D.M.D.
Family Dentistry

Office Phone: 954.941.5706
Emergency: 954.803.4051

email: drcindybrown@comcast.net
www.DrCindyBrown.com

1800 N. Federal Highway Ste #102
Pompano Beach, FL 33062



Michael P. Logue, D.M.D., P.A.
Oral and Maxillofacial Surgery
Dental Implants
Board Certified

1800 N. Federal Hwy. • Suite 201
Pompano Beach, FL 33062
(954) 941-2727
(954) 941-1116 Fax
www.DrLogueOralSurgery.com

600 S. Dixie Hwy. • Suite 205
Boca Raton, FL 33432
(561) 391-2511
logueomfs@aol.com



WORDPRESS
YEA, WE DO THAT

Contact:
Andrea Freygang • Copywriting / PR
• Web Design
• Graphics

954. 822. 7501



Andrea Corn Psy.D.
Clinical Psychologist

Dr. Andrea Corn is a licensed psychologist with over 15 years of experience helping children, adolescents, and adults.
Anxiety • Bereavement • Child Play Therapy
Depression • Divorce • Relationships

954-942-3344
Info@DrAndreaCorn.com • www.DrAndreaCorn.com
Gateway Center Mall
1000 N Sample Rd • Lighthouse Point, FL 33064

**Do You Need
a Driver?
Or Help Assistance?
My Car or Yours • Hourly or Daily
954-294-6972
Permit #DP21301**

CAPTAIN DAN RODRIGUEZ (954) 785-8018
FAX: (954) 785-8028

Reel Loco Marine
Sales & Service, Inc.
1132 NE 48 St • Pompano Beach, FL 33064
www.reellocomarine.com

Authorized Panga Dealer



• We Repair All Inboards,
Outboards, Stern Drives
• Dockside Service Available



1000765

LOCAL BUSINESS DIRECTORY

Attorney & Counselor Rosemarie A. Geronazzo

Real Estate Closings, Title Insurance
Family Law, Prenuptial Agreements

• FREE INITIAL CONSULTATION •

General Practice Since 1991

(561) 620-3212

Attyrga@aol.com

Personalized Education Services

Superior
Education
Alternatives
& Enrichment



Call 954-946-1548 or visit:
www.browardtutoring.org

Mark Stevens, DVM
Christina Stevens, DVM
Boaz Man, DVM



Acacia Animal Hospital

Full Service Veterinary Care
Emergency Service
Boarding and Grooming

Providing our clients with the highest standards of veterinary care,
outstanding client service, and friendly smiling faces for 35 years!

Acacia Animal Hospital
4771 North Federal Highway
Pompano Beach, FL 33064
(954) 942-5955

www.AcaciaAnimalHospital.com



For children ages 3
through 1st grade
a loving,
challenging
environment and
so much fun!

Monday to Friday, 9:00 to 3:00
1920 SE 4th St, Deerfield Beach (off A1A)
954-421-9220 sotbmontessori@att.com



Louise Hudek
Independent Vacation Specialist
Pompano Beach, FL 33062
www.cruisesinc.com/lhudek
954-798-6552



Your Travel Agent for lasting Memories!

FLST 35832



Lighthouse Pt./Deerfield
Resident Since 1970

(954) 421-8757

Cell (954)242-5872

• I am retired! • I work alone! • I don't watch the clock!!

Let's Talk Paint

Johanne Gravel
Master Painter, Artist

Interior and Exterior Painting
Custom Finishes & Murals
Color Consultations & More

954-592-1409

Insured

HAPPY BIRTHDAY TO YOU!

Hey Kids! Born in January—

Send us your photos before December 6th!

Include your name and birthdate and

Email: LHPnews@bellsouth.net and type "Lighthouse Point Birthday"

in the Subject Line, or mail to:

City News Group, LHP Birthday, 3467 17th Terrace, Oakland Park, FL 33309



FREE YOGURT!

HURRY BIRTHDAY KIDS!
SHOW YOUR PHOTO AND
RECEIVE YOUR OWN
FREE YOGURT
AT MENCHIE'S!!!
2488 N. Federal Hwy.
Lighthouse Point

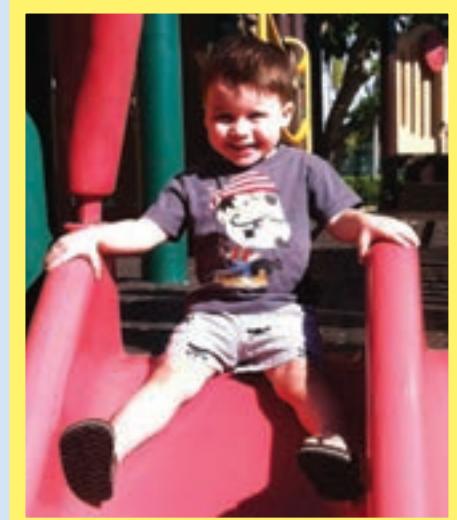
**PLEASE SEND LARGE,
IN FOCUS PHOTOS ONLY!
WE WILL NOT PUBLISH SMALL PHOTOS**



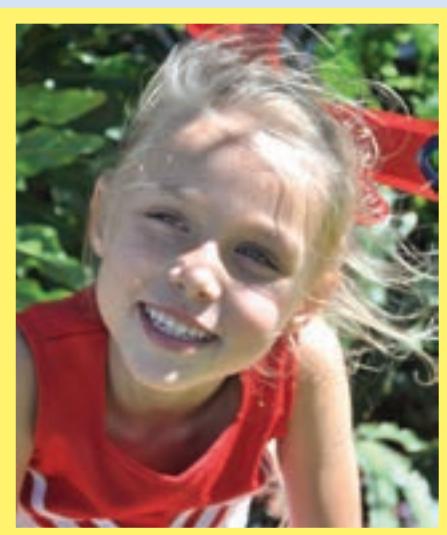
Elliot Robert Brown
turned 2 on October 16th



Hudson Liam
turned 2 on October 29th



Griffin Teague
turned 2 on October 29th



Reiley M
turned 6 on November 12th



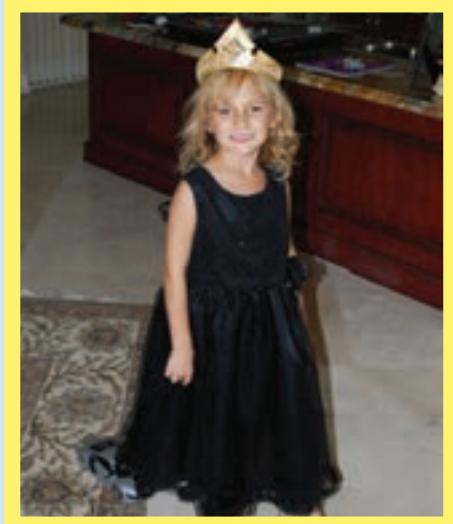
Riley Gill
turned 3 on November 30th



Mia
turns 9 on December 1st



Cannon
turns 4 on
December 3rd



Victoria Grace Brown
turns 6 on
December 3rd



Lawton turns 8 on
December 8th
Makena turned 10
on August 21st



Kira Sapp
turns 3 on
December 28th

Loving Pet Birthday Gallery

Send us your pet photos before December 6th!

Include the pet's name and age and Email to: LHPnews@bellsouth.net
and Please type "Lighthouse Point Pet Birthday"

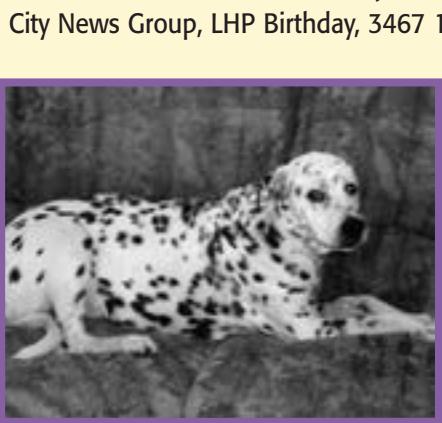


in the Subject Line, or mail to:

City News Group, LHP Birthday, 3467 17th Terrace, Oakland Park, FL 33309



Charlie Brown
turned 6 on
November 6th



Casey
turned 14 on November 14th



Maggie Mae
turns 14 on December 11th



Chesney
turns 2 on
December 16th

The Wonder of It All!

By Reverend Jack Noble

Birth: wonder...astonishment...adoration. There can't be many among us who hasn't been rocked back on their heels by the sheer fact of existence. We take off our sandals before the burning bush. We catch our breath at the sight of a soaring eagle. "Thank You, God." We whisper to ourselves in such a lavish existence to which we feel such a deep sense of kinship—we belong here!

And not just "Thanks" or "Thank it" but "Thank You." Most of the people who have ever lived on this planet have identified this "You" with God, or gods. And this is not just a matter of learning our manners, the way we were taught as children to say "Thank you" as a social grace. It is almost a visceral reaction to the very nature of reality. It is a developing of the capacity to form an adequate response to the overwhelming and good gift of life.

Wonder is the only adequate response to this fullness and wholeness of human life. Once a year, for nearly two billion of us on this tired old planet, Christmas comes. And for a few days, at least, we turn aside from our preoccupation with existence and economics and biology and psychology and all the rest that so often fills our lives, and we come together in community and we just wonder. And it is this wonder that keeps us wide-eyed and expectant.

If in the general round of festivities—singing and decorating, giving and receiving, cooking, baking and family gatherings—we ask what is behind it, and what keeps it going all over the world, among all classes of people, regardless of whether they believe or not, the answer is simply, "a birth." Not just "birth" in general, but a particular birth, in a particular time and place—

a datable time, a pinpoint on a map. There and then, a baby named Jesus was born, and soon people were talking about it and singing about it, and in the process worshipping God.

We Christians believe that this particular birth calls us to reflect. We Christians believe that this baby's parents along with the first witnesses to this birth were convinced that God was entering human history in human form. This was confirmed by angels and the coming of the Magi and the arrival of shepherds. Then eventually, this extraordinary life came into being and more and more people became convinced—men, women and children all over the world, right up to this present moment—that this birth was unique in all of human history.

It is, however, difficult to keep our focus this time of year. There is too much stuff, too many *things*. And yet, all of it festively connects us up to Jesus and to God. Every year, Christmas comes around and forces us to deal with God in the context of demanding and inconvenient children; gatherings of family members, many of whom we spend the rest of the year avoiding; all of these crasser forms of commercialism and greed; all of these garish lights and decorations. Or maybe it's the other way around. Maybe, every year Christmas forces us to deal with all of the mess of our humanity in the context of God, who has already entered that mess in the glorious birth of Jesus.

Merry Christmas! ♦



Al's Corner

A Season to Be Safe!

By Al Siefert

Wow, December is finally here, and with it comes the end of year gatherings and celebrations that we all enjoy. December is possibly the busiest month of the year, and in addition to our regular routine we add decorating, shopping and more.

Remember to be safe when using a ladder to decorate. For most of us, we rarely have the need to work with ladders so we tend to forget that it is easy to lose your balance. Decorative lighting also adds color and cheer to the holiday season, but it is important to remember that electricity can be dangerous, especially if the lighting and extension cords are brittle and are getting old. It is not recommended to try to get through another season with old and damaged Christmas tree lights. Christmas trees should never be left unattended, with the lights on. For whatever reason, they seem to catch on fire when no one is around.

Shopping can be fun for some and a chore for others, especially if you cannot determine on what to buy. I am including a few suggestions to possibly help you decide on a few items that you may not have thought of.

LED light bulbs are not sexy, but neither are socks and ties. These bulbs sell at around \$50.00 each and will last almost forever 50,000 hours. A 12 watt bulb will give you around 70 watts of illumination. If you are buying these bulbs to replace the bulbs you have in the house, stay with the warmer colors in the 3500 or lower kelvin range. Good quality dimmable bulbs should work with your current dimmers. The bulbs with the Cree components seem to have a better quality. In all practically,

changing from incandescent to LED makes the most sense when the lights are in difficult locations and it is not convenient changing bulbs every few years.

Universal sensors replace wall switches and are used in commercial businesses to control the office lights. They can also be used in residential areas where the lights are often left on. Some recommendations for these switches would be the garage, laundry and bathrooms. Have you ever wanted to add a switch but did not want to spend the money or deal with the mess? There is an in wall switch that will work with remote switches to operate the lighting. It is a wireless unit and replaces an existing wall switch.

There are also the traditional gifts of electronics, clothing, jewelry and of course gift cards. Whatever you choose enjoy the spirit of the season and make it the best that it can be.

During this Holiday season let's take time to be thankful for all that we have and enjoy the company of our family, friends and everyone in our lives. Be mindful of the less fortunate and be helpful when possible. ♦



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

Hearing Center of Broward



Dr. Cynthia D. Heise, Au. D.

Board Certified Doctor of Audiology

Layne A. Heise, BC-HIS

Board Certified Hearing Instrument Specialist

*Hearing is what connects
us to one another . . .*

*Better hearing
is our concern.*

Layne and Cindy Heise have been residents of Lighthouse Point since 1975, establishing the first private practice audiology clinic in Broward County, the Hearing Center of Broward, in Lighthouse Point in 1976.

The professionals at the Hearing Center of Broward understand that not only is your hearing important, finding a hearing care professional that you can rely on and trust is essential.



954-840-8009

Hearing Center of Broward

3170 N. Federal Highway

Eldorado Building

Lighthouse Point, FL 33064

www.hearingtoday.com ■ hearingtoday@aol.com

Body and Soul Retreat Gives Back

Photos by Debra Todd

Body and Soul Retreat in the Gateway Shopping Center wanted to give back to our community. They discovered that there are over 3,000 students in Broward County with Autism Spectrum Disorder. And they also learned that Pompano Beach and Lighthouse Point is lucky to have one of the best Cluster Programs in Broward County within Norcrest Elementary.

The Centers for Disease Control and Prevention estimates 1 in 88 U.S. children have been diagnosed with an autism spectrum disorder (ASD). One of the things that make ASD so hard to cure is that no two children are the same. There is a saying: "If you know ONE child with Autism, you know ONE child with Autism."

"While we surely need to take care of our children, at Body and Soul Retreat we also believe we the need to take care of those who

care of our children...mothers, teachers, aides, and therapists," said Kristin Goodrich, owner. "A mother of a child with Autism is on alert 24/7, even if the child is out of their care, they are worried. Is he safe? Can he express what he needs? Will be he able to tell me how he feels?" she added.

Most of these women would never take an hour, never mind a day, to pamper themselves. So, on October 14th, 2012, that is exactly what Body and Soul Retreat of Lighthouse Point did for these spectacular women. On this day, Body and Soul Retreat closed its doors in order to give complimentary services (Massages, Facials, Manicures, Pedicures, Hair Services) to these special women.

Thank you, Body & Soul, for your thoughtfulness. We can never have enough acts of kindness in our community and in our world!



Kristin Goodrich, Anastasia Andrews
and Ovidiu Ghirca.



Alexandra Meler, nail tech, doing a great job.



Darlene Pearson's talent as lead stylist
puts a smile on a deserving face.



Jess Moss blowing out a fabulous new hairstyle.



Autism Mothers and Caregivers.

• Over \$59 Million in sales so far this year! •

Lighthouse Point's #1 SALES TEAM! The Prenner Team (954) 784-6703



Cathy
Prenner



Jack
Prenner



Stephanie
Heyman



Julie
Finnis



Bryant
Roepnack

BC, GRI, CRS, SRS, CIPS

Certified Distressed Property Expert



Beautiful direct ocean views and breezes from this delightful, remodeled, 3 bedroom, 3½ bath town home. Located on prestigious Millionaire's Row on 300' of beach! Gorgeous new kitchen with granite counters and stainless steel appliances. New baths, marble flooring and impact windows throughout! Optional deeded dock available. Don't miss this opportunity! \$599,000.

Beautiful turn-key waterfront home just moments off the Intracoastal. This elegantly appointed home comes with a gorgeous new custom kitchen and master bath. Highlights include a gated landscaped entry, two story foyer, marble flooring, spacious light-filled rooms with patio doors, and fireplace. Enchanting tropical pool with waterfall, custom outdoor shower and built-in outdoor grill. Meticulously maintained! \$845,000.

Remodeled direct Intracoastal corner condo. The best finishes and quality inside and spectacular wide water views outside! Private ICW porch. Gorgeous kitchen with custom wood cabinetry, granite and s/s appliances. Lovely plantation shutters, new A/C, hot water and washer/dryer in unit. Small pet friendly! \$327,900.



Only 3 Left!

Fabulous, brand new 3-story townhomes! Each unit has marble flooring, stainless steel appliances, granite, 2 CG, private elevator to the rooftop terrace and dock. Waterfront units have private pools and exquisite views of Lake Santa Barbara. Waterfront units starting at \$629,000. Non-waterfront units starting at \$465,000.



Direct Intracoastal!

Amazing views of the Intracoastal and Hillsboro Lighthouse from this large, gated, 5 bedroom, 6 bath, plus loft home - custom built in 2001. Just 5 minutes to the ocean with 100' of water frontage in a no wake zone with a 100' dock that includes water and electric. Beautiful infinity edge pool with spa and water feature. Gorgeous kitchen with granite and top appliances, elevator, fireplace and wet bar. \$2,725,000.



Exquisite Finishes!

Magnificent, custom built 5 bedroom plus office, 5½ bath home on 90 ft of deepwater and just off the Intracoastal in Lighthouse Point. Exquisite finishes, ensuite bedrooms, game room, 3 room master suite, tropical pool/spa, 2 laundry rooms, 3 car garage, elevator and so much more! \$2,375,000.



Wonderful Family Home. 5 bedroom, 4 ½ bathrooms. Large master suite. Two wood burning fireplaces. Large family room with wet bar. Must see to appreciate. 4,800 sq ft with lots of extras; eat in kitchen, large den, 2-car garage; private lush pool area to enjoy. 4th home from the Intracoastal. Cul-de-sac, park, and sea breezes! \$599,000.



Welcome to Cape Cod in Lighthouse Point! Adorable 2 bedroom, 2 bath remodeled home on a large corner lot in the Marina area. Beautiful bright kitchen, cathedral ceiling in the family room, elevated bedrooms and white wood beam ceiling in the living room! Enjoy the large screened patio surrounded by very private yard with lush landscaping throughout and plenty of room for a pool. Great location, great find! \$399,000.



Beautifully remodeled 4 bedroom, 2 bath waterfront home in Cypress Harbor. Great water views from 70 feet of dockage. Light and bright with large tile throughout. Kitchen has granite counters, stainless steel appliances. Other updates include new garage door, most windows are impact glass, remodeled baths and newer A/C. \$439,000.



LIGHTHOUSE POINT'S HOME TEAM



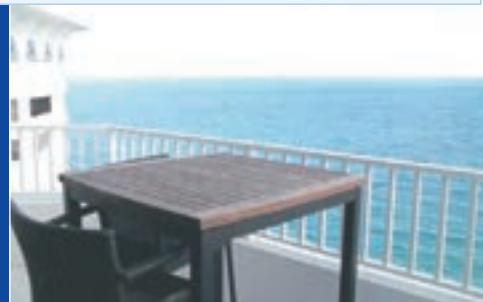
ELEGANT 5BR/5.5BA HOME



Spacious pool home on 80 feet of water in Lighthouse Point. This home features a gourmet kitchen with top-of-the-line appliances. Impact windows throughout. Beautiful backyard with wonderful water views and a saltwater pool. A 3 car garage and much more. This home has exquisite finishings throughout. ML#F1209326 \$1,875,000

CHRISTINE RANDHAWA, 561-703-4346

BEAUTIFUL CORNER PENTHOUSE



Incredible Ocean, Intracoastal and city views. Large 2 BR/2BA condo has foyer entrance, dining room, remodeled kitchen with granite counters and top-of-the-line appliances, large living room, balcony overlooking the ocean and impact windows. W/D in the unit. Pool on the beach. Updated building. Great amenities. ML#F1200349

RUTHIE BROOKS, 954-803-4174 \$498,500

CORAL HEIGHTS POOL HOME



3BR/2BA with 1BR/IBA in-law suite. Roof and Simonton windows are 6 years new. Stunning tile flooring through the house and in-law suite. Accordion storm shutters. Don't miss out on this 2,440 s.f. Coral Heights Beauty. Moments to 1-95, beach and Downtown. Oakland Park. ML#F1209847

RAY DIAZ, 954-816-9525 \$375,000

PALM-AIRE AT CORAL KEY



ICW community in the heart of Lighthouse Point, surrounded with boat dockage and quick ocean access. Heated waterside pool with new clubhouse.

3BR \$339,000 - 1st floor with Intracoastal views
\$319,000 - North canal and Intracoastal views

2BR \$219,000 - Direct Intracoastal
\$189,000 - 1st floor with pool and ICW views

MARTY TOMPKINS, 954-242-8165

NOW IS THE TIME! THIS IS THE HOUSE!



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

**SUZI McCABE, 954-562-4938
CAMILLE HALL, 954-254-2085 \$335,000**

BRING YOUR BOAT!



Enjoy this 2BR/2BA waterfront home with ocean access. Open floorplan on a wide canal. Completely updated open kitchen with granite, stainless steel appliances and center island. Remodeled bathrooms. Tile and carpet. Close to beach, shopping and the newly designed Greg Norman golf course. ML#F1193719

CAMILLE HALL, 954-254-2085 \$325,000

HARBOR VILLAGE



This 2BR/2BA home sits on a huge corner lot. With some TLC, it can be a wonderful family home, there's so much potential! Great neighborhood near the beach, shopping, dining, entertainment and more. Pompano Beach. ML#F1192068

**SUZI McCABE, 954-562-4938
CAMILLE HALL, 954-254-2085 \$260,000**

MILLION DOLLAR VIEW



Direct Intracoastal view from this 2BR/2BA southwest corner unit. Has a newer roof, lovely heated pool/patio area, close proximity to the stunning new Pompano Beach development and newly designed Greg Norman golf course. ML#F1204797

CAMILLE HALL, 954-254-2085 \$249,000

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



SE corner-private, ground floor entry, 2BR/2BA totally updated, granite kitchen, wine cooler, w/d, new baths, spectacular bay views, walls of glass windows, new A/C. Resort amenities: clubhouse, kitchen, sauna, gym, hot tub, heated pool, showers, picnic area. ALSO: Two townhomes - 2 balconies, sundeck, 2/2.5-w/d. \$319.9K - \$289.9K - \$239.5K

NANCY PEDICORD, 954-868-6517

**BOCA RATON
(561) 886-1600**

**LIGHTHOUSE POINT
(954) 691-1800**

**POMPANO BEACH
(954) 545-1600**

**FORT LAUDERDALE
(954) 489-3100**