

LHP

Lighthouse Point Magazine

www.LHPmag.com

Serving Boca Raton to Fort Lauderdale

July/August 2012

Making *Paris* Your Own

Ladies Fish-Off

Artist Sirju Mohan

Meet Dr. Keith Parmenter

Chamber Food Truck Event

10th Anniversary
Edition



Bring it on Home



The All-New 2012 Jeep
GRAND CHEROKEE



Jeep

DODGE



RAM

of

North Broward

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

954-943-6700



www.ChryslerJeepofNorthBroward.com

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!

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

(954) 570-8989

ALEX N. KAPETAN, JR.
ATTORNEY AT LAW
*Harvard University, B.A.
University of Miami,
College of Law, J.D.*

www.wklawyers.com

4400 N. Federal Hwy. • Lighthouse Point • FL



WITES & KAPETAN
ATTORNEYS





"Out and About"

with Debra Todd



Bev and the Miranda family at OK Tires in Pompano Beach give you full service with a smile.



The Lighthouse Point team of the USPTA Junior Circuit Tennis League proudly pose with their trophies after a fun tournament.



Ben Stern and Sabah Saoud perform in "The Marriage of the Spider and the Fly".



A killer serve from a lady on the Summer Tennis League.

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.

Foundation Introduces Nanette Rudolf as Development Director



On April 30, John Knox Village was pleased to welcome Nanette Rudolf, the new Foundation Development Director.

Originally from Texas, Nanette has lived in the Fort Lauderdale area for more than 35 years. For 15 years, she was the Director of Gift Planning and Major Gifts at Holy Cross Hospital. During that time, she became highly familiar with The Village.

Prior to JKV, for the past five years, Nanette was employed as the Director of Gift Planning at her alma mater, The University of the South, in Sewanee, TN. She graduated from there with her bachelor's degree in psychology. Nanette also received her Juris Doctor, law degree, from The University of Miami School of Law.

As the Foundation Development Director, Nanette will help lead a capital campaign for JKV's New Health Center. "I am anxious to see the plans for the Health Center. Once they are complete, we will have a better idea of our goals and philanthropic opportunities," she said. "It is amazing how our residents have supported this initiative. I am grateful for their foresight and for pushing this forward."

As our Foundation Development Director, Nanette will help lead a capital campaign for JKV's New Health Center. "I am anxious to see the plans for the Health Center. Once they are complete, we will have a better idea of our goals and philanthropic opportunities," she said. "It is amazing how our residents have supported this initiative. I am grateful for their foresight and for pushing this forward."

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. For more information, contact our Marketing Department at (954) 783-4040, or visit us at (www.johnknoxvillage.com).



Compass Rose Society Raises \$3,600

On April 15 the Compass Rose Society of the Florida State Society Daughters of the American Revolution hosted a luncheon titled "Preserving the Path for Others" at the home of Barbara Copanos in Sea Ranch Lakes. Co-chairwomen were Sally Alshouse, Tracy Roloff, and Linda Scheuplein.

Over 40 women from around the state attended the luncheon that raised \$3,600.00. Keynote speaker and Guest of Honor was Donna Cullen, Regent of the Florida State Society. The Compass Rose Society was established to raise funds for the restoration of the "D" Street Ramp adjacent to Constitution Hall at DAR National Headquarters in Washington, D.C. Members of the Compass Rose Society raised almost \$30,000.00 toward the project.

Elsa Brehm Hoffmann October 11, 1907 - May 22, 2012

Elsa Brehm Hoffmann was born October 11, 1907 in Yonkers, NY. This was a time when Theodore Roosevelt was president, gas was 6 cents a gallon, and Oklahoma became the 46th state. Elsa was married in 1926 and had a wonderful marriage and partnership with her husband Bill.

Granddaughter, Sharon Elsa Textor-Black, wrote a book about Elsa's philosophies and habits that contributed to her happy life entitled "Elsa's Own Blue Zone."

Elsa had recently shared a prayer by thanking God for every wonderful day she has had on this earth and for her extraordinary long healthy fulfilling life. She also said she would continue to live each day to the fullest but was ready to go whenever God was ready for her. Elsa was one person who could look back and say she appreciated it all, loved it all, and loved us all. We love you, too, Elsa, and will always!

Our Cover



This month's cover features Making Paris Your Own. Read more on page 10.

Photos by Chris Card Fuller

Features

10 Making Paris Your Own

18 Ladies Fish-Off

38 Artist Sirju Mohan

40 Meeting Dr. Parmenter

46 Food Truck Event

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*



Thank You For Making Our Publication The Best!

"I love your new magazine!" someone exclaimed on the other end of the phone. As you may have noticed, our magazine has taken on the look of some of the finest publications in the industry. It was a wild and whacky ride during May for us here at LHP Magazine, frantically struggling to meet the June deadline. But thankfully, the reaction to our newly designed publication, in celebration of our 10th year, has been through the roof, to put it mildly.

Our bold and brilliant new cover, designed by Babs at Kall Graphics, is just the spark we needed to set ourselves apart from everyone else, not to mention our new wider circulation and brand new features, as well.

As always, we are looking to you, our loyal audience, for your suggestions to further make us the magazine you will read cover to cover every single month, and proudly display on your coffee tables.

The Play's The Thing!

It was great to see so many friends and relatives at the Shortcuts 2 presentation of nine short plays at the Lake Worth Theater and the Empire

Stage in Fort Lauderdale in the past few months. I believe the reason that popularity of short plays has grown so much is that each play is different, and audiences seem to like the variety of the subject matter.

The Lighthouse Point Playwrights' Drama Group holds ten-minute play readings twice monthly at the home of Joan McIver. Meetings are open to anyone interested in learning the playwriting process. We expect to have our plays performed on stage in the fall, so we are not only interested in writers, but any persons desiring to show their acting ability.

Our meetings are fun, free and exciting, so please join us by calling 954-486-3820.

LHP Musical Salon?

In our area, there are many talented musicians of all ages and players of all instruments that would love the chance to display their musical ability. Being a professional pianist, I thought maybe there are other musicians that feel the way I do.

If just once each month, a group of talented musicians met at a certain venue having a piano, possibly someone's home, an evening of musical performances could be arranged, just for listening pleasure.

Thought I'd just throw the idea out there. Interested parties please call me at 954-486-3820.

**"The world as we have created it is a process of our thinking.
It cannot be changed without changing our thinking."**

— 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
As I Was Saying	24
Ask the Psychologist	60
Beauty Spot of the Month	26
Cantankerously Yours	56
Cookin' with the Community	62
From the Editor	6
Fashion Blog	52
Florida Sport Fishing	67
Garden Lady	26
Happy Birthday	70
Healthwise	58
Identity Theft	66
Legal Matters	52
On Religion	72
Online Marketing	54
Out & About	4
Pet Birthday Gallery	71
Sheriff Report	58
Skin Care	60

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

A pet who needs love



Photo by Debra Todd

Dylan

Dylan is a very energetic 2 year-old miniature Pincher mix, whose #1 goal in life (after finding his forever home) is play — with people, with other dogs and with his toys. He can occupy himself for hours, playing with his toys. It's loads of fun to watch him!

Dylan can be very affectionate. He would do best in a home with no small children, as he tends to guard food and toys, being afraid they would be taken away. As he develops trust in new home, this behavior can be remedied. We will help you! He is also potty trained!

You can come and meet Dylan and his friends at Florida Humane Society , 3870 N. Powerline Road (just north of Sample Road, (east side) Thursday through Sunday 12-4 pm, or visit us online at FloridaHumaneSociety.org

LHP

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



JonFrangipane – Founder/Publisher/Editor

BabsKall, Kall Graphics – Magazine Design & Layout

DebraTodd – Photography

LindaKaufman – Staff Writer

WendellAbern – Staff Writer

AlanWilliamson – 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

**ERICA
DAVEY**

EXCLUSIVE PROPERTIES

Presents

Two Magnificent Events

TO CELEBRATE



The Lighthouse Point Magazine celebrates year

The man behind the Magazine:

Jon Frangipane

A man of many talents: Editor, Celebrated Pianist, playwright, Actor; but it is his humility that impresses most of all.

Every month the LHP Magazine "appears" in our mailboxes, informing us about the going ons of our community. Jon's "creation" has grown, in his ever striving for perfection, from humble B&W beginnings to a Stylish, Elegant full-color Magazine. Assisted by **Babs Kall**, layout; **Debra Todd**, photography and a host of staff contributors, he created "**The Biggest Little Magazine in S. Florida**".

We salute you and wish you a happy birthday. Congratulations on this **MAGNIFICENT** achievement



Jon & Tiger

RE/MAX
Preferred



Eiffel Tower

Making

Paris Your Own

Story and Photos by Chris Card Fuller

Like falling in love for the first time, when you're new to Paris, you're sure that nobody else has ever seen, smelled touched or tasted the city's essence with such intensity: Sunset over the choppy blue-gray Seine River, the golden dome of Les Invalides seemingly on fire in these last rays of daylight, the mirage of Sacre' Coeur's white facade shimmering above Montmartre, and of course, the Eiffel Tower, a huge Independence Day sparkler looking too hokey to be taken seriously, thus, its perpetual charm.

*Y*ou can still taste that buttery, flaky texture of your first croissant and hum the corny accordion player's tune you heard on a Metro ride. The aroma of espresso mixed with a hundred years of jettisoned tobacco lingers in your olfactory scrapbook, even though current smoking laws have forever changed the sensory assaults of Paris's older railroad stations. You can't forget the sting of Calvados apple brandy trickling down your gullet (or the dry heaves the morning

after). Or hearing that perfectly attained high note from the current Paris Opera House darling; the touch of couture silk and the hint of Guerlain's latest fragrance when a stylish resident brushes past you.

Elsewhere, you wouldn't forgive a brusque waiter and you'd prefer to be greeted by shopkeepers with a smile, but take it from a jaded Parisian visitor, if you're willing to step outside your comfort zone, you may find yourself hooked on this city, and, trust me, you'll never get your fill.

Frustrating? Yes. Exasperating? Yes. Expensive? Yes. Hard to understand? Yes, especially if you don't speak French, and sometimes even when you do. So, why bother? What's so great about Paris?



Chestnut vendor



Les Invalides

Before I came to Paris for the first time, I had seen parts of Paris in movies like *Charade*; the high-ceilinged apartments with huge doors and ornate moldings, the Bateaux Mouches gliding down the Seine River, the old stamp show in the Champs Elysees Rond Point gardens.



Tour Boat on Seine

But, when I finally did arrive in Paris, I was overwhelmed. Walking among the throng of tourists populating Rue de Rivoli in the summertime, I failed to see the beauty of its arched walkways. The Tuileries Gardens seemed too stark and regimented. In this elegant Right Bank neighborhood, I felt



Louvre, IM Pei entrance



Rue de Rivoli



Tuileries Gardens

as welcome as a weed, frustrated at not being able to speak French. Shocked at the high prices, I stayed for only two days and hopped on the first plane back to the USA.

But two years later, I returned after having signed up for French language courses at the Sorbonne, and after six months of daily classes, something clicked. Phrases began falling into place and I actually understood when people asked me questions. That was just the beginning of a lifelong relationship with the City of Light. It was not until years later that I started to feel at home, and much of that was thanks to meeting Parisians who invited me into their homes and shared their love of the city with me.

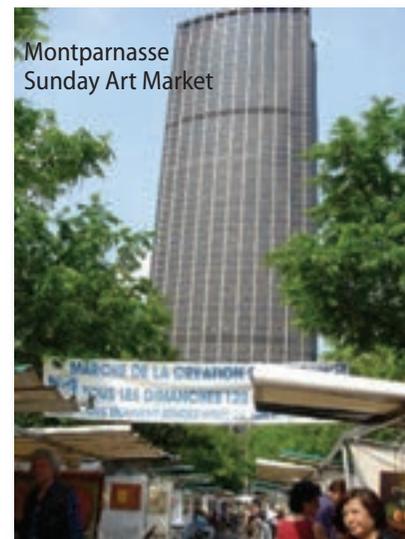
We did the same things tourists do: we visited the Louvre and other museums, but always in a leisurely, non-hurried way. We walked in the Versailles gardens or dined in local affordable restaurants. If there's one lesson I've learned over the years, less is more. If you go to the Louvre, focus on one exhibit (locals usually go for the temporary exhibitions).

On Sundays at Chateau Versailles, families might rent bikes or stroll in the gardens without even setting foot in the chateau. Watch a French couple decide on a restaurant: they usually spend some time comparing menus posted outside restaurants before settling on one. A good meal is an important part of any outing and should never be hurried. The traditional lunch hour lasts from 12:30 to 2 pm. Whether rich or poor, Parisians have a talent for the art of living. And you can do the same. Whatever you choose to do while in Paris, spend enough time to make the experience worthwhile. You may only have one or two days, but even a short visit can be a lifetime memory if you keep things simple and savor every moment.

Here are a few tips to make your first visit to Paris unforgettable:

Getting around Paris:

Put on your walking shoes. If you like to walk, there's no better way to acquaint yourself with the city's varied neighborhoods. Each neighborhood has its unique character. I'm a denizen of Montparnasse, which has its mini-theater district, and its literary history of American expats drinking alongside French icons like Simone de Beauvoir and Jean-Paul Sartre. Get yourself a good city map, such as the Plan de Paris (it's actually a small book with maps of each arrondissement) and decide which neighborhood suits your interests (and your budget).



Montparnasse Sunday Art Market

Continues on page 30



In the mood for great food?



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

- "Award winning chicken wings" ■
- Home made soups, sauces, salads and dessert ■
- "Best key lime pie around." ■
- Ipswich clams flown in fresh from Maine every Wednesday ■

Come on in and cool off with the coldest draft and microbrews in town or simply sit down and enjoy a glass or bottle of your favorite wine.

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



Margee Horkheimer
REALTOR®



Southeast Coast Realty

954-682-4888

mhselling@aol.com

www.margeehorkheimer.com

Serving Lighthouse Point for 23 Years

Customer Satisfaction is always my #1 concern!

LIGHTHOUSE POINT WATERFRONT • LAKE PLACID



80' on Water • 3,890 Sq.Ft. • 4/4½
Great Home • Great Neighborhood

\$959,000

TIRES • TIRES • TIRES • TIRES

TIRES • TIRES



TIRE STORES



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

"Service You Can Trust"

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**

TIRES • TIRES



Susan Nelson

Specializing in "YOU" the client!



954-242-6400

SueNelson@remax.net
www.SusanNelson.com



\$6,995,000

6 BR/7.5 BA, 180 ft deep lot on 100 ft of Intracoastal waterfront! Lovely estate perfect for entertaining!



\$1,999,999

Newly built single story, 5 BR/5 BA, south Exposure, 100ft of deepwater in LHP!



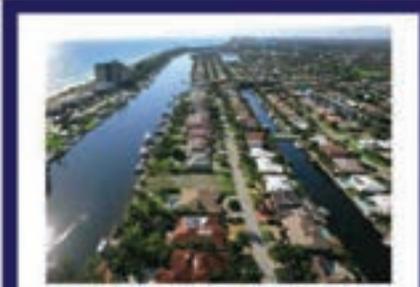
\$1,679,000

Stunning 5 BR/5 BA home with over 4000 sq ft, 90 ft deepwater, built in 2007, pool/spa, in Venetian Isles



\$1,199,000

5 BR/3.5 BA, bar, 1st & 2nd floor master BR's, patio/pool, great for entertaining, situated on 100 ft of deepwater!



\$1,195,000

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



\$699,000

100 feet of deepwater! Literally houses away from Intracoastal. 4BR/3 BA over 2200 sq ft



\$499,500

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



\$449,000

3 BR/ 2.BA, vaulted ceilings, updated kitchen, huge backyard with pool, patio and more!



Gardenia Place—\$429,000

3 blocks to the beach! 3 BR/2 BA with 2CG.

Closed Deals So Far 2012!!!

2331 NE 28 St LHP	2349 NE 28 St LHP
3217 NE 30Te LHP	2600 NE 43 St LHP
2912 NE 27 St LHP	4931 NE 28 Av LHP
4318 El Mar Dr FLL	1728 Victoria Pk FLL
3409 Barton Rd PB	3409 Robbins Rd PB
4210 NE 26 Te LHP	4221 NE 26 Te LHP
455 Palmetto 7E BR	455 Palmetto 7W BR
1028 SE 14 St DB	1373 NE 27 St PB
5906 Old Ocean OR	4130 NE 22 Av LHP
1103 SE 6 St DB	2921 NE 28 #205 LHP
3863 NE 22 LHP	3863 NE 22 LHP
3867 NE 22 LHP	2800 NE 30 #9A LHP

I have personally closed all of the above transactions. Thanks to all for your trust, confidence and loyalty. Sue



Nobel Point—\$285,000

Updated 2 BR/2 BA unit plus private dock in waterfront complex with ocean access!



LIGHTHOUSE COLONY

3 UNITS AVAILABLE!

\$189,900— updated 2 BR/ 2 BA
\$177,900—2 BR/2BA (dock separate)
\$178,500—1 BR/ 1.5 BA

Boat World




REGULATOR
THE FINEST IN OFFSHORE SPORTFISHING BOATS
MODELS FROM 23' - 34'

SALES & SERVICE
1260 N. Federal Hwy
Pompano Beach, FL 33062
954-781-7100
BOATWORLD USA.COM



FAMILY OWNED AND OPERATED SINCE 1980

**FULLY LICENSED AND INSURED
COMMERCIAL AND RESIDENTIAL
CERTIFIED BACKFLOW TECHNICIANS**

BRADSHAW PLUMBING INC.
954-782-1833

**FREE ESTIMATES
24 HOUR EMERGENCY SERVICE
www.BRADSHAWPLUMBERS.com**

Lighthouse Point Chamber News

Article by Andrea Freygang

Photos by Jon Frangipane

The Lighthouse Point Chamber gathered at Ocean Drive Burrito in Deerfield for the May Social. During the event, **Ryan Kolb** 5th grade student at Norcrest Elementary School was nominated by Commissioner Becky Lysengen to be recognized as the Lighthouse Point Magazine/Lighthouse Point Chamber **SuperKid of the Month**. A \$50 check is awarded each month to a child who has accomplished something special, or performed an extraordinary service to the school, or community (see pg. 16). Ms Lysengen is also a teacher at Norcrest.

The Lighthouse Point Chamber made a donation to the Alzheimer's Association. Lighthouse Point resident Laura Jones discussed her family's struggles with

Alzheimer's and a donation in her honor was made to the local chapter, with Barbara Grasch, LMFT, director of program services accepting the \$500 check.

Babs Kall of Kall Graphics introduced the newly-designed copy of the *Lighthouse Point Magazine*. And in a separate ceremony, a check for \$500 was presented to Joanne Jaycox for the Quota Club which provides scholarships for deaf children.

The Chamber will host a Sidewalk Social at Venetian Isles Shopping Center on August 21. Look for details on this and other events at www.lhpchamber.com.



Danielle Grosso of Ocean Drive Burrito, hosted the monthly event.



Lucille Pignataro and Commissioner Becky Lysengen present a check to Ryan Kolb, SuperKid for the Month.



Joanne Jaycox accepts a donation for the Quota Club from the Chamber's Lucille Pignataro.



Babs Kall of Kall Graphics with the newly-designed LHP Magazine.



LHP

LIGHTHOUSE POINT MAGAZINE

SUPERKID

OF THE MONTH



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

**Is Your child
a
Superkid?**



Ryan Kolb

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

We are thrilled to announce that our *SuperKid of the Month* recipient is 5th grader Ryan Kolb. Because of his accomplishments, we felt this award is well deserved.

Ryan Kolb is a 5th grade student at Norcrest Elementary School and was nominated for SuperKid of the Month by his teacher, Lighthouse Point Commissioner Becky Lysengen. With thank the commissioner for her all her efforts in helping the children of our community.

Ryan was diagnosed with type 1 diabetes almost eight years ago. Since the age of 3-1/2, he endures 5-8 finger pokes per day to monitor his blood sugar levels, counts every carbohydrate that he eats, then enters these numbers into a smartpump that delivers insulin to him 24 hours a day. All this just so his body can turn sugar into energy, something most people's bodies do automatically. He is truly our superhero!

This year Ryan asked us if we could participate in the JDRF Walk to Cure Diabetes that was held on March 31, 2012 in Broward County. In 2009, we had a supportive team of family and friends from our local Mom's Club and raised \$2295 for the JDRF Walk, but had not been actively fundraising for several years.

This year, under Ryan's leadership, we recruited a team of 15 friends and family to walk with us, and his team, Ryan's Rockets, has raised \$2,536, so far. He spoke about having Diabetes on his school announcements and collected money from his friends and neighbors. We are very proud of his efforts to help to find a cure. Our team is still collecting donations at our JDRF team website:

http://www2.jdrf.org/goto/ryans_rockets • http://www2.jdrf.org/goto/ryans_rockets

Please know that more than 80 percent of JDRF's expenditures directly support research and research-related education. Past JDRF research efforts have helped to significantly improve the care of people with this disease, and have expanded the critical scientific understanding of T1D. JDRF will not rest until T1D is fully conquered.

We greatly appreciate your consideration and support of this worthy cause. Our entire staff applauds this young man for his work ethic and entrepreneurial zeal, and we sincerely hope it will be an inspiration to all young people who read this story.

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

Please mail submissions to LHPnews@bellsouth.net

calla lilies

art
glass
by
Babs



▲ GIFTS ▲
GLASS ART FOR YOUR HOME

Available by appointment

954.675.4944

www.artglassbybabs.com

GIFT CERTIFICATES AVAILABLE



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



SUSHI • JAPANESE • THAI

NEW HAPPY HOUR • 5-8 PM • 7 DAYS



1/2 OFF BEVERAGES
& SPECIAL HAPPY HOUR MENU



MONDAY

IN THE BUSINESS
15% OFF
ENTIRE CHECK
5PM - CLOSE

TUESDAY

\$1 SUSHI
NIGHT
SELECT ITEMS
5PM - CLOSE

WEDNESDAY

LADIES NIGHT
1/2 OFF
BEVERAGES
5PM - CLOSE

THURSDAY

IN THE BUSINESS
15% OFF
ENTIRE CHECK
5PM - CLOSE

ABOVE SPECIALS FOR LIGHTHOUSE POINT LOCATION ONLY

1970 E. SUNRISE BLVD
FORT LAUDERDALE

954.779.2735

2 GREAT
LOCATIONS!

4460 N. FEDERAL HWY
LIGHTHOUSE POINT

954.532.1763

WWW.HEARTROCKSUSHI.COM

26th Annual Ladies Fish-Off

Photos by Debra Todd

Forty-six boats took part in this 26th annual Ladies Fish-off on June 2nd at Alsdorf Boat Launch Park in Pompano Beach.

Women brought in bonitos, kingfish, blackfin tunas and dolphin, and Hook Me Up won the contest bringing in 152.8 pounds.

Forplay came in second at 127.8, Tax Relief was third at 114.6, Bustin' Loose was fourth at 102, Kawana fifth at 100.2, followed by Shock Wave at 94.5, Hell Bent at 93.1, No Drama at 89.8, Pop A Top at 89.1 and Direct Threat at 85.

Best angler was Lauren Palko of Hook Me Up with 96.9 pounds that included kings of 23.6 and 21.6, tunas of 28.4 and 23.3. Lauren partnered with Cappy Cheshier.

Coming in second was Renee Miles of Forplay with 69 pounds, which was the tournament's biggest tuna, a 31.6 blackfin that she caught kite-fishing off Boca Raton.

Following third was Jenna Ulbrich at 68.5 fishing on Ono with her husband, Dan Coopertino, and Wes Seldner. Ulbrich's kingfish weighed 39.2 and 29.3, kite-fishing in 150 feet off Boca Raton.

The biggest fish caught was by Martie Siedler of No Drama, a 48.4-pound kingfish. Marketa Petruskova-Loos, of Banyan Bay, caught the biggest dolphin at 20.5. Camryn Fischer, of Shock Wave, had the biggest cobia at 20.2. Ashley Lauren Kidwell, of Tax Relief, won as the top junior at 87.7. Miles and daughter Crystal Simpson won the Tom Tucker Memorial Top Family Award.





REMEMBERING WILMA

BY NICOLE GOLDSTEIN

Is living in Florida still the great American Dream? It depends on how you feel about eating canned food. In 2005, Max Mayfield and his National Hurricane Center told us we were in the middle of a 10 to 25-year heavy hurricane cycle. For those of you keeping track, that's two Awful Seasons down and six seasons of unadulterated good luck.

Despite early storms, things aren't feeling as urgent as 2006. In that year, still stinging from Hurricane Wilma - the blackouts, blue tarps and collapse of the homeowner's insurance market, we all took our preparations seriously. Reminders of the previous two years were everywhere - from the herd of roofers in the area to the glaring and appalling lack of trees in local parks. If visual and financial reminders of hurricanes weren't enough, gas containers and canned goods started appearing with greater intensity in the local big box stores. Not even the Ides of March inspire the same dread June 1.

Those of us who were here during those two terrible seasons have acquired a certain swagger. We know how to connect the generator to the house, or we know which neighbor to call and what to bribe them with. We know how to brew coffee on the outdoor grill, how much propane to keep on hand (at least two containers. Depends how much coffee you drink). We know how long it takes to install the shutters (round up - you're out of practice) and what to give the dogs when they freak out from the dark and the wind (beer). We know how to pass the time while waiting for the storm to come, when it stalls and when the house is too dark to sit in (driveway party). We even know what the most important things to have on hand are - chocolate, gas, cash, chocolate, portable DVD player, water, solar battery charger, radio, chocolate, propane, powdered milk, chocolate and gas.

There's no indication Florida is offering a tax sale on storm preparation items this year, which is a shame. That sale has certainly encouraged a lot of people to stock up ahead of time in the past.

The tax sale in 2006 made Costco a total madhouse.

Two entire center aisles were cleared and stocked with sale items. When I got there at about 3 p.m., most of the generators were gone. That's the big one - you save actual money on a \$700 item when you don't have to add 6%. They were also doing a brisk business in batteries, hand-cranked radio/TV units, battery-operated Coleman lanterns and Uninterruptible Power Supplies for computers and other tech - usually used for minor blackouts. Canned veggies and pasta too.

Something they never taught in Home Economics is how to plan meals for four people for four days (that's the time they tell us to be prepared to fend for ourselves) using shelf-stable products and a grill. Not that I ever took Home Econ, but this is something worth thinking about ahead of time.

It's been seven long, relatively uneventful seasons since Wilma, and it's made people complacent about their preparations. Even the big box stores don't seem to be setting up for the sales this year. Please take the time to think about and plan for the worst-case scenario. Luck doesn't last forever, and this is still the storm center of the US.

This article is sponsored by the Lighthouse Point Chamber of Commerce. Please support local businesses this hurricane season.

A Better Plumbing & Remodeling Service
Water Purification Systems Astro-Pure
Air Systems & Control Services Inc.
Michael P. Caplan Insurance Agency
Lighthouse Family Construction Services
State Farm Insurance & Financial Services

Florida State Restoration Services
Home Art Construction, Inc.
Krutek & Associates, Inc.
Allstate Insurance
Allied Doors South Florida Inc
South Florida Air Conditioning

Zahn Development, Inc
Andy's Home Work
AC Quality Electric, LLC
Knox Pools Inc
MECHANICOOOL INC

A Time To Fish And A Time To **Play**

SAILOFISH

SOUTHWIND

**HIGH END QUALITY
& BOAT DESIGN AT
MID-LEVEL PRICES**

YAMAHA
POWERED WITH
FUEL EFFICIENT
YAMAHA OUTBOARDS



Get Great Deals Now!

Huge Selection of Southwind And Sailfish Boats!

3671 North Dixie Hwy.
Pompano Beach, FL 33064
Tel. (954) 785-4820

11995 Southwest 222nd St.
Miami, FL 33170
Tel. (305) 258-2000

102550 Overseas Hwy.
Key Largo, FL 33037
Tel. (305) 451-3320

**RIVA MOTORSPORTS
& MARINE**

WWW.RIVAMOTORSPORTS.COM



SEA-TECH CONSTRUCTION



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

954-480-2607

FREE CONSULTATION & ESTIMATES

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 All of Your Electrical Power Needs



954-493-9411

EC0002423

AL SIEFERT
ELECTRIC



26'



30'



34'



39' EX

Proudly serving Lighthouse Point Boaters for over 23 years.

3000 N. FEDERAL HWY., LIGHTHOUSE POINT, FL

"The wind is dying down.
The temperatures are rising.
The fish are biting.
The water's fine, come on out!
Is your boat ready?"

~ The Ocean

CALL KMC'S FACTORY -AUTHORIZED SERVICE CENTER
TODAY TO PREPARE YOUR BOAT FOR SUMMER.

954-941-2297 www.kmcmarine.com



1900 Sport OS



2000 DC



2200 X5



2500X5







Trinity Learning Center and Trinity Christian School Celebrate Graduations

Trinity Learning Center held its VPK Graduation on Sunday June 3, 2012 in Trinity's main sanctuary. Trinity graduated 51 VPK students from three classrooms of students. Director Storm Suydam and Assistant Director Jacki Bornaman along with the six classroom teachers proudly handed out awards and diplomas to each student. It was a great evening!



Trinity Learning Center VPK Graduate Gia Lanziero.



Trinity Learning Center VPK Graduates Reiley McLeod and Sami Maker.



Trinity Learning Center VPK Graduate Grace Zownolski.

Trinity Christian School celebrated the end of the school year with a kindergarten graduation ceremony and end of year program. Pastor Dennis Redstone began the program with a prayer followed by the first through fourth graders singing and performing on the hand bells and recorders. The kindergarten class took center stage and sang "First Grade, First Grade" (in the style of "New York, New York") complete with a kick line. Kindergarten teachers, Mrs. Kim Terry and Mrs. Sophia Christakis, then handed out diplomas to the eighteen graduating kindergarten students.



Led by Kindergarten and Music teacher Mrs. Sophia Christakis, the first through fourth grade students perform.



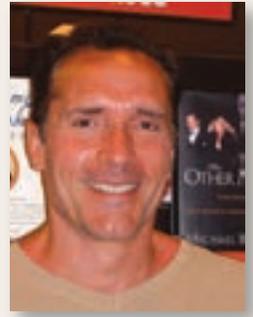
Kindergarten graduates Julia Gallo, Gabby James and Caleb Jesse.



Kindergarten graduates Maya Pratt, Brianna Staples and Ashley Turner recite the Lord's Prayer.

Don't Just Sit There

By Alan Williamson



There you are. I see you sitting there in your comfy chair, in your air conditioned room, with your fancy digital devices and your empty box of Mr. WaffleHuffle breakfast waffles now with real cranberry. Life is pretty sweet, right? Well, don't be so sure, waffle breath.

I hate to be the bearer of bad news—you better sit down for this—but it turns out sitting is bad for you. Sorry to dupe you into sitting just now; I mean you no harm. In fact, I urge you to please rise, because the more you sit, health experts say, the worse things get.

Spend too much of each day sitting, and you could get critically fat, have a heart attack and even die. And then there are the dangers of second hand sitting, with your motionless mass causing major hardship and hazard to those who have to maneuver around you to turn lamps on and off, water plants, or dial 9-1-1.

A survey shows that Americans spend more than half their time in a seated position each day, logging endless hours sitting at the office, in their cars, on a computer or in front of a TV. Sitting can quickly spiral out of control, even if you don't think of yourself as the sedentary type.

Take me, a lifelong runner and noted climber of stairs at airports and office buildings. As I write this, I'm sitting in my family room, scrawling my thoughts down the old fashioned way, putting pen to pad. It's hard work, pushing the pen across the page, but I gut it out because, frankly, I need the exercise. When I fill up a couple of pages, I'll walk the 20 feet to my spare room where I'll sit down at my computer and transcribe everything from my pad into a Word document. By the time I'm finished, I'll have been sitting for about three and a half solid hours, interrupted only by the brisk 20 foot walk from my family room.

With some final editing on this column requiring a change of scenery, now it's time to really get moving. I walk the 25 feet to my car (resting briefly only once at the halfway point) and settle into the driver's seat for the ride to the library. I park as far from the door as I can and hoof it in. Once inside, I find a small table near the door where I take a seat and resume writing.

And then, the perils of sitting take hold of me in a way I could never anticipate. As I lean slightly forward to tear out a page from my pad, I feel something tug at the back of my pants. Trying to move a little more, I realize that I am now

fastened to the chair, a belt loop from my pants having somehow gotten tangled with the chair back's curlicues of wrought iron metal. No problem, I think. I'll just reach back and unhook myself. The chair had other ideas.

Trying to hide my predicament from people passing by, I calmly wriggle in my seat, reaching back to try and pull my belt loop up and over the swirling metal design that put my behind bars. The belt loop that got hung up is directly in back of me, so I can't see what I'm doing. Judging from the vice-like grip the chair now has me in, what I'm doing is sealing my fate.

As the minutes drag on and my pants and the chair grow more intimate, I look desperately around the library for a compassionate soul. A woman sitting at a table five feet away looks promising, so I swallow my pride, clear my throat and say words to a stranger I could never have imagined saying:

"Excuse me, I hate to bother you, but I seem to have impaled my pants on the back of my chair and I can't get up," I announce pathetically.

She looks up from her smart phone suspiciously at first, but when her eyes drift down to my shackled waistband she smiles sympathetically.

"Wow, you sure do seem to have gotten yourself in a bind," she laughs. "Let's take a look."

"This isn't one of my finer moments," I mumble, trying to redeem some shred of dignity. But dignity is a bit of a luxury when a small metal chair has taken you hostage and a woman you don't know is crouching on the floor behind you fumbling with the waistband of your pants.

"Got it!" she shrieks, after tussling with the twisted mess for two of the longest minutes of my life.

"Wow, I can't thank you enough," I gush, feeling like a man whose lawyer just sprung him from prison.

"Glad I could help," she chuckles. "Have a good day . . . and be careful out there."

"I will," I say, gathering my stuff and heading out the door. As I walk away, I vow to myself to cut down on sitting, and to inspire others to do the same. My message, born from painful personal experience, is a simple one:

Sit less, move more. Your body will benefit. Your brain will benefit. And, with a little bit of luck, your belt loops will be scandal free. ♦



Debra Todd

PHOTOGRAPHY



www.debratodd.com

954-941-4294

*Times Change! People Change!
But our service is always consistent. Simply the Very Best!*
(954) 571-7919

Bailey Woodruff Title Company, Inc.

665 SE 10th Street #104, Deerfield Beach, FL 33441 www.baileywoodruff.com



The Garden Lady Says... **BEE a Part of the Solution!**

By Donna Torrey



Horticultural oils have been used for hundreds of years in agriculture. Most insecticides kill insects by poisoning them on contact. The inherent problem with this method is the fact that just like bacterias and viruses, insects can and do develop resistance to chemicals. In fact, it is alarming how quickly they can mutate: all it takes are a few survivors reproducing to create a super bug. The other, more important issue is that these toxins enter our food chain and poison our bodies and the environment.

It is becoming increasingly evident that systemic insecticides, which render the plant completely toxic, including the pollen and nectar, are the most likely culprits in CCD or colony collapse disorder among bees. Now, these chemicals are also being implicated in some of the disorders affecting butterflies. While these chemicals don't actually kill these insects on contact, they severely weaken their immune systems, making them susceptible to bacterias and viruses.

A systemic insecticide should never be used on anything edible or that attracts beneficial insects and animals such as bees, ladybugs, butterflies and birds. In my opinion, they should never be used at all.

Some of the more common names of such systemic pesticides would be Orthene, Cygon, Acephate, and the new Bayer products, known as neo-nicotinoids. These are horribly smelly, hazardous, and best avoided.

Once upon a time I was involved in a scale insect eradication where all sorts of poisons were used, including the highly toxic Malathion; to no avail. The insects had either developed resistance or were not feeding at the time of spraying, which scale is known to do.

Oil came to the rescue! Now why did the oil work, when all the others didn't? This is the best part; oil kills by suffocation. The oil actually coats the insect's exoskeleton, preventing it from breathing- a mechanical, not chemical death.

So, whether you make your own spray using vegetable oils (You can find a recipe on my website.) or use Neem oil or fish oils, know that you are using an effective treatment that causes the least harm to you, your family and the environment. ♦

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



Photos by Erica and Jan Davey

Congratulations to Ms. Nancy Ripak at 2611 NE 48th Court, winner of the Lighthouse Point Community's Beauty Spot of the Month Award for June, selected by the Lighthouse Point Garden Club.



Michele Hale
 Realtor®, GRI, CDPE
954-648-2065
 mhale@balistreri.com

Laurie Summa
 Realtor®, CDPE
954-205-5685
 laurie.summa@yahoo.com

SEARCH FOR REAL ESTATE
www.SEFloridaHomes.com

SOLD! SOLD! SOLD!

IN YOUR NEIGHBORHOOD

(SOLD IN MAY)*

Close Date	Address	Bed/Bath	Sq'	List Price	Sale Price	DOM
5/30/2012	1990 NE 31ST CT	2/2	1784	\$249,000	\$230,000	14
5/29/2012	2912 NE 27TH ST	2/1	1248	\$299,000	\$250,000	213
5/25/2012	2501 NE 34TH CT	4/3	2041	\$625,000	\$585,000	257
5/25/2012	2511 NE 45TH ST	3/2	2058	\$379,900	\$350,000	34
5/23/2012	2217 NE 30TH CT	3/2	2100	\$495,000	\$430,000	61
5/17/2012	4020 NE 23rd Av	4/3	2460	\$1,195,000	\$1,180,000	26
5/15/2012	3032 NE 33rd St	3/2	2570	\$975,000	\$900,000	62
5/15/2012	2421 NE 51ST ST	4/4/1	3605	\$749,900	\$635,000	263
5/14/2012	4101 NE 25TH AV	5/5/2	7116	\$2,895,000	\$2,400,000	284
5/14/2012	2601 NE 47TH ST	4/3/1	2806	\$899,000	\$865,000	25
5/14/2012	3841 NE 27TH AV	3/2	2031	\$629,000	\$550,000	83
5/14/2012	4201 NE 26TH AVE	4/2	1970	\$449,000	\$423,000	36
5/11/2012	4920 NE 29TH AVE	4/3	2579	\$499,000	\$499,000	268
5/11/2012	5211 NE 27TH AV	3/2	2041	\$269,800	\$257,000	287
5/10/2012	1941 NE 27TH CT	3/2	1521	\$230,000	\$230,000	11
5/9/2012	3481 NE 31ST AVE	3/2	2228	\$219,900	\$195,000	11

* Michele Hale & Laurie Summa provides you this information using data from the Realtor Association of Greater Ft. Lauderdale



CERTIFIED DISTRESSED
PROPERTY EXPERT

Hurry!
**Only 6 Months Left for the
 Special Tax Relief Program!**

Call us, to have your house next on the sold list!!!



LEADING REAL ESTATE
COMPANIES OF THE WORLD™



CUCINA ORECCHIO

A TRUE ITALIAN RESTAURANT

Buy 1 Entree Get 1 For 99¢

NOW through Wednesday, August 1st ONLY! Valid Daily 4PM to Closing

CASH ONLY, minimum of any 1 beverage per person required, not to be combined with other offers, no split/separate checks, 1st come 1st serve/no reservations. Gratuity will be added to final bill prior to discount.

See staff for further details and rules regarding promotion. CASH ONLY. Dine in only.

The "Why Cook At Home?"

Monday - Friday, 12-3PM **Summer LUNCH Special**

Every Day we will be
 Featuring 1 Item for Only **\$3.99**

Top it off with our
 Midday Wine Special **\$2.99** glass

Lunch ONLY. Min. credit card purchase \$12. Requires 99¢ beverage purchase. Not to be combined with any other offer.

**LIVE
 ENTERTAINMENT**

1825 E. Sample Road • Pompano Beach

Lunch M-F 11:30-3pm • Dinner M-F 4-10, Sat. 5-10, Sun. 4-9
 CucinaO@gmail.com • 954.946.7585

Follow us on  for the Latest Updates - Like us today!

2012
AS THE YEARS GO BY

You're going to need that body!



Ask about our
**NEW
GROUP
TRAINING!**

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

**1 free
week!**

*First time guests only. See club for details.



WE HAVE MOVED!

Call or visit us today!
954-421-2116

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

RSB

DERMATOLOGY

& Dermatologic Plastic Surgery

INC



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

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

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

Making Paris Your Own

Continued from page 11

Contact one of Paris's free City Greeters to take you on a walking tour. Paris's most famous monuments Notre Dame Cathedral, also offers free English-speaking guides will take you on a tour of the church. For those that are not big walkers, I'd recommend taking a boat ride along the Seine River or try out the hop/on/hop off city tour buses. Bike tours are also popular in Paris, and once again, you can find English guided bike tours to learn about the city's rich history.



Pont Neuf Bridge

Spending some time by the river:

The Seine River is the heart of Paris and if you do nothing else in Paris, pack up a lunch and a bottle of wine for a spontaneous picnic. My favorite spot is the northern tip of Ile de la Cite just under the gaze of Henri IV, the equestrian statue located on Paris's oldest bridge, Le



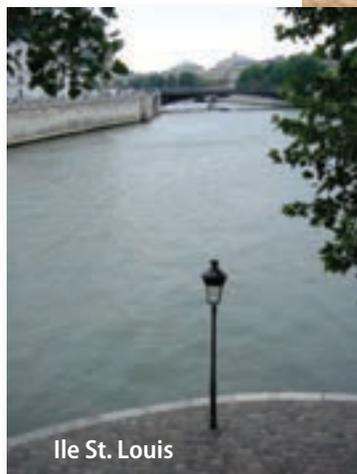
Taking the Metro:

Reasonably safe (but beware of pickpockets at some stations), the Metro is easy to use. Buy 10 tickets at a time (un carnet). The Metro tickets can also be used for city buses. There's no time limit on the tickets.

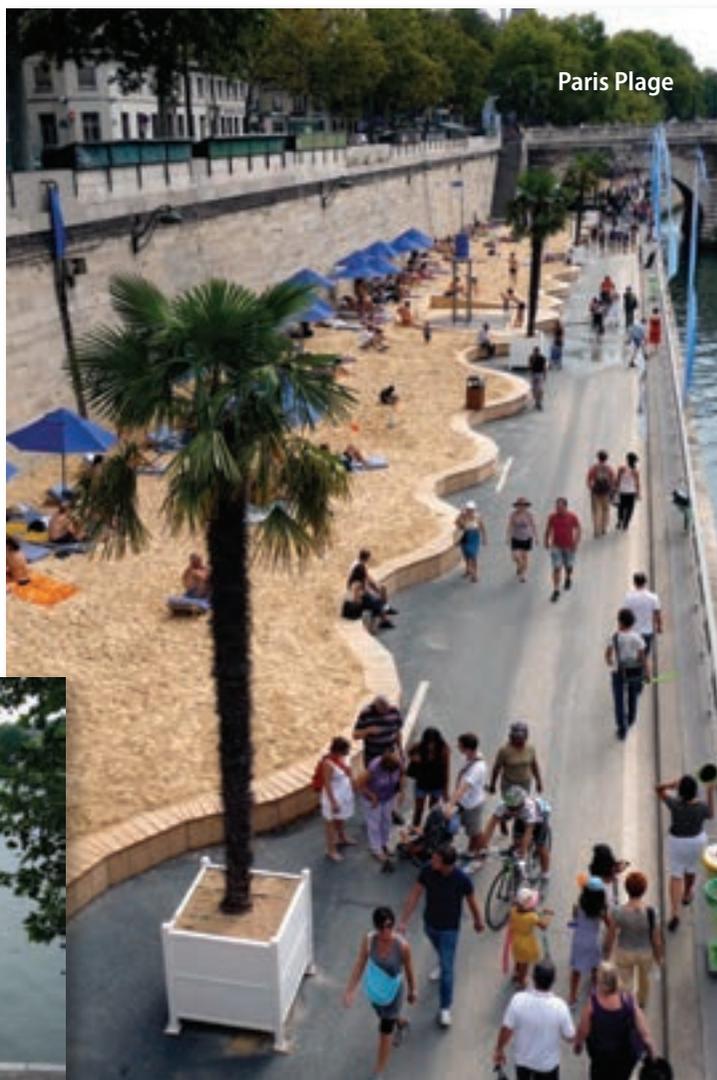
Never wait in line:

There are over a hundred museums in Paris. The Louvre, Paris's most famous museum and Musee d'Orsay, the favorite of all Impressionist fans, can consume a large part of your

day. If you truly feel that you can't go to Paris without visiting either one of these museums, I would strongly recommend purchasing a museum pass in advance (you can buy these at the FNAC bookstores, or online). Otherwise, there are several free museums worth visiting including Musee Carnavalet in the Marais and the Musee de la Vie Romantique.



Ile St. Louis



Paris Plage

Pont Neuf. Take a walk on either side of the river, cross its bridges, most of which are open to foot traffic. Even though you can't swim in the Seine, you can sunbathe during the summer months on Paris's beach, Paris Plage. Hopefully, the Josephine Baker swimming pool on the Left Bank will be back in operation for the upcoming summer season.

Find your secret garden:

In French, your 'secret garden' represents a part of yourself that you share with only your best friends. So, for those that have more than a day in Paris, you may want to seek out a quiet spot to call your own in one of Paris's delightfully romantic gardens. While, the Jardin de Tuileries is open and formal, Parc Monceau, Parc Montsouris, and Parc des Buttes Chaumont have plenty of English-style twists and turns. I never tire of returning to the Luxembourg Gardens whose floral displays change with the seasons.

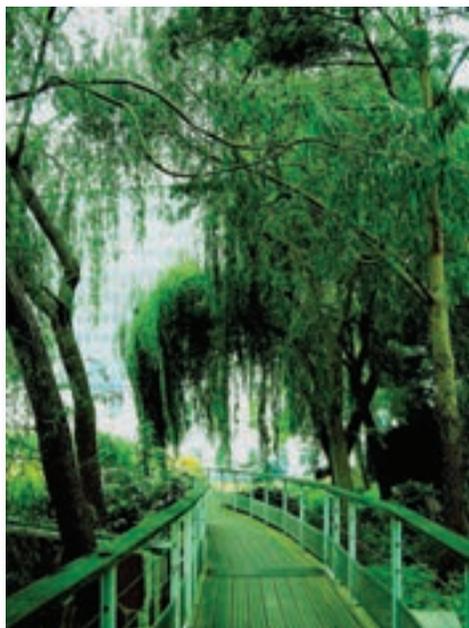
Yet, there are many other gardens to discover depending on your neighborhood. In addition to city parks and gardens, you'll find plenty of tranquil squares, sometimes tucked away off the major thoroughfares like the hillside garden leading to the Rue des Cinq Diamants in the 13th arrondissement.



Medicis Fountain Luxembourg Gardens



(right) Fontaine de l'Observatoire designed by Davioud, Carpeaux and Frémiet in 1873



Jardin Atlantique, Montparnass



Parc Monceau

Continues on page 32

Making *Paris* Your Own

Continued from page 31



Cafe de la Place, Montparnasse

Don't bust your budget!

Cafes are for drinking coffee or a 'kir' (white wine and creme de cassis). No matter how enticing the fashionable cafes may look, remember that cafes are best valued for sipping an espresso (students have learned how to make a little espresso last for hours). Smart Parisians find their local 'cantine' for lunch. These are either bistros or brasseries that serve a daily luncheon 'menu' at a fixed price. By law, Parisian restaurants must offer a fixed price lunch (the price is currently ranging from 11 to 15 Euros, drinks not usually included).

To market, to market! Outdoor produce markets are not only a wonderful, inexpensive way to try out local specialties, but spending a few hours at the morning markets is an experience in itself. One of my favorites is the Marche 'd'Aligre' in the non-touristy 12th arrondissement. Each neighborhood has its morning markets until noon or 1 pm, usually twice a week.

Break the language barrier:

If English is your only language and you've no hope of getting past 'Bonjour,' you might be surprised to know that many Parisians, especially younger Parisians understand English, even if they are shy about trying out their language skills on a native speaker. So flaunt the little French that you've mastered and then encourage the hotel desk clerk by complimenting him/her on how well he/she speaks English.

Parisians like to talk. You're rarely wasting a person's time by having a chat. Engaging in conversation shows that person that you've recognized him or her to be more



than an automaton serving you a meal or a sales receipt. It's considered good manners to greet a shopkeeper when you enter the boutique. Talk a little bit longer if there's a lull in business and you might be treated to a smile.

Whether it's the Statue of Liberty or your morning omelet, bits of French culture can be found right in your own backyard. Benjamin Franklin and Thomas Jefferson stayed long enough in Paris, not only to enjoy being there, but to win over support for our fledgling nation. American tourists continue that pilgrimage to discover for themselves what our forefathers also sought: freedom and, perhaps, the pursuit of happiness. So, put on your walking shoes, embark on a river boat, or simply open your Parisian hotel window and memorize the view; the evening glow of street traffic, the sound of cutlery and clinking crystal wineglasses.

Even if you've never set foot outside of the USA, there's a little bit of Paris in each and everyone of us. Dusk is called by some Parisians, the exquisite hour... the moment when everything becomes possible. Especially when you've just fallen in love with Paris.





Remember when your best friend had floppy ears and a wet nose?



Some residents choose to live at John Knox Village specifically because we roll out the welcome mat for their furry (or feathered) friends. We know and understand the joy our animal companions bring to our lives. The Village's 64-acre campus offers tree-lined paths along swan-filled lakes and rare tropical landscaping perfect for walks and exercise. At The Village, you'll savor a stress-free life where your housekeeping, home and outdoor maintenance needs will be satisfied. You'll have time to join in the many activities available from concerts, theatre, educational presentations and trips to local attractions.

As a resident of The Village, you will have peace of mind knowing that your life-care, health care and security are assured, even assisted living and full-time on-site skilled nursing care right on campus, if ever needed. The Village offers a life that is just purrrfect!

*Retirement living should be fun! So why do so many people still live with the chores and worries of home ownership?
Life-care starts in the \$70's.*



RC-10/97

One Community Sharing Life



*Join us for a Lunch & Learn event
or call for an appointment*

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

lhp7-12

Life-care living In Pompano Beach • Visit our website: www.johnknoxvillage.com

Andy's Home Work

Handyman & Home Improvement Service

New to Lighthouse Point

- Repair
- Replace
- Remodel



Honest & Reliable

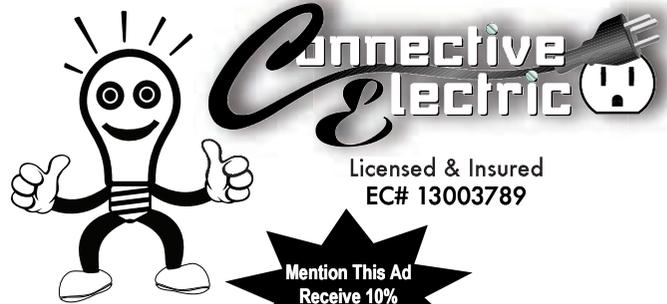
NO JOB TOO SMALL

Call Andy:

954-789-6544

- *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...*

Senior Discounts Available
Fully Insured -- License #1330117



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



VISA



DISCOVER

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 not qualify for any discounts, there is no charge for your inspection! Schedule your appointment today by calling:

Don Meyler Inspections 954-749-7099.

Formerly Maria's House Montessori School



Ages 3 through 1st Grade

We offer a loving environment, a wonderful performing arts program and a challenging academic curriculum

Hours of Operation: Mon. Through Fri. 9 to 3

1920 SE 4th St. Deerfield Beach, FL 33441 954-421-9220

5 blocks north of Hillsboro off A1A

BEACON LIGHT *Jewelers* INC. & ENGRAVERS

Serving you since 1958.

- ❖ Jewelry Repair ❖ Watch Repair ❖
- ❖ Watch Batteries Installed ❖
- ❖ Bead Restrunging ❖
- ❖ Engraving ❖
- ❖ We Buy Gold and Silver ❖

Have your jewelry appraised — call today to set up your appointment.

We thank all of you for your continuing business.
“One of the most recommended stores in Lighthouse Point.”

www.beaconlightjewelers.com

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



“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

Appearing on this page will be submissions by persons from all walks of life. They may be essays, letters, poems, photos, memorabilia, or anything we deem creative and in good taste.

ON GETTING VEGUCATED

By Jon Frangipane

Editor's Note: Recently, I was invited to a local vegan restaurant for a screening of *Vegucated*, an award-winning documentary that follows three meat-and-cheese loving New Yorkers who agree to adopt a vegan diet for six weeks. The film impressed me so much that I began modifying my diet to include many of the foods discussed.



Nanci Alexander, owner of Sublime Restaurant & Bar was kind enough to describe the dramatic changes that occur when adapting to this diet, exclusively for our *Lighthouse Point Magazine* readers.

“As a benefit to me, of what was a decision based on personal ethics 23 years ago, my vegan diet has

given me more energy than I ever had. Decades before, I was told that my chronic arthritic condition would only worsen with age. Now, at 66 years old, it's unrecognizable. My dentist, Dr. Reiss, who has been my doctor for 50 years, says that my gums are like a 15 year-old. He attributes it to my diet. Last year, I had a dental implant and the surgeon

said the bone healed like a 10 year-old.

Decades of studies have shown that going vegan drastically cuts your chances of suffering hypertension, heart attacks and strokes. A meat eater generally has a 50-50 chance of having a heart attack or stroke; a vegan's chance is 5%. Going vegan relieves symptoms of diabetes and arthritis. In addition, with minimal exercise, going vegan can slowly, steadily and safely reduce obesity.

A vegan diet that includes grains, nuts and leafy greens that are high on Vitamin E can prevent Alzheimers. Beans, peas and lentils are packed with protein, yet do not overload your body with animal protein which can lead to kidney dysfunction. Prostate cancer, breast cancer and colon cancer are greatly reduced in people who follow a vegan diet.

Cardiovascular disease has been proven to reverse itself in vegans; high blood pressure and cholesterol drop to safer levels, as well.

Go vegan and join Bill Clinton, Steve Wynn, and so many others.”

Nanci Alexander, Owner, Sublime Restaurant & Bar
954.335.3038 phone; 954.335.3031 fax
nalexander@sublimerestaurant.com

Sublime's Singapore Noodles

INGREDIENTS:

- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- 1 cup water chestnuts, rinsed and drained
- 12 ounces of fine dry rice vermicelli
- 2 stalks celery, sliced thin
- 1 medium yellow onion, sliced thin
- 2 cups broccoli florets, small bite size
- 1 cup bean sprouts, rinsed and drained
- 8 green onions, root end trimmed, cut into 2-inch pieces
- 4 tablespoons vegetable oil
- 2 cups of snap peas trimmed, cut into 2-inch pieces
- 1 cup of sliced red peppers

SAUCE:

- 2 tablespoons canola oil
- 3 tablespoons Madras (hot) curry powder
- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- 1/2 cup vegetable broth
- 1/2 cup of coconut milk
- 4 tablespoons tamari or soy sauce
- 4 teaspoons cane sugar

ASSEMBLY SINGAPORE NOODLES:

1. Put the rice vermicelli in a large bowl and soak in enough hot water to cover, until the noodles are soft (about 8 to 10 minutes). Drain noodles and set aside.
2. Heat 2 tablespoons of oil in a small pan over medium heat. Add the curry powder, the ginger, and the minced garlic, and sauté until fragrant. Add the vegetable broth, soy sauce, cane sugar, and coconut milk. Stir to combine and then cover and cook for 5 minutes. Remove pan from heat and set aside.
3. Heat 2 tablespoons of oil in a large wok over high heat. Add in the remaining garlic and ginger, and stir-fry until the garlic starts to become golden. Add in the celery, onion, broccoli, sprouts, green onions, red peppers, and water chestnuts. Stir-fry for 3 minutes, until the vegetables start to soften. Set the vegetables aside in a bowl.
4. Add in the noodles and the vegetables. Pour on the sauce and mix the ingredients thoroughly to coat all the noodles and incorporate all the vegetables.



3rd Annual Drop Everything and Read at Trinity School

By Amy Ruguian

The Lighthouse Point Library teamed up again with Trinity Christian School for its Third Annual Drop Everything and Read event on Thursday, May 10, 2012 at Trinity Christian School. Pastor Dennis Redstone of Trinity Church opened the event with a prayer and Kindergarten teacher, Kimberley Terry, led a group of her students in a reading of a classroom created acrostic poem. Lighthouse Point Library Director Christy Keyes introduced the first guest speaker, Lighthouse Point Mayor Fred Schorr. Mayor Schorr read a book about the Drop Everything and Read program and got the students excited to read. Past Lighthouse Point Library Directory Doreen Gauthier followed with Aesop's Fable - The Tortoise and the Hare. The final guest reader was Debbie Gibson, founder of Signs of Excellence, a sign language interpreting service company. After a brief introduction of sign language, she signed alongside Ms. Terry as she read *The Little Engine that Could*. It was a wonderful hour of reading!



(above) Kindergarten teacher Ms. Kimberley Terry along with students (l-r) Chloe Craccolici, Ashley Turner, Brianna Staples, Kaiya Arilli and Adam Lee read their poem.



Mayor Fred Schorr reads to the group of Trinity Christian School students.

Lauren DeKok and Taylor Donahue Are Dancing their Way to Fame!

RealDance Studio Director Suzanne Citere is proud to announce the graduation of two of her finest students, Lauren DeKok and Taylor Donahue.

Lauren, who is graduating from North Broward Prep, will be starting University of the Arts in Philadelphia in the fall, one of the most prestigious dance programs in the country, and has received over \$40,000 in artistic grants and scholarships! Lauren recently went to an open call for the Radio City Rockettes (she is 5'9"! and made it down to the last cut of eight dancers. In getting that close, you can be sure she will eventually be a Rockette!

Taylor is graduating from Cardinal Gibbons and was one of only twenty-five freshmen accepted into the FSU dance department! FSU is the states most exclusive dance program and attracts dancers from all over the country. Taylor will be representing our studio and the town of Lighthouse Point at Dance Educators of America's "Dancer of the Year" competition in South Carolina. To qualify, her solo piece had to place first over all the other dancers in her age group in this region. Her breath-taking solo, "Song for Viola" won at our regional competition at FAU and this is how she was selected

"I have had a lot of dancers pass through my doors these last nine years," said Ms. Citere, "but none quite as special as these two girls.



They both grew up here their whole lives and are about to go out into the world and make me the proudest dance teacher in the world! I didn't do it alone, of course. My teachers at RealDance have invested so much of their own talents into my studio that they are a huge part of the reason of our success and ability to offer such a high level of dance education."

RealDance Studio is located in the Gateway Shopping Centre, 2032 NE 36th Street in Lighthouse Point. For further information, please call 954-943-6122.

Meet Local Artist

Sirju Mohan

A Trinidadian artist, Sirju Mohan, now living in our community, recently had a successful showing of his works at the Doreen Gauthier/Lighthouse Point Library.

His talent is unprecedented in that Sirju creates amazing works in oil paintings, sculptures, mosaics, calligraphy, sketches, drawings, watercolor and in acrylics. These works embody realistic, abstract, inspirational and contemporary forms, inspired by films, family life, dance, romance, and pure imagination.

The palette, brush and chisel are not the only way this artist expresses himself. On more than one occasion, Sirju has placed in the winner's circle with his voice and song on Trinidad and Tobago Television *Mastana Bahar*.

We are proud to have such an artist part of our community and wish him every success!

For more information on this artist, Giclee copies, original works, commissions or exhibitions, please contact: sirjumohan@hotmail.com, or phone 954-304-1513.



Sirju Mohan and Elsie.



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



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

After Years of Great Frustration, Meeting Dr. Keith Parmenter was a Revelation!

Article by Jon Frangipane

Photos by Debra Todd

I've been complaining to doctors for over 20 years about a shoulder problem; a nagging pain, about six to eight inches down my back, from my right shoulder. It seemed to create a weakness I felt, especially when swinging a tennis racquet.

And I was so restricted that I was unable to reach in back of my head and grab my left ear with my right hand; not that it was something I couldn't live without.

Let's try an MRI, a doctor said. Let's try a CAT Scan, another doctor suggested. Well, through the years, no doctor had found a solution, nor helped in any way. So, I began experimenting with various exercises at the gym on my own, but with little success. Occasional deep massage sessions and acupuncture showed no improvement.

By a stroke of luck, an actor friend, after hearing my plight, said, "I have just the person who can help you. He uses a system of acupuncture, a process called Tuina, along with Rolfing that is simply amazing!" He saw that I was not biting. "Oh sure," I said, "after 20 years of trying, you have the answer?" I scoffed. "I know what acupuncture is, but what in the world is Tuina and Rolfing, anyway?"



Keith Parmenter, Chantel Solomon and Christian Langmo Tennis Player (LHP resident) Treatment acupuncture needles and Tui-na for ankle sprain.

This conversation was just two weeks ago at this writing. Last Friday, my first therapy session lasted about 90 minutes. I discovered that the combination of Tuina and Rolfing releases bound up connective tissue (fascia) that often restricts opposing muscles from functioning in concert with one another, resulting in improved rib alignment.

Long story short — after 20 years, and immediately after my first session, I was able to reach behind my head and grab my left ear with my right hand and the pain had abated.

To a skeptic like me, the combination of acupuncture, Tuina and Rolfing seemed like a real stretch of my actor friend's imagination. But, this week, to my amazement, I had much better control, and much more confidence with my tennis swing. And, at least I wasn't lobbing the ball 50 percent of the time.

Doctor Keith Parmenter with offices in Boca Raton gave my right shoulder back to me in one single 90-minute session. I will be forever grateful.



Ethan Itzkovitz Tennis Player from Canada. Treatment Acupuncture needles and Tui-na.

Because the words Rolfing and Tuina were new to me, perhaps others may be interested in this wonderful therapy, so I asked Dr. Parmenter a few questions:

Q: *What made you believe the combination of Acupuncture, Tuina and Rolfing would be more effective than just one or another?*

Parmenter: The treatments cover different scopes of the human body. Acupuncture covers the neurological system, Rolfing covers the muscular system as well the neuro-muscular system, and Tuina covers muscular. And, it is this combination I believe that leads to total wellness.

Q: *Do the amount of sessions depend on the severity of the problem?*

Parmenter: Every patient can be healed differently. The actual diagnosis and the individual's ability to heal determine the length and amount of treatment.



Noah Flegel, Wake Board Champion, getting Acupuncture needles with electric stimulation. With manual therapy of Tui-na and Rolfing.



Bottom row: Ethan Etzkovitz , Jamie Parmenter, Chantel Solomon, Theresa Parmenter, Christian Langmo. Top row: Robby Morin, Sasha Gitin, Coach Todd Widom, and Dr. Keith Parmenter.

Keith is a miracle worker! Without Keith, I am not sure where my tennis career would be. I've had four separate injuries, each so painful that they were causing performance problems that would have kept me out of action for days, if not weeks. Keith got me back on the court each time, with no down time, and full recovery.

Thanks Keith, Brad Langmo

Dr. Keith Parmenter has done incredible things for my family and friends. He has taken care of my chronic back problems through his expert use of acupuncture and Rolfing. When my back goes out, it takes a month of pain, rehab and hobbling around. With Dr. Keith, I am better after the first treatment, and totally better after 2-3 treatments. In addition, he routinely works on my 14-year-old son, who is a professional wake boarder and occasionally needs help with injuries. Recently, my son had a back spasm where two ribs dislocated (very painful). He had a big competition five days later and Dr. Keith treated him everyday leading up to the event and got him to the point where he was able to compete at a high level. This would normally be a 4-5 week recovery time.

Todd Flegel, Lighthouse Point, Florida

Keith Parmenter was instrumental in prolonging my professional tennis career. After receiving treatment from the most well-respected orthopedic surgeons in South Florida, Dr. Keith Parmenter was by far the best person to receive treatment that did not require surgery. I was one his first professional tennis players to receive treatment, and now Dr. Parmenter treats and cures many tennis players in South Florida, both beginners to the best professionals in the world. I know that he understands athletic injuries on a different level than most, not only due to his great schooling, but also due to him being a high level swimmer. I wish I had met Dr.Parmenter when I was a junior tennis player because my injuries could have been avoided.

Kindly, Coach Todd Widom

Continues on page 42

I am 77 years old and have suffered with lower back, both hips and legs for over twenty years and the doctors claimed it was arthritis. Many times, I could not walk over a city block without stopping to rest.

I am receiving Acupuncture and Rolfing treatments from Dr Keith Parmenter and have had unbelievable relief after the first treatment, and have now had six treatments and have very little pain.

Before the treatments, when I mowed the yard, I would have to stop and rest five or six times, I now mow the yard without stopping to rest.

I wish I knew him twenty years ago.

Jack Smith



Coach Todd Widom treatment is Rolfing. For his lower back.



Robby Mortin getting taped with Kinesio tape is applied over muscles to reduce pain and inflammation, relax overused or tired muscles, or to support muscles in movement on a 24 hour a day basis. Kinesio Tape is designed to gently create forces on the surface of the skin which elevate the tissue, relieving the pressures beneath the skin surface, thereby promoting increased circulation to the tissues and structures beneath the area taped.

Dr. Parmenter works with Namiko Shibata.

Continues on page 73

Luxextraordinary Tuscan-Inspired Deepwater Estate



2415 Northeast 25th Street | Lighthouse Point, Florida | Offered At \$2.995 Million | web # F1134461
Stunningly customized Old World showplace on a prestigious isle. Quiet majesty with elaborate stonework, cathedral windows, hand-painted frescoes. Dramatically elegant 26-ft.-high living room, theater, grand master suite. Resort-style pool and superb dockage in walled/gated privacy. Spanned by an extended deck area, the 100± foot shoreline gives the avid boater superb dockage, well sheltered yet in close proximity to the marina, Intracoastal Waterway, and Atlantic Ocean.



Providing First Class Service And
An Incomparable Global Network
To My Affluent Clientele

Katherine Moran
Estate Agent

Direct: 954.449.7872
Cell: 954.309.2606
katherinemoran.info
katherine@premierestateproperties.com
premierestateproperties.com

2424 East Las Olas Boulevard
Fort Lauderdale, Florida

Global Network:

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Luxury Portfolio International

Mayfair International Realty

FIABCI International

Board of Regents

Who's Who In Luxury Real Estate

Leading Real Estate Companies Of The World

**Premier
Estate
Properties**

Presenting Properties Exclusively
In Excess Of One Million Dollars

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

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



Introducing...

BENEFACTOR FINANCIAL

Frank Congemi - the Registered Financial Gerontologist (RFG) who develops comprehensive financial strategies for generations of Lighthouse Point, Pompano Beach, and Deerfield Beach families.

**IF YOU HAVE A STRONG FINANCIAL EDUCATION,
YOU WILL BUILD A STRONGER FINANCIAL FOUNDATION**

By planning with insight and foresight, Frank is helping his clients to make strides toward their future.



FRANK CONGEMI

954-428-4995

www.frankcongemi.com

Securities offered through LPL Financial, member FINRA/SIPC. Investment Advisory Services and Financial Planning offered through Financial & Investment Management Advisors, Inc., a registered investment advisor. LPL Financial and Financial & Investment Management Advisors, Inc. are not affiliated companies.





THE NEW STANDARD OF THE WORLD

Coral Cadillac
Pompano Beach, FL

"The Dealer Is In"
www.coralcadillac.com



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



9/30/11

First Annual LHP Food Truck Event & Expo Survives Weather Threat

Photos by Debra Todd

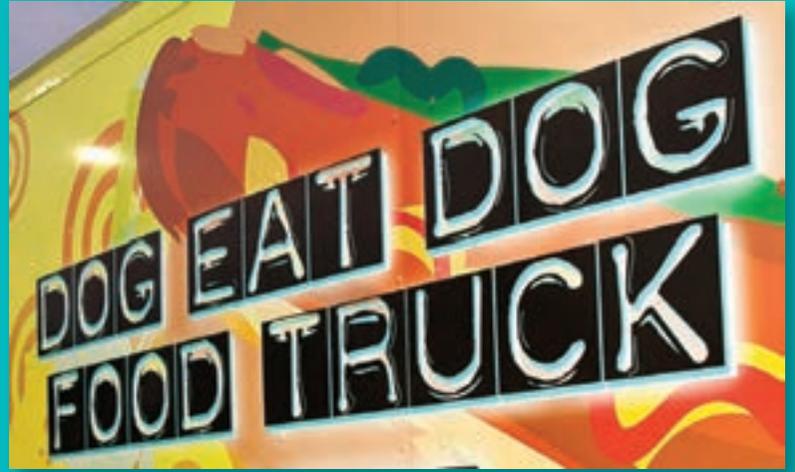
On Sunday, May 27, the Lighthouse Point Chamber partnered with the Lighthouse Point Cultural Arts Committee to create the "LHP Food Truck Event & Expo." As 5 P.M. approached, a huge cloud mass began to quickly move in over Frank McDonough Park, as business owners were just about finished setting up their displays. The city sounded the lightening alert horn, sending everyone for cover.

A short time later, the event proceeded nicely, as the crowd attendance increased, considerably.

Apparently, the food truck frenzy has hit South Florida, and it was being presented in Lighthouse Point for one evening only.

This was a great opportunity to showcase local business owners to the local community. There was music, food, and lots of fun things for the kids. Strawberry the Clown came to entertain the kids and the food trucks served delicious gourmet food. Joe Balistreri provided the music for this great hometown Memorial Weekend event. Azure Realty and Northwestern Mutual hung in there after the storm as well.





Due to the change in weather, the following sponsors were unable to participate.

- Curves
- Body & Soul Boutique
- Lighthouse Family Home and Business Improvements
- Debt Management Credit Counseling Corp
- *Lighthouse Point Magazine*
- Stella Maris Spa
- 31Ten Fitness
- Sheehan's Autoplex
- Beltone Hearing Center
- Northwestern Mutual
- Spa 4 Life
- Krutek & Associates
- Azure Realty
- Baby Keba
- *The Light Magazine*

Continues on page 74

Closet Factory Completes the Home!!

12 Months
No Interest
Financing.*



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

Custom Closets · Home Office Suites · Entertainment Centers · Murphy Beds · Pantries · Garage Systems

\$300 OFF

Any Organizational System Over \$2,500
PLUS FREE INSTALLATION

Present coupon at time of sale. Exp. 8-31-12



For a FREE Professional Design Consultation

CALL 877-979-5150

954-979-5150

www.closetfactory.com

Licensed and Insured
Broward - #04-11177A-FC-X
Palm Beach - #U-21556



PIP TERMITE & PEST CONTROL

PROFESSIONALISM IN PRACTICE

P.I.P. TERMITE & PEST CONTROL -FAMILY OWNED & OPERATED PROUDLY SERVING AND LIVING IN LIGHTHOUSE POINT FOR 21 YEARS!



EXPERTS in ALL 4 AREAS OF PEST CONTROL:

- Pest Control -ANTS, Roaches, Fleas, Ticks, BEES, Bed Bugs, RATS, Mice & Bats
AUTOMATIC MOSQUITOMISTER SYSTEM...
Take back your backyard this summer!
- Termites -Drywood, Subterranean & Formosan -
NO TENT TERMITE CONTROL
- Turf, Horticultural & Ornamental Protection
GOT FICUS? WHITE FLY FICUS TREATMENT.
PALM TREE FERTILIZATION.
- Rodent Control & Wildlife Trapping

WARNING!!!

A DENGUE FEVER ADVISORY HAS BEEN ISSUED BY BROWARD AND PALM BEACH COUNTIES. PROTECT YOUR FAMILY AND PROPERTY WITH A CUSTOM-INSTALLED MOSQUITO MISTING SYSTEM.

ONE HOUR SERVICE ALWAYS AVAILABLE.
EXPERIENCE THE P.I.P. DIFFERENCE. CONTACT US TODAY!

* Competitor price must be in a legitimate written quote and presented at time of offer.

(954) 570-5307

4850 N. Federal Hwy Lighthouse Point, FL 33064
www.piptermite.com

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



Call 954-783-7714
www.redfoxdiner.com



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

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 8/31/2012



954-785-5622

3825 N. Federal Hwy. • Pompano Beach, FL

www.KnoxPools.com

Licensed & Insured CP 0937045

Dave
Giannone's Service • Dockside Service • Parts

COMPLETE MARINE



L to R: Dave Giannone, Jake, Mike Olavarria, Kevin Gravette, Lester Burk, Dave Haley, Tom Goldrick, Chris Julian, Kevin Zimbrick

Call the Complete Marine team today!

Call: 954-786-9013

Located at 800 S. Federal Hwy., Pompano Beach

"WE DO IT ALL!"

Dave Giannone: 30 years' experience in the marine service, sales & brokerage industry, multiple facility ownership/management, beginning in 1980 as a marine technician, quickly excelling in 1985 to forming one of the most successful marine repair facilities in South Florida, Giannone Marine.

Kevin Zimbrick: 24 years' experience in the marine service industry. Parts, Service and General Manager.

Mike Olavarria: 18 years' experience, specializing in diesel engines and running gear.

Lester Burk: 20 years' experience; certified Mercruiser, Verado, Volvo, Evinrude and Crusader.

Dave Haley: 21 years' experience, including 10 years in the USCG.

Tom Goldrick: 25 years' experience; certified Mercruiser and Volvo.

Kevin Gravette: 19 years' experience; running gear repairs, marine construction.

Chris Julian: 5 years' experience, buffing, waxing, detailing or just taking the heat from Dave!

Jake: 4 years' experience, pet therapy or just lying on the floor!

Bottom Painting
Repowering
Dockside Service & Repairs
Parts
Generators
Running Gear

"From Bottoms To Repower We Do It All!"

completeboat@aol.com • www.completeboat.com

A Wonderful Ten-Year Journey

SWOOSH! The past 10 years as editor and publisher of the Lighthouse Point Magazine has literally flown by so quickly — and it's been a glorious ride!

Back in 2002, my career as a pianist had to be put on hold because the music scene had turned into a terribly unmusical scene, and I wanted no part of it. Luckily, an opportunity to begin a monthly newsletter arose, and thought it could possibly sustain me for a while.

Little did I imagine the little newsletter turning into a magazine, I'm proud to say, that has become a publication Lighthouse Point can be proud of, not to mention the areas we cover from Boca Raton to Fort Lauderdale.

It goes without saying, when music has been the biggest part of one's life for more years than you can imagine, the passion for the art you truly love will forever remain in your heart. And yes, I expect to be devoting more time to my music once again, but on a smaller scale.

Only because I have the very best working with me every month could I ever consider spending time on music projects. And there are not enough adjectives in the English language to describe a few of the beautifully

talented human beings that actually do the work:

Babs Kall of Kall Graphics who came aboard in 2009 and transformed our magazine into the professional, world-class publication you see today!

Debra Todd of Debra Todd Photography whose keen eye for great photo opportunities is on a par with the best national magazine photographers in the entire country.

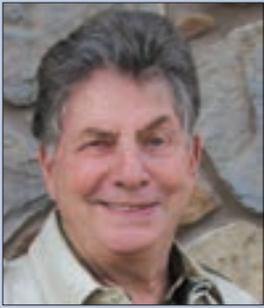
Alan Williamson with his unique and whimsical slant on the vagaries of life, yet manages to keep us smiling.

Wendell Abern, a cantankerous old gent, whose constant ranting reminds us how cruel the world can be, and how often we are victimized by the corporate world.

Bill and Judy Sullivan, a travel team that brings us wondrous stories and photos of far away places some of us can only dream of.

Eunice Hamblen, another frequent traveler, who will go to the end of the earth to find some exotic land to write about her thrilling exploits.

My heart goes out to our entire staff who are great and valued contributors, and my sincere gratitude and thanks to them all for making us what we are today!



Wendell Abern



Valerie Amor



Dr. Andrea Corn



Erica Davey



Kelley Doyle



Catherine Favitta



Doreen Gauthier



Capt. Mike Genoun



Eunice Hamblen



Melanie Hecker



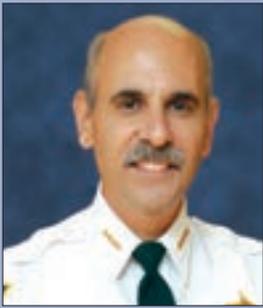
Babs Kall



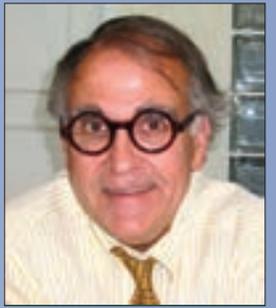
Linda Kaufman



Jennifer Kovacs



Al Lamberti



Reverend Jack Noble



John Offerdahl



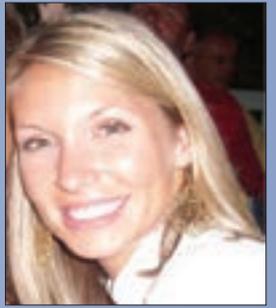
Denise Richardson



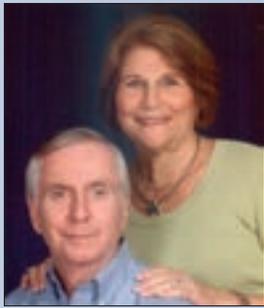
Marla Schwartz



Al Siefert



Courtney Stephens



Bill & Judy Sullivan



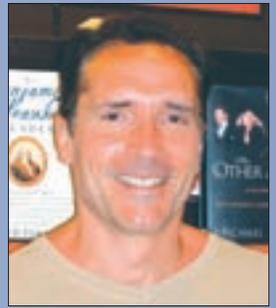
Debra Todd



Donna Torrey



Millie Walsh



Allen Williamson

Parking in Lighthouse Point – What You Need To Know

By Catherine (Kate) Iaconis Favitta



Summertime brings more cars and trucks to our neighborhoods, since many college students are back at home, relatives drive to visit from out of town, and neighbors rent RVs for traveling or have workers at their home. With our beautiful water views, there are also more pool and boat parties, all of which bring parking challenges when the gang's all together. Lighthouse Point City Code Chapter 82 governs parking in our community. Here's what you need to know.

- 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.
- 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.

- 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 try to park as many cars in the driveway as possible, be sure to stay fully clear of the sidewalk at the end of your driveway. One or more of your guests might have to park (correctly) in the street!

Violation of any of these ordinances may result in a parking citation and a fine. Avoid problems by making sure you comply and tell your guests and workers.

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

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

Fashion Blog

It's a Fashion Emergency!

By Millie Walsh



Just like the stars on the red carpet, we all experience fashion emergencies. Even though yours won't be tabloid news, it can be just as embarrassing. Here's a few items and suggestions to help deal with common fashion crises.

Fashion Tape—Does your wrap dress expose a little too much? Is your bra strap showing? Did you catch your heel in your dress pants and split the hem? Does your blouse gap between the buttons —I hate when that happens! It's double stick fashion tape to the rescue. Sold in boutiques and department stores, these pre-cut strips of double stick fashion tape adhere fabric to fabric and fabric to skin. This is one item that should be in every woman's purse - you never know when you might need it.

Foot Petals—Those awesome stilettos felt comfortable in the store but after wearing them for a few hours your feet are throbbing. Foot Petals shoe pads keep feet stable in even the highest of high heels, while cushioning the sensitive ball of your foot with every step. Go from working all day to dancing the night away!

DIMR's to dim your headlights—These feather-light silicone nipple covers are perfect for form fitting tops, bathing suits, anything strapless, sports bras—or no bra at all. So lightweight, you'll forget you're wearing them. DIMR's adhere with suction, not adhesive, so one pair can last for years.

Wrinkle Spray—When there's no time to iron, spray the wrinkles away. Like steam, Wrinkle Spray's fine clear mist penetrates the fabric weave removing wrinkles and freshening the garment. There are many different brands available and yes, it really does work. This is a great item to pack in your suitcase.

Gal Pal—I'd be lost without these in the store and at home! Gal Pal sponges remove deodorant marks from clothing without wetting or pilling the material.

Keep one at home and one at work to quickly and gently remove those embarrassing white streaks.

NuBra—The NuBra Stick-on Bra is ideal for anyone who needs the freedom of moderate coverage and light structure without bulky straps, underwire and metal clasps. The thin, light cups offer just enough coverage and a natural shape under tank tops, strapless dresses and fitted tops. The perfect solution when you can't wear a traditional bra.

Hem Gems—Are your jeans too long to wear with flats? With Hem Gems you can temporarily alter the length of your jeans and keep the look of your original hem.

Here's a few emergency items to keep in your purse—safety pin, fashion tape, band-aid, nail clippers, clear nail polish, dental floss and a wet nap. You'll be happy you have them if you need them.

OK, it's the big night. Your dress is perfect, secured in front with fashion tape, DIMR's in place, deodorant marks removed, Foot Petals cushioning your feet, wrinkles sprayed away, static cling in check and a purse full of supplies—it's gonna be a good night! ♦

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

Pam Blount Plumbing & Supplies, Inc.

Commercial & Residential
Plumbing Supplies & Service

"We carry some of the finest brands"



Come and See Me!

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

License# CFC1426564

Pest Alert: Spiral Whitefly

This new whitefly is a large, slow moving insect capable of infesting a wide range of trees such as:

- Gumbo Limbo Trees • Black Olive • Mango • Oak
- Calophyllum • Wax Myrtle
- Palm Trees: Coconuts, Christmas, Alexander, Travelers, Robellini, Bird of Paradise, Banana, Areca, and many more

What to look for:

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

• Call or email us today to have your property inspected for spiral whitefly!

• 1-877-JPM-Green or info@millerpestcontrol.com



Gumbo Limbo Leaf

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



Coconut Palm Tree



Save
5%

Limited time offer: receive 5% off a preventative spiral whitefly treatment now through June 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: Aug 31, 2012

Must present this coupon

Sharing and Caring Program Supports our Armed Forces

John Knox Village's social accountability program, Sharing and Caring, recently has been focusing its efforts to supporting the men, women and their families who have or currently are in the armed forces. The Village truly recognizes the sacrifices our military personnel have made to assure the freedom we, at times, take for granted in the United States.

Two organizations that have greatly benefited from The Village's outreach efforts include America's Moms for Soldiers and the local Fisher House.

For America's Moms for Soldiers, Sharing and Caring sends greeting cards, signed by employees in different departments, as well as purchase personal care items for care packages that are sent overseas to military operating bases or outposts. These locations do not have access to basic supplies, such as snacks, hygiene products and a variety of other goodies.

According to its Website (www.americasmomsforsoldiers.com), the organization's goal is to "never let a soldier walk away from mail call with nothing."

There are a number of supply donation drop-off locations in the area. The two nearest places to The Village are at Di's Sub Shop (300 SW 12th Avenue) and Angel Hair by Mary (1646 E. Atlantic Blvd., Suite A). Both businesses are in Pompano Beach.

JKV also supports our local Friends of the Fisher House. The Fisher House Foundation is a "home away from home" for families of military personnel receiving care at major military hospitals and Veterans Affairs medical centers. Families do not pay to stay at a Fisher House.

The houses are located within walking distance of the hospital or free transportation is provided. Our Sharing and Caring Program contributes funds to this outstanding program.

The closest Fisher House from JKV is in West Palm Beach. For more information about the Fisher House Foundation, visit (www.fisherhouse.org).

In addition, JKV has supported our local Boy Scouts, JROTC and police cadets. "The armed services are highly important to our residents and community. We value the life and leadership skills they are being taught," said Kathryn Viau, Director of Residents Services.

As a nonprofit organization, The Village first established Sharing and Caring to maintain vital connections with social organizations in the community.

The program continues to assist a variety of recipients, including: grandparents raising grandchildren; seniors struggling to provide in-home care to loved ones; sports programs geared to teaching leadership skills to our youth; and support programs for those who are homeless, hurting and in need of hope.

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).

On-Line Marketing

What's In a Name?

By Jennifer Kovacs

Wondering why you aren't getting enough traffic to your website? You have revamped the look and feel; you're updating it every day and making sure to keep your followers engaged on all the Social Media links. So, what's missing? Well, is your website easy to find for the grammatically challenged, or even those of us that suffer from short term memory issues? If your domain (that's the www.yourname.com, often referred to as a URL) is complicated and hard to remember, it could be hurting your online business.

We see this a lot with lawyers who often times use their initials as their domain. So, hypothetically, if I were a real estate attorney, I would be www.jmkattorneys.com, instead of being something memorable like www.avoidforeclosure.com. When choosing a domain you have to consider the ease of use, and a name easy to remember. Does it have keywords or a keyword phrase someone would search in it? If you have a domain you love, and a website that has been up for years, don't have a panic attack yet.

Domains are cheap and easy to get a hold of using sites like Go Daddy and Network Solutions. For about \$10, you can get yourself a keyword rich URL. Another alternative is to buy keyword rich URLs and forward them to your main or "parent" URL. It's not the best practice, but at least you can secure a few great names and direct those searches somewhere.

Try to get as specific as possible when buying domain names. And once you find a couple you really feel are page worthy, have your web team create what is called a "Landing Page" or "Splash

Page." This is a page dedicated to a target demographic, incentivizing them specifically. So, using the same example, if I am a real estate attorney at JMK Attorneys, and I bought www.avoidforeclosure.com, I would create a Landing Page for just my foreclosure real estate services. On this Landing Page, I would talk about my experience in real estate, maybe my big wins and why you should choose me for your legal real estate needs. I would offer an incentive, perhaps a free consultation.

Targeted domains and Landing Pages can be a hugely helpful tool in your online kit, and it can be very affordable. Remember to consider how you search and what keywords people are looking for to find you and incorporate those into your new URL. Be sure to track the results of your Landing Page by attaching some type of reporting, or analytics tool onto the URL.

Another trick of the trade is to put a dedicated line on the site where you can take calls regarding only those services. Don't be afraid to try new vehicles to market your business, just do it efficiently and effectively. There are a number of things you can try that can create a bigger return than expected. The internet is saturated with resources, what are you going to do to cut through the clutter?

Happy Webbing! ♦

For more information please contact Jennifer M. Kovacs Vice President, Local 954-533-0283; Cell 954-547-2175; jenn@opt2web.com





RON ROSEN GROUP
REAL ESTATE COMPANY

Selling South Florida Lifestyle

From Our New Home

*1841 NE 25th St.
Lighthouse Point, Fl 33064*



Ron Rosen
Owner, Broker



Michael Grossman
Realtor® Associate



Nick Arciola
Realtor®



Sue Childs
Realtor®



Louisa M. Wright
Realtor®



Sharon Dolinsky
Realtor®



Timothy Prather
Realtor® Associate



Mireille S. Jones
Realtor®

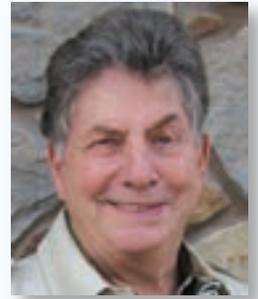
The Ron Rosen Group

954.234.2628

1841 NE 25th St., Lighthouse Point, Fl. 33064

www.RonRosenGroup.com

By Wendell Abern



Dear dads (and moms who dare to intrude on us macho dudes),
We moved to a Chicago suburb called Highland Park in 1967. And for the first time in my life, I found myself commuting to work on a train.

My first day, I decided to let all the other riders know I wasn't some kind of city slicker and that I could talk suburbanese as well as they could. So, after boarding my first train, and before taking my seat, I shouted out, "Peat moss!"

In the uptight white collar suburbs north of Chicago, that little stunt instantly branded me as a rabble-rouser, a weirdo and a Democrat. Even worse, it kept me out of the daily bridge game for one full year.

But I finally established my bona fides when a steady player went out of town on a business trip and the game needed a fourth. After that, I essentially rode the bench until one of the other guys moved to New York and I became a regular.

In those days, few women rode the train. Whenever I took my seat in my car (the "bridge car"), I felt like I belonged to a men's club.

It was during those early commuting years that I discovered a secret that all men know—that all men have known for 50,000 years—and that no one has ever divulged. At the risk of being ostracized by ever father in the world, I am revealing that secret here for the first time:

The very thing we yell at our kids for...we brag about to each other.

This became clear the first time I joined the bridge game as a permanent member. Morrie, my partner that day, kicked off the festivities.

"Well, my daughter had her friends over to study last night. By the time they left, I thought an army of ants had raided the kitchen. All they left me were five potato chips and a tomato."

Mel, my left-hand opponent, said, "That's nothing! Your daughter isn't even in the prince's league." (Mel always called his son, "The prince." I was never sure of Mel. He called his wife, "Hitler.")

"The prince's LPH is up to four," Mel announced.

"What's LPH?" I asked

"Leftovers per hour."

Manny now enters the fray. "That's nothing!" he says.

"Oh, here we go," Morrie interrupts. "We're gonna hear about The Neanderthals."

"The what?" I ask.

"Manny's twin boys. Huge kids. He calls them The Neanderthals."

"Yeah," Manny says. "Dinner is like trough time at the zoo. But until now, I've figured out how to save leftovers and snacks for myself. I keep potato chips in my sock drawer, and leftover roast beef in my tool box.

"But now I don't know. The Neanderthals are trying out for football this year. Fifteen years old. Maybe five foot ten. Have to weigh at least 250 each. And guess what? They wanta beef up! They wanta play offensive line! I just don't know. My food bill now would feed Bulgaria."

One day, we settle in to play bridge when Morrie says, "Can any of you explain to me how you can lose one shoe?"

We all recognized the question as rhetorical. Morrie usually began diatribes against his daughter with a question.

"My daughter is running around the house like crazy this morning, looking for a shoe. She looks everywhere. After listening to her frantic pleading – and getting a 'don't-be-so-lame-dad' look for proposing she simply wear another pair – I go back to drinking my coffee and reading the paper. She never found the other shoe! Finally left wearing her Nikes.

How do you lose one shoe?"

I'm now feeling like one of the gang, so I settle back with a smile and say, "That's nothing!"

They all turn to me, expectantly.

"My son," I announce proudly, "has constructed an igloo-sized mound in his bedroom!"

"Consists of clothes, even clean ones, paperback books, magazines, notebooks, old newspapers, a few board games, a baseball mitt, a hardball, a softball and a Backgammon set. The mound comes up to my chest."

It wasn't a bad entry for my first offering, but was instantly topped with shouts of "That's nothing!" from Mel. Seems the prince had used dirty clothes to build a replica of Sears Tower. Then Manny bemoaned his Neanderthals, who were turning his garage into a garbage dump.

I gave our quartet of bridge players a name. I called us The Four M's: Morrie, Manny, Mel and Me. We had one daily kibitzer, who sat in the seat behind us and we named him "Fat Frank" because he was so skinny. Six-foot four, couldn't have weighed 120 pounds, with a shock of black hair that stuck out all over. When he turned sideways, he looked like a hatrack.

One day, Fat Frank initiated the bragging. "When you guys bid today, please speak up a bit. My daughter had her stereo on so loud last night I can't hear out of my right ear."

Manny, my partner that morning, said, "That's nothing! You know that new noise abatement program they have at O'Hare for incoming airplanes? My daughter's room has been denied permission to land at the airport."

But nothing got the juices flowing like discussions about driving and using the family car.

One Monday morning, Mel said, "The prince had to have the car Friday night. Saturday morning, I inspect it and find two new nicks on the rear fender. I ask the prince what happened, and guess what? Didn't even know the nicks were there. The prince sees no evil, hears no evil and speaks only lies."

Morrie says, "That's nothing! Highland Park Body and Fender Repair has submitted my daughter's name to the Body Shop Hall of Fame."

Fat Frank jumps in. "That's nothing!" he shouts. "You know what I've got in my back yard? A floating tree stump! Every time one of the kids backs the car out of the garage, the tree stump attacks!"

* * *

Those were halcyon days for me. And I often wonder if today's commuter dads brag about their kids as much as we did.

Cantankerously Yours, Wendell Abern

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

Hecker Dermatology Group, P.A.

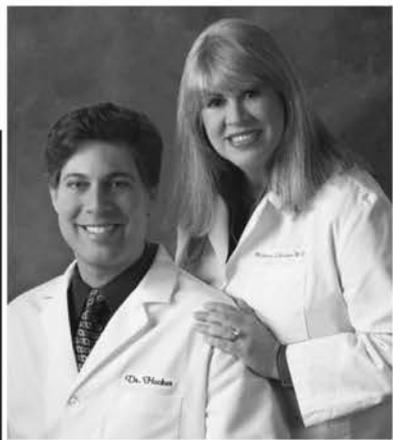
Dermatology for the entire family!

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")



Melanie S. Hecker, MD, MBA
David J. Hecker, MD

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](https://www.facebook.com/Hecker-Dermatology-Group-PA)

Most Insurances Accepted
www.Heckerderm.com

Saturday and evening appointments available in 2012

Radiesse™ Wrinkle Filler –The Natural Choice

By Melanie S. Hecker, MD, MBA

Natural Collagen Stimulation

The natural aging process causes your collagen to break down, taking away facial volume. Radiesse wrinkle filler not only instantly restores facial volume to smooth out the signs of aging; it keeps working with your body by stimulating your own natural collagen for long-lasting results in many patients.

Immediate and Long-Lasting Wrinkle Correction

Radiesse is natural, immediate and long-lasting and unlike creams and lotions, you do not have to wait to see the result of Radiesse wrinkle treatment. Immediately upon injection, Radiesse wrinkle filler restores fullness to smooth out the signs of aging. The more natural, youthful results may last a year or more in patients.

Enhanced Patient Comfort

You no longer need to dread the pain of injection. In a recent clinical study, Radiesse wrinkle filler when mixed with an anesthetic called lidocaine, significantly reduced pain during treatment. This means you now have a safe, FDA-approved approach to a much more comfortable treatment.

To find out more about Radiesse or for any other cosmetic concern, please contact us at **Hecker Dermatology Group, P.A. at 954-783-2323**. Our office is located in Pompano Beach.

Children and Exercise Making the transition from 'play' to 'exercise'?

By Kelly Doyle

Ten years ago a desperate mom called me and asked if her daughter could join our kids fitness program because she had high cholesterol and was about to be put on medication. Her daughter was 10. I had been working for the last year with children that were overweight, underweight or a parent that feared they were sedentary. Within that time I was part of the Fitness and Nutrition Committee for Broward County Schools and today find it hard to believe that we are still seeing the same issues with different children. I think the question that must be asked is, *how important is it for kids to 'exercise'?*

At some point in your life you stopped playing or stopped participating in sports and made a choice. You transitioned to exercise or filled the time with something else. It is one thing to have an active child, running and playing most of the day, but there comes a time when they need to transfer some of that energy to organized exercise. If a child has a habit of going to a class two times a week and exercising it becomes a part of their lives. I've seen kids in their school gym coming out with torn rotators. They were never taught how to move properly, but with training I've seen the heavy child gain confidence because he

could do a perfect push-up for his coach and the young girl stop focusing on her weight because she learned the importance of a healthy body, not a skinny one. Today in the studio new clients come in frustrated every day because as kids no one took the time to explain how and why we need to exercise. Many wished they started years ago and some suffer from waiting so long. One of the best things you can do for your child is to set an example. When it is the norm in the house to see mom or dad get up every morning and run, bike or take off to the studio a child thinks it is just a part of life. I think the best time to start a child in class is 4 years old. Yoga and martial arts might be a great beginning and gymnastics is fun, physical exercise. As children grow they are able to participate in some adult studios along with a parent and classes like Pilates are a great way for them to begin to learn body awareness and proper movement. From 'play' to 'exercise' the transition should be seamlessly done. Starting great habits early can make all the difference! ♦

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



Sheriff Report

Remember... Safety Comes First

By Sheriff Al Lamberti

As we look forward to vacations and family fun this summer, **REMEMBER...** thieves and burglars don't take a vacation from crime, so be on guard and don't let crime ruin your summer. The best advice is this: pay attention to your surroundings!

IN YOUR HOME: Lock your doors and arm your alarm system if you have one. Protect your home by planting thorny bushes under windows and trimming foliage that blocks the view of your home from the street. Make your home look occupied when you are out by leaving a television, lights or radio on. Install outdoor lighting and stop the delivery of your newspaper. Never open your door to strangers and be suspicious of anyone who shows up uninvited at your door. Sometimes, criminals knock first, and they can be very charming, asking for a drink or directions or asking to use your phone; some even say they were sent to do work at your house. These are common tactics of scam artists and thieves. A general rule of thumb is this: if you weren't expecting them, don't let them in.

REMEMBER... you are under no obligation to be kind to strangers who show up uninvited at your door.

IN YOUR NEIGHBORHOOD: Be aware of what's going on in your neighborhood. Do not hesitate to report suspicious activity to law enforcement. If you notice activity at your neighbors' house when you know they are not home, call 911 immediately. Your tip might be the one that helps BSO detectives catch up to an otherwise elusive burglar. If you notice someone lurking

around cars in a parking lot, phone in that tip. If you recognize a suspect from a surveillance video, call Crime Stoppers of Broward County. You can remain anonymous, and Crime Stoppers will pay up to \$1,000 for information leading to an arrest. Teaming up and keeping the lines of communication open between law enforcement and observant residents is the best defense against criminals.

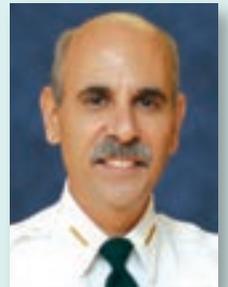
REMEMBER... if it looks suspicious to you, it's suspicious to us.

IN PUBLIC PLACES: Be extremely aware of any suspicious persons or activity in your surroundings. When you are walking to and from your car in a parking lot, look around and do not be distracted; this is not the time to be on your cell phone because criminals want to catch you off guard.

REMEMBER... being alert to your surroundings could mean the difference between a criminal selecting you as a victim or passing you by.

IN YOUR CAR: When you are out, lock your car doors and do not keep valuables in plain view.

REMEMBER... it only takes a few seconds for a car burglar to grab your purse, wallet or cell phone from your car while you step away to walk your dog, pay for gas or put flowers at a gravesite. ♦



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 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.

NOW AVAILABLE EVERY DAY!

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

\$12⁹⁵

Most cars. Includes up to 5 quarts. With this coupon only. Exp. 8-31-12

CHECK ENGINE LIGHT ON?

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



FREE

With this coupon only. Exp. 8-31-12

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. 8-31-12

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. 8-31-12

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

Don't Bite Your Sister!

Managing Human Bite Wounds By Melanie S. Hecker, MD, MBA

Human Bites

Human bites are the third most common bite wound diagnosed in emergency departments, after dog and cat bites. Management of human bites can be challenging, given the high risk of infection associated with the human oral flora. The possibility of viral transmission through a human bite has been described in the literature, although the risk is low. The concern would be more for a bacterial infection occurring after a human bite wound. Recognition and early aggressive treatment of the wound is essential in preventing infection and improving the final cosmetic outcome.

The 10-Year Study

A 10-year retrospective study of human bite injuries was performed in an Emergency Department in Bern, Switzerland. Between the years 2000 and 2010, 1083 patients with bite injuries came through their Emergency Department. Of those patients, 104 (9.6%) of patients sustained human bite injuries at different regions of their body and they were treated for these bites. The rest were bitten by all different animals and insects. Overall, 63 patients received antibiotic treatment and 88 were already covered for tetanus or received a tetanus shot in the emergency room. Within 1-4 days post-bite, 60 patients returned for follow-up care to either the Emergency Department or to their personal doctor. Twelve patients required an operation for wounds located on the face and hands and these surgeries were performed by either Plastic Surgeons or Hand Surgeons.

Who Gets Bitten?

Fifty-eight patients stated they were victims of an assault in a public place. Nineteen were police officers bitten during an arrest or while on-duty, 11 were victims of domestic violence, ten were medical staff caring for a patient, two had bitten themselves (as the result of dementia), and one was injured playing a sport. In addition, eight patients had been bitten by their wives, one was bitten by his 16-month old daughter, and one was bitten by his child who was having an epileptic attack. Other statistics showed that finger and hand injuries were the most common bite injury reported, the majority of the bites were done by males (12:1), and most patients presented to their doctor/Emergency Department the same day of the bite's occurrence (85%).

Conclusion

Human bites can be dangerous wounds and may have drastic complications if not treated. The risk of local bacterial infection is very high and this risk is much higher than any other bite injury due to the bacterial load in human saliva. Testing for viral serology, (HIV, Hepatitis, etc.), although transmission rate is low, should still be performed. A tetanus shot should be administered as reports of tetanus fatalities due to bite injuries has been reported in the literature.

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



Ask the Psychologist

By Andrea Corn, Psy.D.

Marital Infidelity...

I waited until I was 35 to marry, as I thought Mr. Right came into my life. Now two years later, I've sadly learned he's Mr. Wrong. He's very charming and personable, but also a liar and cheat. After confessing to extra marital affairs, I filed for divorce. The last six months I was aware our marriage was shaky. However, I chalked it up to his being so preoccupied with his job that this phase would pass.

I'm still in disbelief and overwhelmed with sadness after learning of his betrayal. My friends don't understand why I'm not seething with rage. Is my reaction normal?

Dear Sadness,

Of course it is.

Your long awaited dream has turned into an unimaginable night-mare. Crying is one way to express what may be hard to verbalize but felt deep inside your body. It is therapeutic and healing to release the pain inside. Please don't regard crying as weak. Otherwise, you'll be too self-critical at a time when you need to be your own best friend, which includes being supportive and compassionate. What you've gone through is very unfortunate; especially since you were unaware of the other life he led. It sounds like you did not fully trust your own instincts, and instead believing his words with all your heart, while turning a blind eye to his behaviors.

What you may not realize is the ending of your marriage can touch upon other relationship endings that may have occurred

as early as childhood. If someone left your life who you adored, whether the departure happened through divorce, illness, an accident, or even death, this loss can rekindle and awaken buried memories and compartmentalized emotions. That may help explain why you might feel as if you are drowning in sadness.

Believe it or not, sometimes, sad feelings can offer emotional protection, even if it is from yourself. Chances are there is a great deal of anger that resides deep inside of you. You're not ready to bring it out, which is why you need to listen, accept, and heed your body's reaction. This is your time to mourn. Your friends are well-meaning, but they have not undergone your life experiences. Everyone reacts differently to a broken heart depending upon their own history of relationships, family dynamics, self-esteem, emotional resources, coping mechanisms, etc.

You may want to consider therapy as the warning signs were there, but dismissed. Learning to get in touch with your own inner states would be beneficial. Your focus may have been so outwardly directed to please him; you neglected speaking up and acting in your own best interest. ♦

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.



Lighthouse Point Gym

5018 N. FEDERAL HIGHWAY • LIGHTHOUSE POINT

Between SE 10th Street & Sample Road

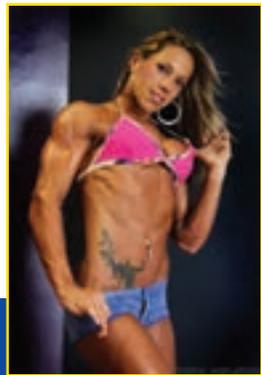
North of McDonalds in Shopping Center behind Citgo Gas Station

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 FOR SUMMER!

3 MONTHS

Only **\$99**

Exp. 8-31-12
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. 8-31-12

OPEN 7 DAYS: Mon-Fri 5AM – 10PM ■ Sat & Sun 7AM – 6PM

954-426-8787 ■ LighthousePointGym.com

ST. JOAN OF ARC



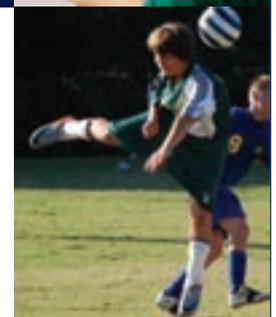
CATHOLIC SCHOOL

U.S. DEPT. OF EDUCATION BLUE RIBBON SCHOOL OF ACADEMIC EXCELLENCE

- Christ-centered community of faith
- High academic standards
- Fully accredited by the Florida Catholic Conference
- Emphasis on social justice and service
- Over 30 clubs including academics, sports & fine arts
- New state-of-the-art Sports Arena
- Extended care available daily
- Feeder school for Cardinal Gibbons & Pope John Paul II H. S.

For additional information, or to schedule a tour please contact Mrs. Debora Bradley at 561.392.7974

501 Southwest Third Avenue, Boca Raton, FL 33432 • 12 minutes from Lighthouse Point!



NOW ACCEPTING APPLICATIONS FOR THE 2012/2013 SCHOOL YEAR

WWW.STJOAN.ORG

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.

Chickpea Salad with Lemon, Parmesan and Fresh Herbs

You can prepare everything ahead of time (all dry ingredients) and then toss with liquids and parmesan cheese right before serving for absolute freshness. Serves 2

Ingredients:

- 1 15 to 15.5 oz can chickpeas (garbanzo beans), rinsed and drained
- 2 Tbsp chopped fresh basil
- 2 Tbsp chopped fresh flat-leaf Italian parsley
- 2 Tbsp fresh lemon juice
- 4 Tsp extra virgin olive oil
- 1 pressed garlic clove
- 1/3 Cup packed freshly grated parmesan cheese
- Kosher salt and Pepper to taste

Method:

Combine all ingredients in a large bowl. Toss with fresh parmesan and season with salt and pepper. Serve chilled or room temperature.

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



Quick and Easy Pasta Salad

Simple, quick and delicious!

Ingredients:

- 1 Box rotini pasta
- 1 packet Good Seasons Italian dry salad dressing mix (and ingredients to make the salad dressing; olive oil, white vinegar, water)
- 3 Tbsp Salad Supreme seasoning
- 1 Can small pitted black olives, sliced in half
- About 3 - 4 Cups chopped tomatoes (chopped about 1" pieces)
- About 2 1/2 Cups blanched broccoli, cut into small pieces

Method:

Cook pasta according to package, al dente. Rinse, drain and set aside.

Mix salad dressing in jar and shake vigorously. Set aside.

Slice olives, chop tomatoes. Blanch broccoli in boiling water for 1 minute, until slightly cooked but still crisp and bright green. Rinse with ice cold water and drain.

Add in large Tupperware, pasta, olives, broccoli, tomatoes, salad supreme and dressing. Shake vigorously to mix. Chill for at least one hour, tossing regularly. Serve chilled.

Lemon Bars

My mom and I have always loved sweet things in the morning with coffee, such as pastries and light desserts. I altered these to make them a little healthier (of course) with Smart Balance margarine and Splenda, and I thought they were great. My mom said that when you bake, you're supposed to BAKE. Meaning, load up on the butter and sugar. Well, you know me, I like to be healthy and I rarely bake. Suffice to say, these were delicious!! Makes 24

Ingredients:

- 1 1/2 cups all purpose flour
- 1/2 cup powdered sugar
- 3/4 cup (1 1/2 sticks) butter (or margarine), cut into pieces, room temperature
- 4 eggs
- 1 1/2 cups sugar (or sugar substitute)
- 1/2 cup fresh lemon juice
- 1 tablespoon plus 1 teaspoon all purpose flour
- 1 tablespoon grated lemon peel
- Powdered sugar

Preparation:

Preheat oven to 350°F. Combine 1 1/2 cups flour and 1/2 cup powdered sugar in large bowl. Add butter (or margarine) and cut in until mixture resembles coarse meal. Press mixture into bottom of 9x13x2-inch baking dish. Bake until golden brown, about 20 minutes. Remove from oven. Maintain oven temperature. Beat eggs, 1 1/2 cups sugar (or substitute), lemon juice, 1 tablespoon plus 1 teaspoon flour and lemon peel in medium bowl to blend. Pour into crust. Bake until mixture is set, about 20 minutes. Cool. Cut into 24 bars. Sift powdered sugar over top before serving.

New Potato Salad

This recipe came from mom. It is a light potato salad; not too much mayo. Not everyone likes dill, but it is subtle and the snap peas add a delightful crunch!

Ingredients:

- 1 lb tiny new potatoes, quartered
- 2 cups fresh snap peas (the flat kind), sliced in half and ends trimmed off
- 1/4 cup sour cream
- 1/4 cup mayo
- 1 Tsp dill
- 1 Tbsp chives

Preparation:

Cook potatoes in a small amount of boiling water for 8 minutes. Add peas for 2-3 more minutes. Drain thoroughly and cool. Stir together sour cream, mayo, dill, chives and add a little salt. Cover and chill.

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

529 Plan Can Help With College Funding and Estate Planning

The end of the school year means your young children are one step closer to college. You can help your children — or your grandchildren — meet future college expenses by investing in a 529 plan. And this college-savings vehicle also can offer estate planning benefits.



When you contribute to a 529 plan, your earnings accumulate tax-free, provided they are used for qualified higher education expenses. (However, 529 plan distributions not used for qualified expenses may be subject to federal and state income tax and a 10 percent IRS penalty.) And your 529 plan contributions may be deductible from your state taxes.

Plus, by funding a 529 plan, you may be able to reduce the size of your taxable estate. And you won't lose control of the assets you contribute, because if your chosen beneficiary doesn't use the money for college, you can take it back, although you will have to pay taxes and possibly a 10 percent IRS penalty on earnings.

A 529 plan offers multiple benefits — so give it some consideration.

954-783-6694

www.edwardjones.com

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



robert.friedman@edwardjones.com

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



Joseph Ribkoff, the difference between dressed ... and well dressed. Shop local, shop at Body & Soul Boutique for a refreshing approach to boutique shopping.



WWW.SHOPBODY.COM

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



**LET US HELP YOU IMPROVE
YOUR BOATING SKILLS**

ALL WELCOME

**LEARN ABOUT: SEAMANSHIP,
ANCHORING, DOCKING,
PWC'S, STATE & FEDERAL
LAWS, INTRODUCTORY
NAVIGATION, MARINE RADIO,
TRAILERING,
KNOTS AND MUCH MORE**

SAFE BOATING COURSE

**Pompano Beach
Sail & Power Squadron**

JULY 10, 2012

Tuesday nights @ 7PM

**CALL FOR INFO
954-579-8000**

Qualifies you for a State "BOATING SAFETY EDUCATION" ID CARD

www.usps.org/pompano

John Offerdahl is...

The Gridiron Griller

While at LSU, first round draft choice, AJ Duhe got his fill of Cajun shrimp, so it was only fitting that he and his chef teammate Michael Vogler of Latitudes Restaurant at the Hollywood Beach Marriott, found a Caribbean twist for shellfish with their crowd-favorite, AJ's "Caribbean Casino" Prawns at last year's Gridiron Grill-OFF. Though in his post-football career, AJ is the director of player development at the Marriott Resort's Crystal Palace Casino in Nassau, his recipe featured this month is no gamble! Chef Vogler artfully combines a tropical fruit salsa with a Caribbean Rum BBQ sauce that infuses the prawns with a distinctly Floribbean vibe you are going to love. It's a perfect dish to grill for friends in the summer as the grill time is so short—2 to 3 minutes and you are ready to limbo!



Dolphin legend AJ Duhe teams up with Chef Michael Vogler of Latitudes at the Hollywood Beach Marriott.

AJ's "Caribbean Casino" Prawns

READY...Line up your ingredients

Pineapple & Mango Salsa:

- 1 pineapple diced
- 1 mango diced
- 1 red pepper diced
- 1 T cilantro chopped
- 1 lime juiced
- 1/2 c mango puree
- 1 t kosher salt
- 1 T Pickapeppa sauce

Caribbean Rum BBQ Sauce:

- 2 T olive oil
- 1 c onion diced
- 2 T garlic minced
- 2 T ginger minced
- 1 c Myers rum
- 1 c ketchup
- 1/2 c molasses
- 1 c cider vinegar
- 1/2 c pineapple juice
- 1/4 c brown sugar
- 1/2 t nutmeg
- 1/2 t black pepper

Dry Rub:

- 1 T ground cumin
- 1 T onion powder
- 1 T garlic powder
- 1/4 t cayenne pepper
- 1 t ground ginger
- 1 t salt
- 1 t brown sugar

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

Salsa: Mix all the ingredients.

Sauce: Saute onion, garlic and ginger in oil until onions are translucent. Deglaze with rum, let alcohol burn off. Add remaining ingredients and simmer. Taste and adjust seasoning with salt and pepper if needed.

Dry Rub: Mix all ingredients and store.

Meat: Combine all dry rub ingredients and rub on prawn tails.



AJ's "Caribbean Casino" Prawns.

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

Pre-heat the grill to 400° (Medium High) and grill prawns 1-2 minutes on each side; brush with BBQ Sauce. Turn prawns once on each side to cook BBQ Sauce into prawns.

Recommended wine pairing...

Kendall Jackson "VR" Summation White

JOHNNY SAYS...

"These flavorful prawns are going to change your attitude, so grill them yourself or head to Latitudes"

Annual Writers Network Gala

Article By Marjory D. Lyons Photos by Jon Frangipane

At Artserve in Fort Lauderdale, at the Annual Writers Network Gala on May 19, traditional handshakes and smiles abounded at the announcement of the winners in the Fourteenth Annual Writers Network Writing Contest. There was no need for using Twitter, Facebook, LinkedIn or any of the online social networking devices on this night of excitement and glamour. Good, old-fashioned face-to-face networking was in order.

Established in 1998 by the Writers Network of South Florida (WNSF) to honor outstanding writers in South Florida, the writing contest draws entries from Broward, Palm Beach and Miami-Dade Counties, with submissions in four categories, short story, poetry, children's and young adult books, and short plays. The contest runs each year from November through the deadline in March. In May the Gala is held when winners are revealed and cash prizes from \$50 to \$100 are awarded.

As a special feature of the Gala, excerpts from winning entries were read by actresses Sara Lee and Ellen Wachter and actors Vinny Mutarelli and Don Grimme performed the winning short play, "Our Boys," by Peter Hawkins.



Claire Ibarra, Mark Levey and Laura McCarthy, 1st, 2nd, and 3rd place winners in the short story category.



Joanne Endorf, chair of the writing contest.



Judges: Lighthouse Point resident poet and author, Jane Ellen Glasser, Danielle Joseph, Marjetta Geerling, Anastasia Clark, Louis K. Lowly and contest chairperson, Joanne Endorf.



Prudy Taylor board with poetry winners: 1st place Judith Shaffer, 2nd and 3rd place winner Beth SK Morris.



President Prudy Taylor Board, with winners in the young adult category, Daniel F. Rosseau, Mariolga Locklin and Jodi Turchin



Sara Lee reciting the winning poem, "Her Garden at Twilight" by Judith Shaffer.

Ellen Wachter reading an excerpt from the winning short story, by Claire Ibarra, "Alternation"



Prudy Taylor Board, President of the Writers Network of South Florida with winners in the short play category: 1st place, Peter Hawkins, 2nd place, Brian Reeves, and 3rd place Donald Scheer.



Jody Turchin, reading an excerpt from the winning young adult entry, "The Brown Pony."

Among those attending the Gala were WNSF Board members, Joan Mclver, WNSF Board member, Lighthouse Point resident, former travel writer for the *Sun Sentinel* and features writer for *Florida Design Magazine*, Jon Frangipane, your publisher and editor of the *Lighthouse Point Magazine*, and Marjory Lyons, former president of WNSF, writer, speaker and workshop leader. Board members Debra Sharp, author of "Mamma" books, was chair of the Gala; Judy Borich in charge of refreshments, assisted by Tina Koenig, former president of WNSF. Congratulations to all the winners.

For information about the Writer Network, go to www.writersnetworksofla.org.

Key Features of a Good Spyware Removal Program

By Denise Richardson



If you're a regular surfer of the web, chances are you've come across a very annoying (and potentially dangerous) thing called spyware. Spyware, a cousin of viruses, worms, Trojan horses, and other malware, is a type of malicious code that often arrives as a hidden download. Once on your computer, spyware can send information about you to spammers and cause annoying pop-up ads to appear, all measures that slow your computer down, cause a nuisance, and expose your sensitive information.

That said, it would serve you well to have a diligent antispyware program installed. A good one will keep your system free and clear of the security threats posed by spyware. But every antispyware application is different; some are higher-quality than others. Here's a simple checklist of things to consider when you purchase an antispyware program.

Non-intrusive execution

Some antispyware programs make you more aware of their presence than you'd like them to. Some signs of an intrusive program are constant pop-up notifications, asking you to install toolbars and other programs (or automatically doing so without your express permission), or changing your home page or regularly-used search engine.

No good antispyware program will be that dismissive of your personal preferences. It's there to do one job: to make your web-browsing experience more worry-free, not burden you by taking over your browser or trying to change the way you do things.

No attached programs or spyware

It sounds terribly ironic, but it's true. Sometimes when you download an antispyware program, you're faced with the possibility of spyware coming with it. Some antispyware programs are in fact spyware programs in disguise, and can cause the types of behavior mentioned above! For this reason, one might be more comfortable ordering the software by mail rather than downloading it, or to only go with an established name-brand program.

Real-time protection

It's good to know you can fire up a scan for spyware whenever you choose, or to have automatic scans scheduled. But it's even better to know that you're being protected in real-time as you browse the web. Real-time protection means you can rest easy from fear of sudden spyware attacks or downloads. This preemptive, constant watchfulness gives you the peace of mind that any good security software should.

Regular, automatic updates

Even the best security software needs to stay current and up-to-date in order to recognize and deal with new, unrecognized threats. This is often accomplished through automatic updates. A regular feature of any good antispyware software, automatic updating will help you stay protected well into the future.

Deep scanning capabilities

Spyware doesn't always infect your computer in the most common areas. Trouble-making spyware can find its way into commonly used folders where you keep your pictures, music, documents, and of course, downloads. But spyware can also affect much more vulnerable areas of your operating system, including your registry and system folders. Once hidden there, it's often difficult to find and can be devastating. A good spyware removal program will thoroughly search registries and system folders to make sure your system is free and clear of infections.

Heuristics

Antispyware programs rely on lists of defined spyware threats in order to judge what to alert you to and what to target for deletion. But sometimes, due to the rate such threats are issued and various levels of success the creators have in hiding them, those spyware definitions are missing. This is where a strong heuristics engine comes in. As the "brain" of a great antispyware program, it watches for new patterns in your file system that are similar to the changes spyware would make, such as sudden modifications to the registry or system files or changes to certain programs. A good spyware removal program will recognize which types of changes are suspicious and will promptly alert you to such activity.

Live and email technical support

With any security software, technical support is a great resource for help. Should you have any questions or concerns about how to use the program most efficiently, or if there's ever a problem with running the program itself, a responsive tech support staff will get you up and running quickly. Access by email is good, but for those wanting a fast response and thorough interaction with support, a live support line (either through instant messaging or telephone) is better. In my opinion, having access to remote tech support—that's even better.

All in all, be sure research the various name-brand antispyware and antimalware programs to be sure they have all the features that the level of your tech-skills would require to keep your devices, and the contents it holds, secure. The best security experience, ultimately, will be one that suits your particular needs, desires and browsing habits. Happy (and secure) surfing! ♦

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

Magic Metals

Cash In With Cast Iron

By Capt. Mike Genoun



It's safe to say that metal jigs have been in existence for longer than most of us have been fishing. As a matter of fact, the good ole' 4 oz. diamond jig has accounted for countless fish and is likely responsible for the vertical jigging craze. Although modifications and enhancements have been made, the concept remains the same. Vigorously worked through the water column, slender pieces of metal weighing 2 to 8 oz. imitate fleeing or wounded forage, resulting in impressive strikes and tough battles from a variety of gamesters.

Today, metals come in an array of shapes and sizes and continue to account for many great catches. Irons, as they are known across the West Coast, are a staple among long-range tuna and yellowtail fishermen. Along most of the eastern seaboard anglers chasing bluefish, striped bass and even bluefin tuna wouldn't dare leave the dock without a healthy supply of diamond jigs. Up in New England, heavy Viking jigs fill burlap bags with tasty cod and pollock catches.

Here in Florida, amberjack, grouper, snapper, sea bass, African pompano, blackfin tuna and cobia are just a few of the many species that won't hesitate slamming metal. Yet regardless of the body of water you are fishing or the targeted species in your crosshairs, the trick to connecting on these jewels is all in the action. It's important you vary jigging speeds, actions and retrieves until you figure out what the fish are keen on.

From gold spoons in the shallows to high-speed wahoo jets, all of us fish metal lures in some form. However, due to editorial constraints we are exclusively discussing slender metal offerings like vertical jigs and diamond jigs. Many experienced anglers swear metal jigs rival the effectiveness of live bait because they can be cast close or far and worked through the entire water column. They also enable anglers a varied retrieve and universal appeal to roughneck predators—worked toward the surface in hyper-speed or erratically ripped across the surface, metal jigs have proven their effectiveness across the world's oceans.

Metal jigs are relatively inexpensive and as long as they are not lost to toothy critters or aggressive structure they will typically last a lifetime. As a matter of fact, the more fish a metal jig fools the more appealing the lure becomes. This is why hammered metal jigs with dimpled finishes out-produce the same lures with smoother finishes.

When considering tying on a metal jig, factors that must be considered include depth, velocity of current and target species. If

you are looking to bag a few snapper on a reef in 90 feet of water and you're faced with slick calm conditions and little current, a 2 oz. jig worked through the bottom third of the water column will keep you tight. Conversely, to entice deep-water amberjack on the backside of a full moon with a stiff 20-knot breeze you'll need nothing less than an 8 oz. jig.

Regardless of where in the water column you work your magic, before the lure ever touches saltwater you better be sure your hardware is up to the task. This is no place for weak split rings and cheap hooks. Welded rings and 4X trebles or heavy-gauge single assist hooks are the only way to ensure you'll ultimately be rewarded for your efforts.

While metal jigs are available in every color found in a box of crayons, a chrome finish typically out produces the rest. If you want to mix it up a bit you'll certainly have success with chartreuse, black or blue tones and highlights. More important than color is action and for a metal jig to fool fish it must be on the move. I don't believe I have ever persuaded a single fish to slam a piece of metal that was sitting still. Any number of game fish will clobber a vertical jig on the flutter and, of course, we know they will chase down a diamond jig and nail it on the retrieve, but rarely will any fish touch a metal lure if it is just dangling motionless. While big fish can be fooled with a proper presentation, they aren't flat out dumb.

Perhaps the most exciting time to tie on a metal jig is during a feeding frenzy. Bonito, skipjack, jack crevalle, bluefish and

Spanish mackerel will all churn the surface into a turbulent mayhem. This is when a metal jig ripped just below the surface will produce slamming results. If you aren't already fishing magical metals, you are missing out on one of saltwater fishing's greatest inventions. ♦



Present a metal jig to a school of feeding dolphin, and you can bet it's game on!

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



**FLORIDA SPORT
FISHING**
JOURNAL FOR THE AVID ANGLER

LOCAL BUSINESS CARD 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



Lighthouse Point Cleaners
 (Formerly Robert's Cleaners)

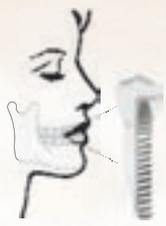
954.428.6424
 5030 N. Federal Highway, Lighthouse Point, FL 33064

All Work Done on Premises



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

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

www.DrLogueOralSurgery.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@DrAndrea.com • www.DrAndreaCorn.com
 Gateway Center Mall
 2020 E. 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

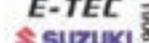
Reel Loco Marine
 Sales & Service, Inc.
 1132 NE 48 St • Pompano Beach, FL 33064
www.reellocomarine.com

Authorized Panga Dealer





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

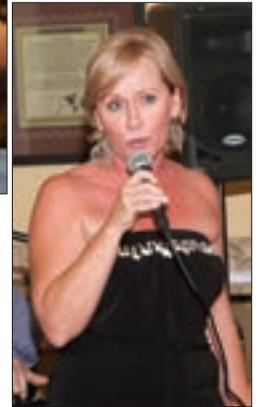

Daily Grind Offers Open Mike Night

Photos by Debra Todd

Once a month, Daily Grind Unwind Café in the Venetian Isles Shopping Center offers an open mike night for anyone wishing to display his or her talent.

Andrew Donald, Daily Grind manager, is M.C. for the monthly Friday night event, and by looks of opening night in June, it appears to be a great idea.

Daily Grind is located at 3650 N. Federal Hwy. 954-657-8355.



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.

HAPPY BIRTHDAY TO YOU!



**Hey Kids! Born in September--
Send us your photos before August 6th!**

Include your name and birthdate and

Email to: LHPnews@bellsouth.net and

Please type **"Lighthouse Point Birthday"**

in the Subject Line, or mail to:

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

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



**FREE
YOGURT!**



Tara
turned 14 on June 10th



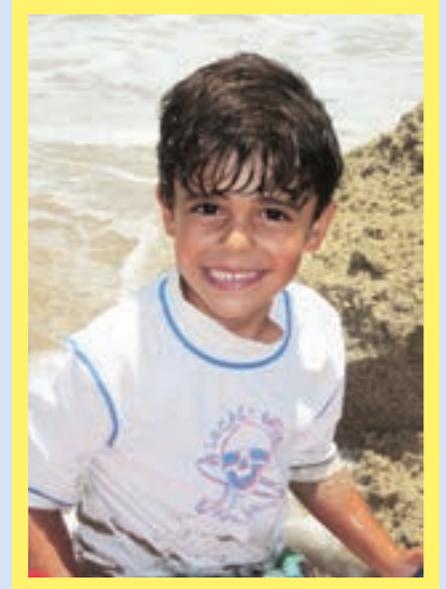
Alana Grace
turns 2 on July 5th



Charly
turns 3 on July 7th



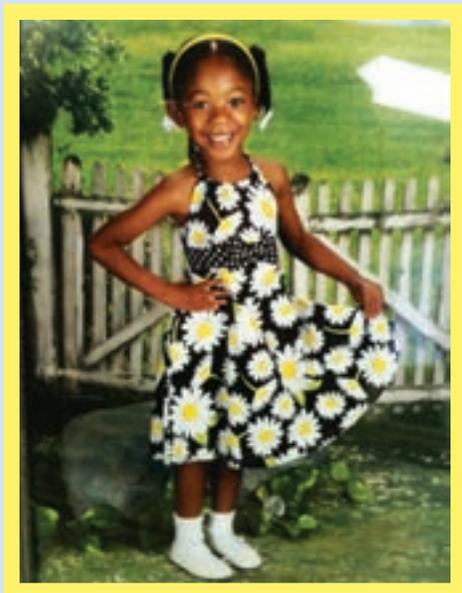
Regan Happ
turns 9 on July 12th



Colin Happ
turns 6 on July 17th



Kylie turns 5 on July 19th
Jake turns 5 on July 16th



Jayla Casey
turns 6 on July 29th



Jaden Centz
turns 8 on July 30th

Loving Pet Birthday Gallery

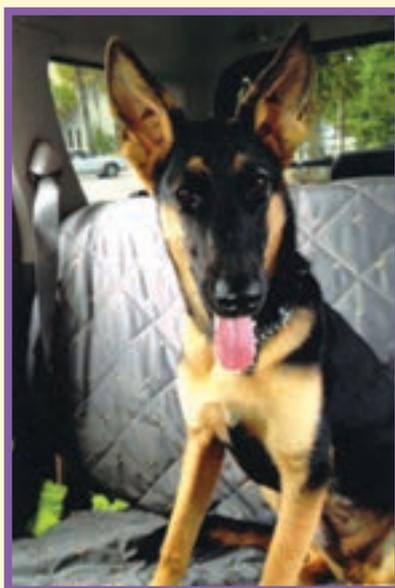


Send us your pet photos before August 6th!

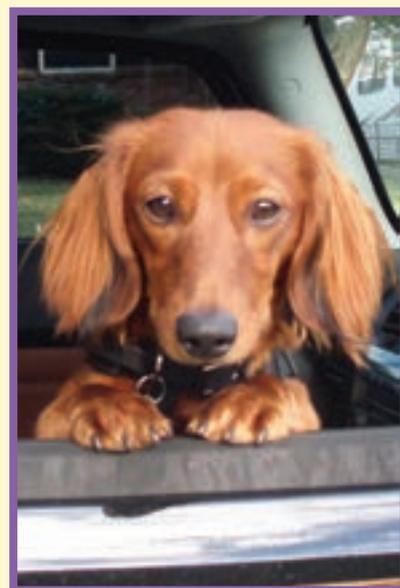
Include the pet's name and age and **Email to: LHPnews@bellsouth.net** and
Please type **"Lighthouse Point Pet Birthday"** in the Subject Line,
or mail to: City News Group, LHP Birthday, 3467 17th Terrace, Oakland Park, FL 33309



Seymour



Apollo
turns 1 on July 17th



Poppy
turns 4 on July 24th

There is Not Enough Darkness in All the World to Put Out the Light of One Small Candle

By Reverend Jack Noble

Following the ravages of a particularly devastating air raid in Britain, during World War II, this inscription was found on a new gravestone. There were those who thought it to be a famous quotation; they thought it surely was written by some important being, handed down, as it were from on high. But it wasn't. People were surprised when they learned that these were words written by a lonely old lady whose pet had been killed in the bombing.

There is not enough darkness...

I think often of those words—not perhaps, so much for their poetry and imagery, as for the truth they whisper. I am finding more and more, from time-to-time, that in moments of discouragement, defeat, or even despair, there are always things

to which we must cling. Little things, usually. Laughter. The face of a sleeping child. A tree leaning against the wind. In fact, anything; any reminder of something deeply felt, or dearly loved.

No one is so poor as not to have many of these small candles. When they are lighted, darkness goes away...and something wonderful remains.

My wish for you is that you have a wonderful summer. May you see some things sharp and plain. May you always know that it is never wrong to search and risk. The truest measure of a life is not in the acquisition of money or power or reputation – it is in fulfillment and awareness.

And remember... *there is not enough darkness.* ♦



Al's Corner

A Common Occurrence

By Al Siefert

A loose neutral wire anywhere in the electrical system can cause an imbalance in the voltage and raise the voltage on one phase while reducing it on the other phase. This is usually seen when a light brightens in one part of the house and dims in another. This voltage variation can damage electronics, appliances, motors and anything connected to the electrical service.

Some of the causes of a loose neutral wire could be a poor installation where a fitting was not properly tightened. Oxidation can also cause the contact to become more resistant and wind over time can loosen a splice from the power company. For underground electrical services, a kink in the installation can eventually break down the conductor and underground splices will sometimes corrode. With underground services the initial problems could be more obvious when the ground is wet due to moisture.

If you feel that this is happening in your home, it is best to call the power company first. If the problem is on their side of the meter, they will make the repair at no charge to you. They will also check the meter for any problems and, in many cases, make a temporary repair until you can get it repaired properly.

Be careful not to confuse the above with the sudden dimming of all the lights that occurs briefly when a large load like an air conditioner starts up. This is a surge from the heavy motor load at start up. It is usually instantaneous and not harmful to your electronics. If you are concerned about this dimming issue,

there are inexpensive devices you can install on your air conditioners to reduce this effect.

On a different topic, under a ruling by U.S. Environmental Protection Agency implemented this year, the old Freon gas known as R-22 for air conditioners is being phased out. The reason being is that it is believed that it contained hydrochloro-fluorocarbons which were eroding the ozone layer. The result of this action will drive up the cost of the R-22 Freon from around \$40.00 per pound to about \$90.00; this is an increase of \$50.00 per pound. The average air conditioner will take 5 to 10 pounds of gas. So to recharge your air conditioner you can expect to pay an additional \$250.00. This will apply to some older air conditioners made before 2010.

The new air conditioners will use an R-410 Freon which is a cleaner gas. The new A/C units will come with an additional cost for stronger tie downs on the compressors and the contractor will need to do an energy calculation of the structure. This will add about \$200 to \$300 to the cost of the new installation. If it makes you feel any better the new air conditioners are supposed to be more energy efficient and over time you may recover some of your cost. ♦

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



Dr. Keith Parmenter

Continued from page 42

Q: I notice that many of your patients are children. Do most come for treatment of sports-related injuries?

Parmenter: The fact of the matter is that most of my patients are middle-aged and older. However, the vast majority of patients are treated for sports-related injuries.

Q: What would you say are the three most frequently requested injury treatments?

Parmenter: Chronic lower back pain is most prevalent. It is followed closely by cervical pain and overuse injuries.

Q: Do professional athletes reach out to you for help?

Parmenter: Pro athletes from the entire athletic spectrum reach out to me frequently from all over the globe. If am not there to help them, I will find the right person in the area who can help them. I have spoken to many trainers, Rolfers, and Acupuncturist over the phone, and make sure my patients are directed to the right person.

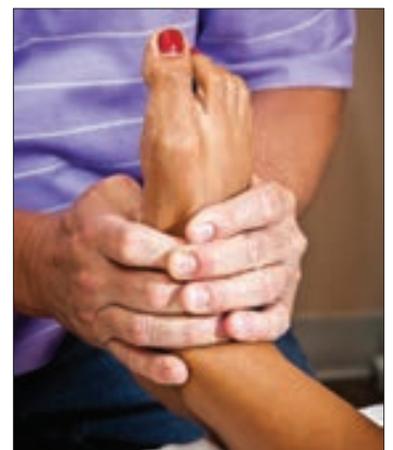
Q: Is there a professor. or anyone you feel you owe your success to?

Parmenter: Yes. I owe all my success and the knowledge I've gained to Dr. Mark Adducci, DC. He may not have realized how much he had given me on the day he allowed me to be partners with him 19 years ago. He showed me how to be a caring physician, and taught me things that no other professor has. Dr. Adducci also taught me that it is not always about how much money I would be making at the end of the week, but how many people I helped. And I can truthfully say that I owe all of my success to him. God Bless him and his family for leading me in the right direction.

For further information, please call Dr. Keith Parmenter at 561-368-9400, located at the Med-Plex Center, 5458 Town Center Road, Suite 10, Boca Raton.



Noah Flegel getting acupuncture needles with electric stimulation. Treating his pain from wakeboarding. (LHP resident).



Namiko Shibata, patient for planter fasciitis getting a Tuina treatment by Keith Parmenter.



77-year-old Jack Smith from Plantation . Travels to Boca Raton for Acupuncture and Rolfing. His wife Barbara Smith also comes in for Acupuncture and Tuina. Barbara has arthritis in both hands.

LHP Food Truck Event & Expo

Continued from page 47



Lighthouse Point's #1 SALES TEAM

"Over \$58 Million in sales in 2011"

The Prenner Team

PA, GRI, CRS, SRES

(954) 784-6703



Certified Distressed Property Expert



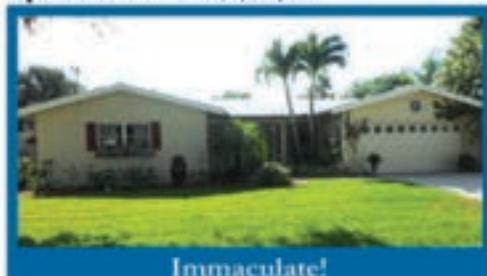
Magnificently built on one of LHP's best island streets!! This 6 bed, 7 1/2 bath is incomparable. Almost 7000 SF of living space. This home has a wonderful gourmet kitchen w/snack bar. Incredible master w/sitting area on the 2nd floor. Amenities include elevator, fireplace, 4 car garage, beautiful pool/spa/summer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



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

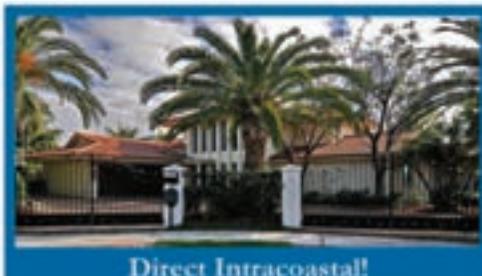


Beautiful 3 bedroom, 2 1/2 bath - plus den - pool home with 100' of waterfront on one of the best streets in Lighthouse Point! Remodeled with newer, island kitchen, marble floors and family room with wet bar. Designed to take full advantage of gorgeous water views. Tropical pool patio surrounded by yard. A lovely home! \$1,059,000.



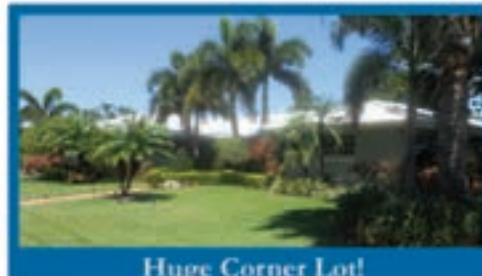
Immaculate!

Open 3 bedroom, 2 bath home in the heart of Lighthouse Point. Remodeled and immaculate! Kitchen with granite counters and stainless steel appliances and bathrooms are redone beautifully. Split bedroom plan, hardwood floors. Relaxing backyard with fountain, pavers winding throughout the landscaping. \$419,000.



Direct Intracoastal!

Completely renovated, direct Intracoastal, 3 bedroom 4 1/2 bath pool home. Amazing views, a huge back patio, and pool deck featuring outdoor kitchen, steam room and sauna. No expense was spared - All Viking brand appliances, chiseled edge marble floors, granite stairs, solid wood mahogany doors, onyx counter tops and whole house generator. \$1,795,000.



Huge Corner Lot!

Spacious one of a kind 4 bed, 4 bath pool home on Lighthouse Point's largest dry lot. The home has award winning landscaping. Great room with a granite wet bar. Wood floors throughout. The roof is 5 years old and both air conditioners are new. Plenty of privacy for the in-laws in their own separate wing of the home. You must see this one. \$699,000.



Gorgeous, built in 2005, 5 bed, 5 bath estate home on 105' of deep water and incredible views! Elevator, formal living room with fireplace, large gourmet kitchen with granite, stainless and custom cabinetry. Lovely covered patio w/summer kitchen and pool w/spa! Lush tropical landscaping and new concrete dock! \$1,999,500.



Nice, fully leased, East of U.S. 1 duplex in Pompano Beach with \$1850.00/per month in gross income. Two 3 bedroom, 1 bath units. Very close to shopping, restaurants and the beach! \$209,000



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

CAMPBELL & ROSEMURGY
REAL ESTATE

1750 N. Federal Hwy • Pompano Beach, FL 33062

www.Prenner.com





LIGHTHOUSE POINT'S HOME TEAM

BALISTRERI REALTY
INTERNATIONAL

TRUE 4BR/3BA ON DEEPWATER



You'll love the open feeling of this home set on a wide canal just off the Intracoastal. French doors lead to the pool and covered patio. It has an eat-in kitchen and split plan. Large 2 car garage. Call Dot Cowdrey to see it. ML#F1185982

DOT COWDREY, 954-592-2640 \$699,000

A VACATION EVERY DAY



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

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

4BR WATERFRONT POOL HOME



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

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

NOW IS THE TIME! THIS IS THE HOUSE!



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

**SUZI MCCABE, 954-562-4938
CAMILLE HALL, 954-254-2085 \$363,000**

BEAUTIFULLY REMODELED TOWNHOME



3BR/3.5BA townhome East of Federal Hwy. Remodeled featuring a large open kitchen with breakfast bar, granite counters, s/s appliances, w/d, central vac and 2 car garage. 3rd level high vaulted ceilings, impact windows, master BR has his and hers walk-in closets. Lower level 3rd BR/den/office, bath and outdoor patio. Close to Beach. ML#F1188796

LAURIE SUMMA, 954-205-5685 \$219,900

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



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

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

1BR/1.5BA OVERLOOKING ICW



Great secure area to live on the water with lots of land. Heated pool, BBQ, shuffleboard patio. 4 story well maintained complex. Dockage when available for small monthly fee. First floor unit with lots of upgrades including hurricane windows and doors. Tile throughout except carpet in bedroom. Lots of built-ins. Bright and cheerful. ML#F1183890

FAYE BRUNER, 954-303-9249 \$144,000

THE HEART OF LIGHTHOUSE POINT



Bright and airy 2BR/2BA 1st floor corner. Renovated building and pool/bbq area. Modern clubhouse and new landscaping. Updated unit, come see for yourself! Close to shopping, dining, library, police, churches, tennis, golf, boating and beaches. Your vacation home or live year round. ML#F1189788

DENISE LUSH, 954-815-4421 \$62,000

WELL MAINTAINED WATERFRONT HOME



3BR/3.5BA waterfront home in Lighthouse Point. Very large family room and spacious bedrooms with walk-in closet, large laundry room with extra refrigerator fenced yard, circular driveway, hurricane shutters, large turning basin. ML#F1187481

**MICHELE HALE, 954-648-2065 RENT
LAURIE SUMMA, 954-205-5685 \$2,800**

BOCA RATON
(561) 886-1600

LIGHTHOUSE POINT
(954) 691-1800

POMPANO BEACH
(954) 545-1600

FORT LAUDERDALE
(954) 489-3100