

Lighthouse Point

MAGAZINE

www.LHPmag.com

November 2011

Welcome to Iceland!

Myth of the
Trolls

INSIDE:

Pink Luau pg 15

Pets Needing Love pg 18

Dunn's Run pg 40

Dining Out pg 46

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The 2011 soccer season is alive and kicking at Lighthouse Point's Frank McDonough Park.

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.

8th Annual Miles for Smiles Walk

Hundreds of supporters of children with disabilities will set off from Pompano's Goodyear Blimp Base Saturday, November 12th to participate in the Eighth Annual Miles for Smiles Walk. All proceeds will help fund Center medical and educational programs for children and young adults challenged with a wide range of disabilities.

Registration for the event begins at 8:00 am and walk t-shirts will be given to the first 200 participants. All walkers will receive gift bags, breakfast, and lunch and have the chance to win prizes—all while helping some of the most at-risk children in our community.

Starting at the Goodyear Blimp Base located at 1500 NE 5th Ave, the route will take walkers 4.7 miles around Pompano Beach Air Park. Walking teams, runners, rollerbladers, strollers, and wheelchair participants are all welcome. Finish line celebrations include live music, children's games, clowns, face painting, fire trucks, lunch and giveaways.

For information on how to sign up and help local youth please contact Bridget DeSeno at 954-605-7963, or visit www.bcckids.org to sign up. Entry donation is \$20 online or \$25 at the event.

Elsa Brehm Hoffman's 104th Birthday Celebration!



A special luncheon party to celebrate Elsa Brehm Hoffmann's 104th birthday was held at Lighthouse Point Yacht and Racquet Club on Friday, October 7th. Twenty of Elsa's closest card-playing buddies attended the event.

Elsa continues to hit national media even as recently as September 2011 as an inspiring role model for health and joy well into a long life. Her photo and one of her most important messages for happy

healthy longevity was in Fitness Magazine about active centenarians in America. Last year she was included in an article in Christian Science Magazine, as well as US News and World Report, among other online media and activities— even modeling! At a friend's "roaring twenties" party, Elsa was asked to speak about those times, since she was the only one who really lived it who was there!

Elsa appeared on NBC news all over the country when she decided to give up driving. Her bravery to share that big decision was helpful to so many who struggle with making this same decision. Of course at 100 years of age her appearance on the Barbara Walters longevity special was a huge highlight of all the media attention Elsa has received over the years.

Photos and more details may be found within the blog on elsasownbluezone.com.



Local resident Chandler (Morehead) Lovelle will appear as Christine in the high school production of *Phantom of the Opera* on Main Stage at the American Heritage Center for the Performing Arts. The production will span four evening, November 16, 17, 18 and 19, 2011. Shows begin at 7:30 p.m. and are open to the public. Tickets can be purchased by calling the box office at 954-472-2837.

Letters from our *Readers*

Myself, Andy and Chandler were so excited to see your cover story, October, 2011—St Thomas, Gem of the Caribbean!

We were there the same time you were there right next door at Pineapple Village! We actually spent time at Point Pleasant climbing the stairs from one pool to the next. We love St. Thomas. As a matter of fact, Andy and I met and married there. Our son Chandler was born in Roy Schneider hospital. Andy opened and ran the restaurant downtown called Tavern on the Waterfront for three years until the owner decided to sell it.

I managed a store at the Elysium resort, and painted oil on canvas in my spare time. I was commissioned and sold several paintings there. We were close to purchasing a restaurant on the beach on the East End. When that didn't happen we moved to Fort Lauderdale and purchased Le Bistro. We love St. Thomas and we miss the lifestyle. We are lucky to have several close friends that we visit whenever we can, and they, of course, visit us.

I just wanted to share this as you and I have both been touched by the magic of the island. The great part is that it is US territory and very easy for travel. Maybe next time we will be there at the same time and you can enjoy the island with us and our wonderful friends!

Kindest regards,
Elin Trousdale, Le Bistro

Dear Jon,

Thanks sooooo much for including Bongo's birthday in the current issue. We love it and we love your magazine, it's layout and content and beautiful presentation. Keep up the good work.

Anthony



This month features a journey to Iceland and the Myth of the Trolls. Story and photos by Eunice Hamblin.

Features

- 10 Iceland—Myth of The Trolls
- 15 Pink Luau
- 18 Glamourous Pets Needing Your Love!
- 40 Dining Out

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

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

Advertising Rates & Information

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

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My Anti-Gamesmanship Declaration



The method or technique of **gamesmanship** has gained popularity by leaps and bounds, especially in situations when people become desperate and/or greedy.

Gamesmanship, according to Dictionary.com, is the technique or practice of manipulating people or events so as to gain an advantage or outwit one's opponents or competitors.

I recently resigned from a popular local business networking group that has begun to employ this method or technique. It has been and still is particularly popular in Washington, where bending the rules has been in vogue for years, and where Richard Nixon and Bill Clinton exercised gamesmanship to the max, you could say.

Maybe we have all innocently employed a form of gamesmanship at one time or another without even realizing it, but a blatant, aggressive and corrupt form of gamesmanship is now so prevalent in our society we are beginning to accept it as the norm. And what is even more distressing is that apathy among the masses is playing a large role in allowing this situation to exist.

It may be of little interest to anyone reading this column, but I have had it with being manipulated by people, companies,

From the Editor

corporations, organizations and that includes Washington—and furthermore, I refuse to swallow the pernicious, mindless swill being shoved down my throat.

So, whether one likes it or not, take it or leave it, I am announcing my **ANTI-GAMESMANSHIP DECLARATION!**

Loyal Advertisers Get Free Video!

It's a huge project, but *Lighthouse Point Magazine's* offer to loyal advertisers for FREE 2-minute video sessions is taking off like wildfire! **Debra Todd Photography** is in the process of taking appointments now, so we request interested parties to call soon. The advertisers who sign up for the 2-minute session must prepare in advance. This is important to save time and make the video session run smoothly. Those ready to proceed, please call **954-486-3820**.

Who Would Have Thunk It?

Lighthouse Point Playwrighters, a small, but energetic group of wannabee playwrights have been gathering every Thursday evening at the Doreen Gauthier Lighthouse Point Library to discover the amazing world of playwriting.

To their surprise and complete satisfaction, all five participants at press time have completed at least three 10-minute plays that will be performed during the winter at a date to be determined. (Please see article on page 37)

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AB
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J.R. Dunn
JEWELERS

Contents

A Pet Who Needs Love	8
Al's Corner	72
Around the Point	5
As I Was Saying	24
Ask Dr. Corn	60
Beauty Spot of the Month	26
Cantankerously Yours	56
Cookin' with the Community.	62
Editorial	6
Fashion Blog	52
Florida Sport Fishing.	67
Garden Lady	26
Happy Birthday	70
Identity Theft.	66
Investment Planning	60
Legal Matters.	54
Library News.	58
Mind Your Business.	58
OnLine Marketing	54
On Religion	72
Out & About	4
Pet Birthday Gallery	71
Recipes	62
Sheriff Lamberti Reports	64

NOTICE

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

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

LHP Library, Daily Grind Café, Massage Envy, The French Quarter Cafe, Red Fox Diner, LHP Yacht & Racquet Club, JC Yahoo's, Bonefish Mac's, and Offerdahl's Cafe.
Call for other locations.

A Pet Who Needs Love

Tank



Hello my name is Tank and I am a three year old Chihuahua who came to The Florida Humane from animal control. I had to have an eye removed due to an injury and I now waiting for my new best friend to take me home and love me. I will make an excellent lap dog but I also love to chase the ball and play with my stuffed toys. I would prefer to be the only pet so I can get all the attention. People say that I am 'low maintenance' and I could even be an apartment dog because I'm a tiny guy with a big heart.

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

Please come meet me and my friends.

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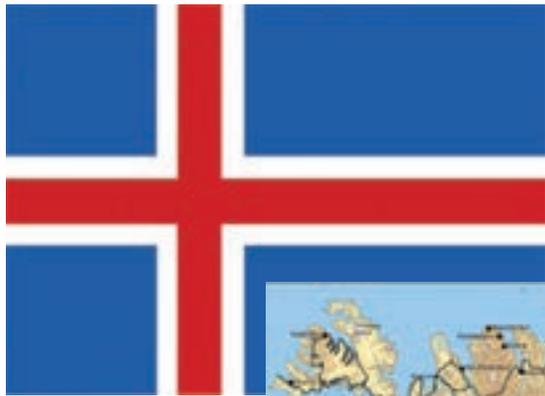


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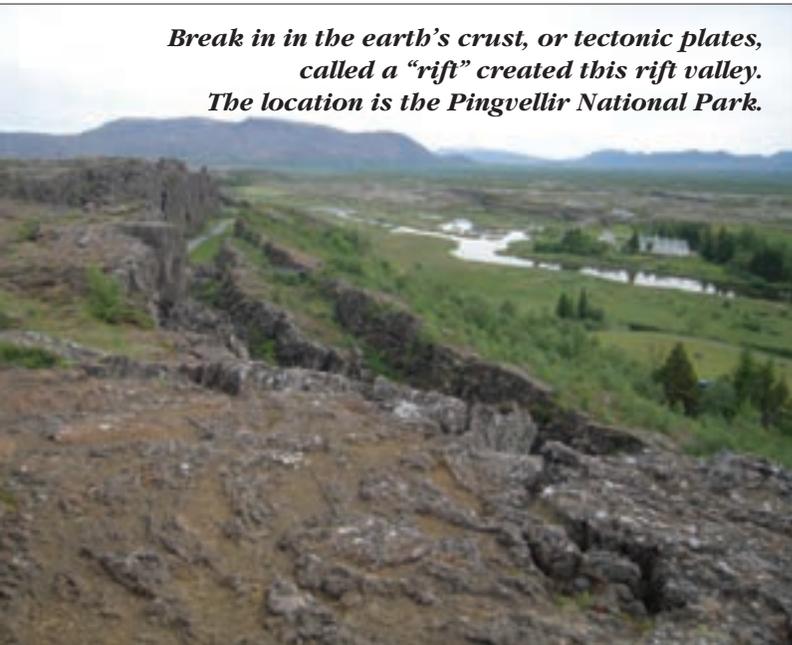
Story and Photos by Eunice Hamblen



Why did I want to go to Iceland? Well, I guess it was mostly out of curiosity, and of course July is a very good time to depart our beloved South Florida. What few articles I read talked about a unique geography, an exciting topography, not to mention a rich culture worth investigating.

Iceland is one of the very few places in the world where you can actually see evidence that earth's tectonic plates are pulling apart. Here you see the second largest rift valley on the planet and split rock walls, which are the result of the divergent plates (In New Zealand, the Southern Alps are the result of plates pushing together).

Break in in the earth's crust, or tectonic plates, called a "rift" created this rift valley. The location is the Pingvellir National Park.



As a result of Iceland's geological history, the country has over 100 volcanoes, 35 of which have been active over the past 10K years. In the past several centuries, eruptions have happened every five years on average.

Iceland also has the largest icecap or glacier (outside the Arctic Circle) in Europe: Vatnajolull at 3,200 feet thick and 3,200 square miles in area. Incredibly, underneath these glaciers are more volcanoes, like Katla and Grimsvotn that erupt, sending massive floods and ice across the southern black sand plain that knock out bridges and power lines along the way. Seismologists from all over the world study these volcanoes, so our guides promised everyone has plenty of warning to evacuate.

While we were there, the volcano, Hekla, was in the news, since she is due to erupt. Instead, the volcano Katla decided to play. Katla is under the Myrdalsjokull glacier. Two days after we drove by this sand flood plain, the bridge was washed out by Katla's brief activity. Since

Hekla volcano overdue for eruption.



there is only one paved road (Perimeter Road) around Iceland, this created a major transportation obstacle for Southeast Iceland.

In addition to our education about volcanoes, three earthquakes between 2000 and 2008 reminded us that the earth's crust is separating beneath their feet in Iceland. Our Country Walker's guides said, "not to worry," since their earthquakes rarely exceeded 7 points on the Richter scale. They were equally comfortable with their volcanic activity. These certainly are resilient people.

All this geological activity continues to create a dramatic landscape of mountains and valleys, both lush and barren. We climbed sea cliffs and walked around fjords that were full of wildlife and waterfalls; everywhere the scenic beauty took our breath away. Iceland hosts Dettifoss, the most powerful waterfall in Europe. But, though Dettifoss was impressive, the one just above it, Selfoss, is the most beautiful waterfall I have seen in my travels. Conversely, when we traveled inland, we found a wasteland resembling a moonscape. The Apollo astronauts trained here for their moon walk. This

area was eerily similar to the moon surface pictures they sent back.

Iceland is located adjacent to the Arctic Circle, which results in 2-4 hours of daylight in the winter and little to no night in the summer. I wore my long underwear most days (in July) and had difficulty sleeping with the sun shining all night. While in Iceland, we ate fish everyday on this trip. It was fried, broiled, poached, in soup, dried and stewed. We had a thirteen-year-old on our trip and she got much more fish than she thought she needed.

The population of Iceland is approximately 300,000. Two thirds of those live in the capital city of Reykjavik. The next largest town is Akureyri in the north with 17,000 people. The rest of the population is scattered around the country's perimeter in towns averaging 300-700 residents.

We traveled between Reykjavik in the southwest to Akureyri in the Northwest, and witnessed a sense of

Dettifoss



Selfoss



Moonscape with geothermal.



Exploring a runoff glacier of the Vatnajokull Glacier (largest one on the map page 10). It is called "Svingfellsjokull" and is covered with volcanic ash.



Continues on page 30

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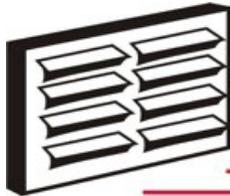
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SURVIVORS CELEBRATED AT PINK LUAU

Photos by Debra Todd

On September 16th, 100 guests enjoyed a “Pink” Luau at the Lighthouse Point Yacht & Racquet Club, where survivors were celebrated, lost loved ones were remembered and patients were encouraged.

The 3rd Annual LHP LifeSavers Luau, hosted by Janis Sreenan and Patty Miranda, raised \$11,000 to benefit the American Cancer Society’s “Making Strides Against Breast Cancer Walk” taking place at Mizner Park on Saturday October 22nd. Proceeds fund early detection and prevention, research and development, patient services and advocacy in our local community.

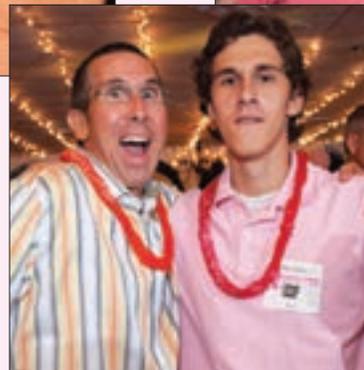
Guests enjoyed fabulous entertainment, delicious food, and amazing Chinese and silent auctions. For more information on how to join the team, walk, sponsor or donate, simply log on to <http://putonyourpinkbra.com/bocaraton> and help create a world with less breast cancer and more birthdays!

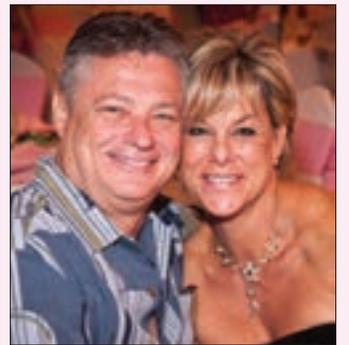
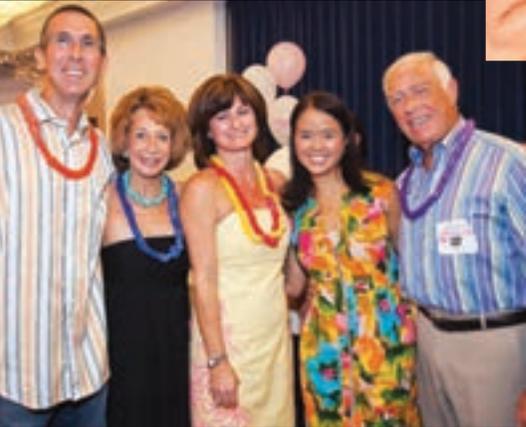
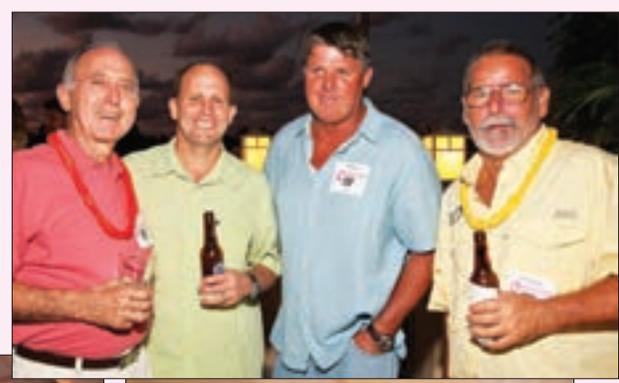


Patty Miranda and her husband Jeff.



Janis Sreenan





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Photos by Debra Todd

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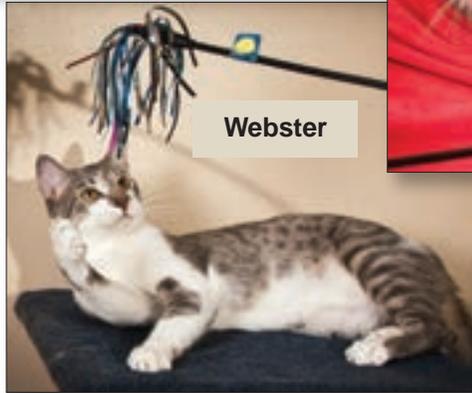
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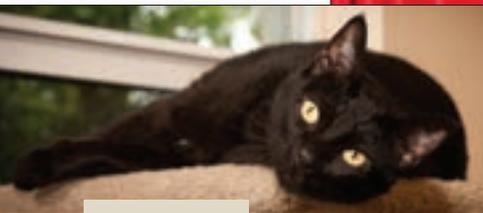
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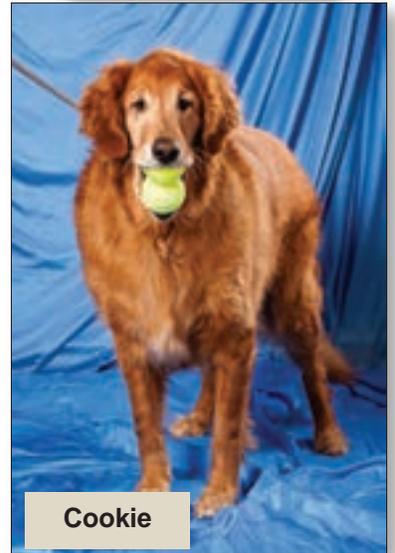
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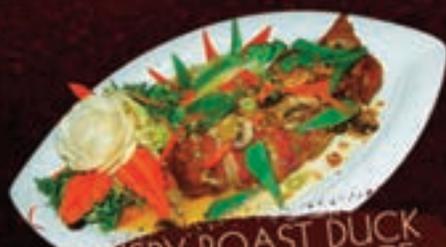
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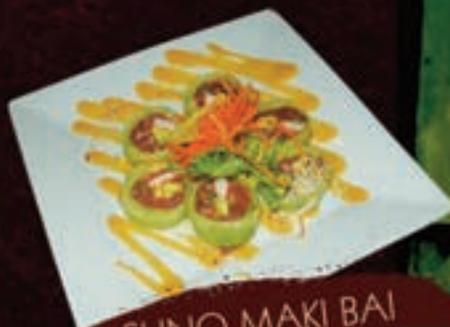
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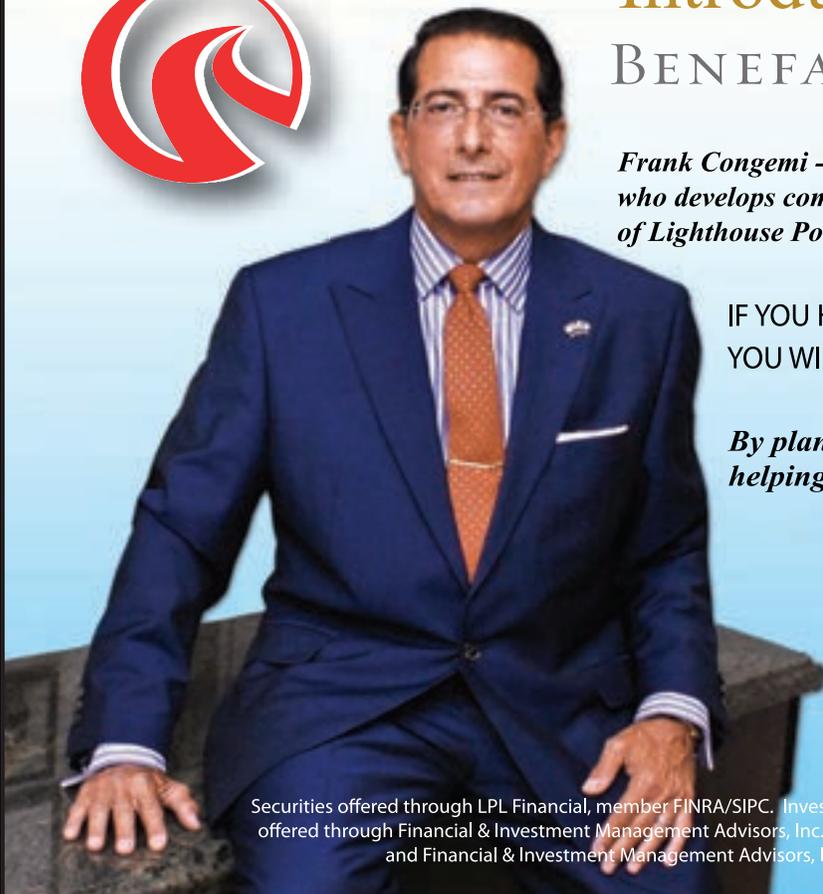
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Beat Writer's Block Now!

By Alan Williamson

Hey, get a load of me—I'm writing again! Just seconds ago I wrote the feisty, fear-nothing heading "Beat Writer's Block Now!"

Riding a wave of fresh momentum, I followed that heading up with the rousing opening sentence "Hey, get a load of me—I'm writing again!" Some bloggers and Tweeters pounced on the line, calling it "self indulgent," "childish," and "a desperate cry for attention." Let them snipe all they want. I wrote it, I'm glad I wrote it, and by writing it, I've sent this powerful message to the vile nemesis of writer's everywhere: "Writer's Block is a Big Fat Crock!"

Wow. Okay. I have to admit something. A few minutes went by after I wrote "Writer's Block is a Big Fat Crock!" and before I wrote the words you're reading now. Okay, 20 minutes. That's the problem with writer's block: It can sneak up on you. In fact, it can strike even after you've written something as rhythmic and triumphant as "Writer's Block is a Big Fat Crock!" It can strike especially after you've written something as rhythmic and triumphant as "Writer's Block is a Big Fat Crock!"

Always on alert for a hint of weakness, writer's block throws itself into your stream of thought and foils the flow of words the moment you pause to appreciate something you've written.

"Hmmm," that devil writer's block whispers in your ear. "Nice piece of writing. But now what? You don't have a clue where you're going with this and you've managed only one graceful paragraph in a 12-page parade of buttugly prose."

Against this sneering, taunting tide of insults, there is only one steadfast response a struggling writer can give to summon the strength to push on: "I return now to my story already in progress. Right after I stare out this window for half an hour."

To hush the hostile rants of writer's block and jump-start your creative juices, here are three rock-solid tips I've developed in my years as a professional writer and spokesmodel for the National Badminton Association.

Tip # 1: You can relieve the paralyzing pressure of coming up with a great opening by skipping to the middle of your story and just start writing. Example:

By late afternoon the bees were swarming, curious about our presence so close to their nest. We instinctively ran in a zigzag pattern, which tired us out so the bees could more easily

sting us repeatedly in the face and neck.

See? This pretty much sucks as a piece of writing, but at least it's not the beginning of the story and you're not staring at a blank page.

Tip # 2: By thinking conversationally, you can build your story line by line through the give-and-take of dialogue.

Example:

"Wear this windbreaker," Angie suggested.

"It's 86 degrees," Nick protested.

"You'll be sitting in the shade, it's cooler there," Angie explained.

"I don't need it," Nick challenged.

"Put it on," Angie prodded.

"I don't want to," Nick persisted.

Once again, a pretty pointless display of writing, but you're off and running with no writer's block in sight. (Plus, things are heating up nicely between Angie and Nick.)

Tip # 3: When the right words are hard to come by, go overboard and write with wild abandon. Example:

The hounds of ruin are at my door; my enemies gather to plot the final assault. Even now as I gaze out my window a bloodthirsty throng has toppled the giant statue of me riding my mustang (convertible). It might as well be my heart they have broken into so many tiny pieces.

Oh how gleefully they dance among the rubble!

I could go on, but since that piece was intended to be a lighthearted look at hosting a dinner party, I'll need to scale back on the graphic imagery of political anarchy and write something giddy about honey mustard salmon.

Please understand—I'm not complaining. I like writing. And even though I know there will be times when writer's block will creep into my head, kidnap my spontaneity and put a freeze on my imagination, I know that my moment of inspiration will come. And then, with full humility and wonder, I will use my God-given gifts to write something true and memorable and alive with meaning. Or, failing that, something rhythmic and triumphant like "Writer's Block is a Big Fat Crock!"

Hey, get a load of me—I'm writing again!

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The Garden Lady Says...

Here It Comes!

By Donna Torrey



I'm not talking about the Holidays, either. I'm talking about cooler weather; the real thing. The kind that lets you keep your windows open until May. There's a different angle to the sun now. It's further south; it's lower, and it's cooler.

This is one of my favorite times in South Florida. I can really feel the difference in seasons. Gone are the days of high humidity when the plants grew with wild abandon. Now, with cooler temperatures, less humidity and shorter days, everything will grow more slowly.

It's a time when all of a sudden the garden gets more orderly, more manicured. It's a time for all those little touches of color and comfort that make our outdoor rooms so enjoyable.

It's also time for the cool season salad crops such as lettuce, arugula, collards or kale. Plant them directly into a raised bed or pot and eat those thinnings as you space them out for maturity. These are "microgreens".

If you're wondering why your tomatoes still don't have any fruit on them, but lots of flowers, remember that Tomatoes will not set fruit until the night temperatures reach 70 degrees or lower. Tomatoes respond to a consistently moist soil and plenty of organic fertilizer, such as black hen or fish emulsion. Check out the Earth Boxes, which work great for tomatoes. Those who like to make things can check out YouTube for lots of ideas on making self-watering container gardens.

If you enjoy colorful winter annuals such as violas, lobelia, alyssum and geraniums, now is the time to set them out. The dollars are well spent for 6 months or more of cheerful color to feast your eyes on everyday.

It's time to take a deep breath of that cool north wind and get outside. There's no better place than the garden right now. ♦

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



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Richard P. Altieri is a Director and Financial Advisor at Morgan Stanley Smith Barney. He has been with Morgan Stanley Smith Barney for over 20 years.

Richard was born and raised in Fairfield, Connecticut and now lives in Deerfield Beach, Florida for the past 25 years. He works with high net-worth investors throughout the U.S. and around the globe.

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Continued from page 11



Skógar Museum buildings, here and below.



The Icelandic horse, a beautiful creature.



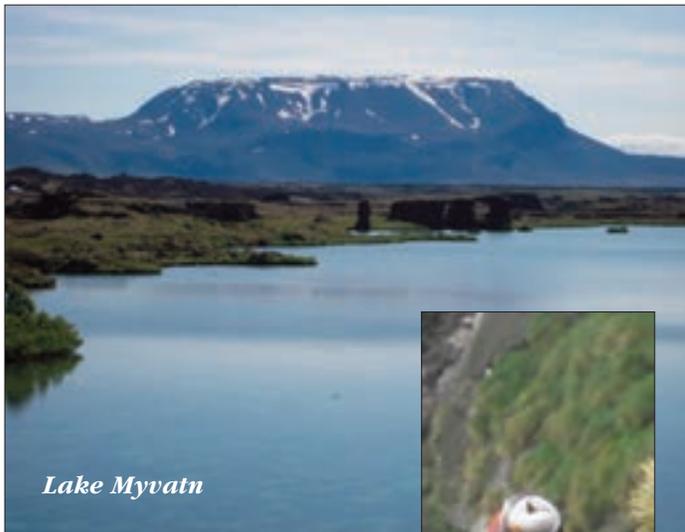
East coast fjords.

community in both the cities and villages. Farming was the primary occupation in the past, but today, only 4% of the population lives on farms. Iceland's land mass is about the same size as Kentucky, but with only 48% of the land inhabitable. It is estimated that when the Vikings arrived, 25% of the land was covered in trees (mostly birch), and now that figure is 1%. The houses are very plain looking, probably because of the "Housing kits" that had to be imported from Denmark in the 1800s.



Our Country Walker Guides, Kristen and Argunnar at the Jokúsarlón glacial lagoon.

Like Japan, Icelanders are homogenous. Our Country Walker guides explained that Iceland has been isolated and ignored for most of the 2000 years, since humans arrived on its Eastern coast. And Viking explorers arrived sometime before 870. The first Viking settlers brought conquered Celtic slaves with them to live and farm the land from 870 A.D to 930 A.D. Current studies of Iceland's inhabitants and animals have revealed a consistency in DNA, language, government, sagas, and animal husbandry that are historically unique to a much earlier century. The Viking Sagas dating back to 1068-1148 explained in detail who settled where and how they lived.



Lake Myvatn



As stories go, this waterfall, Skogafoss, has gold hidden behind it.



DNA studies show that the Icelandic citizens are approximately 60% Viking blood and 40% Celtic. Icelanders are well versed in their genealogy and even have a government sponsored genealogy search engine at their disposal. Most folks can determine their heritage back at least six generations. Our guides were cousins five times removed, which is typical among Icelanders. The Icelandic horse is a beautiful creature and similar DNA studies were conducted. They are Viking animals that evolved into a special Icelandic breed, much treasured and sought after by Europeans. Icelanders are so protective of their horses that non-Icelandic horses are not allowed in the country, and any Icelandic horse that leaves the country, including for horse shows, cannot return. Today, 80,000 Icelandic horses live in the country, or one horse for every four people.

Our guides explained that the language of Icelanders today more resembles old English than current English. It has letters and sounds completely foreign to most Europeans. Just try to pronounce “Jokusarlon” (site of glacial lagoon), or “Kirkjubaejarklaustur” (site of first heretic burning in Iceland). Icelanders use their first name for identification. Last names are the first name of either parent with the suffix “son” or “dotter” depending upon which one they use. Because of this, indexing, such as in the telephone book, is by a person’s first name.

As I mentioned, Icelanders eat a great deal of fish, which is plentiful. Reindeer, mutton and some birds are consumed, but their primary diet is fish and root vegetables. This, plus their very pure glacial water and clean air contribute to their extraordinary life expectancy (males = 79.9yrs, females = 83.3 yrs.) and low birth fatality rate. Iceland has the second lowest

birth fatality rate right after Singapore (*Wikipedia*). There are no McDonald’s Hamburgers in Iceland. Fast food is rare, however I spotted a SUBWAY Sandwich Shop in the capitol. There are no billboards and very little advertising to be seen. I saw one sign advertising whale-watching in our final destination, Akureyri. Even though European cruise ships stopped in this same town, I did not see the commercial flotsam that usually accompanies them. In spite of their recent economic collapse, Iceland’s tourism industry is growing.

As we traveled, we saw several geothermal and hydroelectric power plants. They provide 70% of the Iceland’s power and over 99% of its electricity. Electricity is about the only thing inexpensive here because most material goods are imported.

Icelandic society is one of the most literate countries with more books published and read per head than any



Husivik, a fishing village.

ICELAND... Land of geological contrast.

as well as their written word. Many folks can play music and most love to sing. The new and very impressive opera house in Reykjavick is testimony to their commitment to music.

The Icelandic people seem to take little for granted. I observed a sincere respect for their pets and livestock, as well as the animals in the wild. For example, I saw no stray cats or dogs. They appreciate every ray of sunshine, the glaciers that provide their water, and the hot lava below that provides their energy. I learned much more than expected and was reminded once again of the virtues of a simpler life, and the peace one finds in nature's beauty.

other country (*Insight Guides: Iceland 2011 Apa Publications*). Public education and university education is provided at no cost, as is their hospital care. This provides for a rather high standard of living despite their recent economic downfall.

Besides being long-lived, the Icelandic people are hard workers. And in spite of the generous Icelandic welfare state, their Protestant work ethic is very strong, with many people working two and sometimes three jobs. In fact, not working is considered shameful. Their current unemployment rate is 7.6% (*Wikipedia*). The recent Icelandic financial crisis brought about "uncharacteristic amounts of wrath" from countrymen who could not accept this failure when they had worked so hard.

As we traveled and hiked the perimeter of Iceland, we heard colorful and elaborate stories about trolls and elves from our guides. Polls show that a majority of Icelanders believe in elves and spirits. Stories have been handed down for centuries and we heard several of them. For example, Trolls live in Iceland's mountains, elves or "hidden people" appear throughout the land, and gold is hidden behind waterfalls or mountain passes.

I found that Iceland is Moby Dick, Hans Christian Andersen, *Little House on the Prairie*, *Wizard of Oz* all wrapped up on an island the size of the state of Kentucky. During our journey we found ourselves singing along with our guides and being entertained by local musicians. Icelanders are known for their music,



Our author, Eunice Hamblen with a couple of trolls located on a mainstreet in Akureyn the tour's last stop. Troll lore and likenesses seemed to be everywhere.

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Article and photos by Andrea Freygang

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November 17 Business Presentation

How Credit Scores Affect You and What You Can Do to Make Them Better, *Wheeler Mortgage*.

Description: Pending. Please RSVP to Julie Wheeler at juliewmc@bellsouth.net or 954-422-9411 Ext. 1.

December 15 Business Presentation

The Joy of Fine Wines, *Wines For Humanity*.

Description: Pending. RSVP to Chef Lee Blakely at winecheflee@hotmail.com or 954-529-5411.

January 26 Business Presentation

Preventive and Cosmetic Dentistry

Description: Pending. RSVP to lhpchamberoffice@gmail.com.

December 1: SLR Photography by *Dr. Brian Rask*.

This hands-on course will teach participants how to take studio quality portrait photography pictures at home using a digital SLR camera.

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

Description: A little guidance goes a long way. Learn how to organize your paperwork and receipts in order to maximize deductions to achieve the optimal tax return and get a good financial snapshot of your business. RSVP to susangingerich@libertytax.com.

February 2: Estate Planning, *Cynthia Tenberg*

Socials:

Tuesday, November 15, *Hecker Dermatology*, 3500 NE 5th Avenue, Pompano

Tuesday, December 13, Holiday Fundraiser, *Lighthouse Point Library*, 2200 NE 38 Street, 8 a.m.

TASTE OF LIGHTHOUSE POINT is set for Tuesday, January 17th, 2012.

The list of participating restaurants in 2011:

Bonefish Mac's, Olympia Diner, Red Fox Diner, Caps Place, Coldstone Creamery, Daily Grind, Duffy's Sports Bar, Edible Arrangements, French Quarter, Hot Tomatoes, JC Wahoo's, Le Bistro, LHP Yacht Club, Ocean 234, Packey's Sports Grill (ex El Agave Mexican), Morton's, Seafood World, Siam Sushi/Thai, Sicilian Oven, Fourth Generation Organic Market, Café Maxx, Amazianing, Fin & Claw, J Marks, Cucina Orecchio, Marcello's, Publix (Venetian Isles & Beacon Light), Cafe at the Marina

Thank you to everyone that continues to support this event! We live here, we support our local businesses and we continue to give back to our community—please join us. www.lhpchamber.com.



Larry Deville, Billy Grimes and Gail Bamman.



Susan Gingerich, Penni Morris, Cindy Tenberg, Toni Santos.



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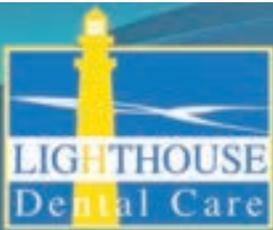
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Over Bridges Or By The Sea

One hundred and twenty miles is the distance between Lighthouse Point and Islamorada in the Florida Keys but the connection is a strong one.

Both small towns have many similarities starting with 18 miles of waterways. Lighthouse Point is situated along the Intracoastal and Islamorada sits between the Atlantic Ocean on one side and the Gulf of Mexico/Florida Bay on the other. Sailfishing and redfishing is phenomenal in both places. Approximately 45 acres of parks and mini-parks and miles of bike paths symbolize the communities' lifestyle of the enjoyment of the outdoors.

To some, the distance is much closer. Lighthouse Point artists, Babs Kall, Stephen Left and Pat Anderson have a unique connection to both small towns. Each artist is represented in the Redbone Gallery, which was created along with the Redbone Celebrity Fishing Tournaments to help "Catch the Cure" for cystic fibrosis. Portions from all sales, auctions and tournaments are donated to the CF Foundation.

The Redbone Gallery, located in the Morada Way Arts & Cultural District, has featured Pat Anderson and Babs Kall in their monthly Third Thursday Walkabouts from 6:00-9:00 p.m. where there is local live music and plenty of culinary delights for patrons. The District is also producing an inaugural Islamorada Fine Art Expo, January 21-22, 2012, which will match art collectors and nationally acclaimed artists.

Pat Anderson has a new gallery located at 1819 NE 24th Street, The Shoppes at Beacon Light (across from the Pink Church). Pat, an internationally recognized nautical artist, has been a fixture in Lighthouse Point for years, and recently also opened a gallery in

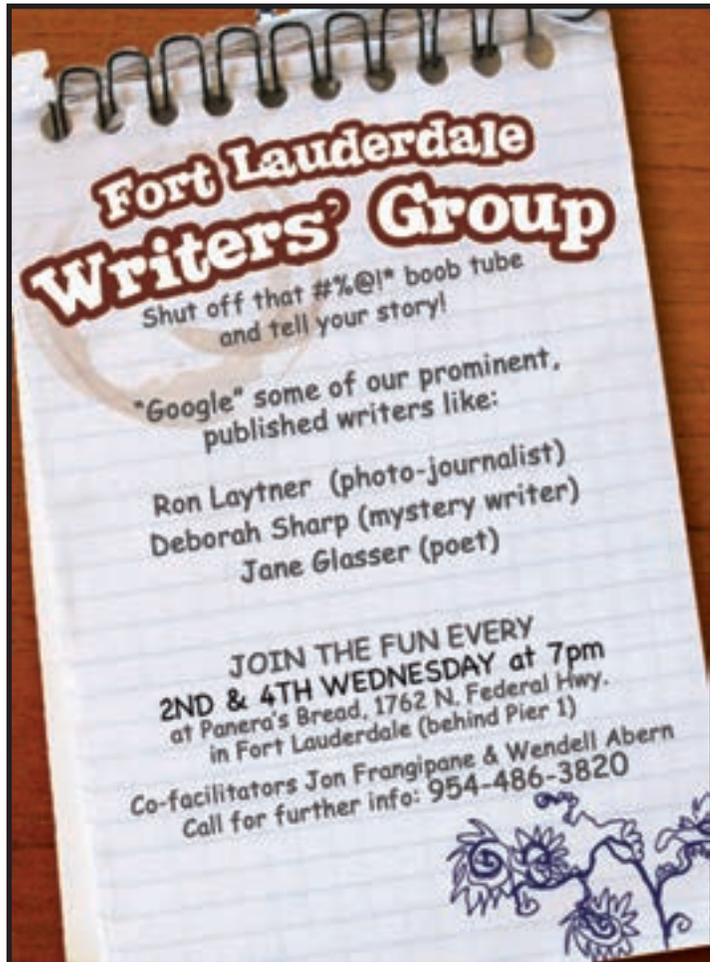


Islamorada. The Loft, in Latitude 25, showcases her Florida Keys art along with her many treasures from her "My Own Cruising Journal," giclees of her art, and unique artistic clothing.

Stephen, a self-proclaimed storyteller through his art, captures highlights and shadows from sunrise, sunset or an overcast day to bring his wildlife and landscape artwork to life. His marine art and bird paintings can be found at the Redbone Gallery along with the glasswork of Babs and plein-air art of Pat.

The two hour and fifteen minutes between Lighthouse Point and Islamorada seems a lot closer because of the artists, galleries and of course, the fishing.

*Daniella Woody, Director of Events,
Morada Way Arts & Cultural District*



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My Own Cruising Journal
WE MOVED! NEW LOCATION in the same shopping center: The Shoppes at Beacon Light
1819 NE 24 Street (across from the Pink Church)

15th Annual Dunn's Run A Success!

Photos by Jon Frangipane and Debra Todd



The 15th Annual Dunn's Run which benefits The Boys & Girls Clubs of Broward County was held on October 2, 2011.

Dunn's Run has earned the reputation as the race that signifies the start of the running season in South Florida, it is one of the largest racing fields in the Tri-County area. This event attracts runners, walkers and other participants regardless of ability —fun for everyone. Because so many care, kids have a chance at life.

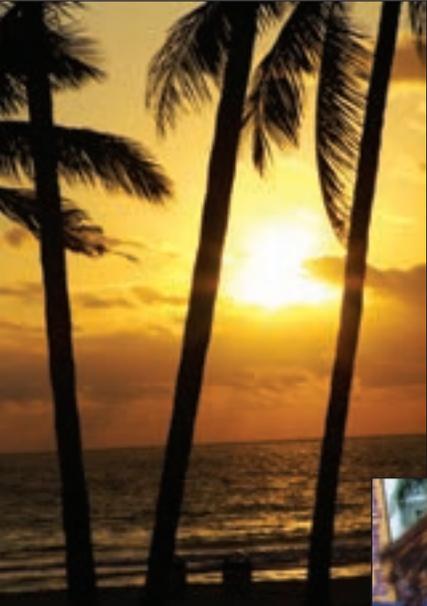


Photo by Debra Todd



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Photo (above) by Debra Todd







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“Daytimers” Have a Feast at Chef’s Palette Restaurant

Story and Photos Malcolm McClintock

Chef’s Palette Restaurant

1650 Southeast 17th Street, Fort Lauderdale

Tel: 954-760-7957

Hours: Lunch 12:30 – 3:30 pm Thursday & Friday only

Dinner 6:30 – 8:30 pm Thursday & Friday only

Web: www.artinstitutes.edu/fort-lauderdale/about/chefs-palette-restaurant.aspx



A meal at the Chef’s Palette restaurant is always a fascinating experience. This student-driven eatery features an unpretentious dining room situated smack in the middle of multiple teaching kitchens.

When seated, all diners have unobstructed views of industrious students clad in white coats and billowing toques, cooking mouthwatering dishes, preparing baked goods, listening to instructors, or simply chopping vegetables for their next culinary concoction.

The assuaging din of food preparation lets patrons know that enormous amounts of effort, desire, creativity and hard-work are going into their upcoming meals. These students want to be the best and therefore cook to impress.

The opportunity to enjoy this experience is limited to two days a week with both a lunch and dinner service. Currently, Thursdays and Fridays are the only days the restaurant serves its well-regarded prix-fixe meals. The formula is quite simple: \$14.99 gets you a surprisingly sophisticated three-course lunch meal, including dessert and coffee. In the evenings, the price is adjusted to \$17.99 for essentially the same menu but with a bevy of added options.

Even better, an appropriately paired beer or glass of wine will only set you back \$5. If you are with thirsty friends, get a whole bottle for under \$20.

“The course we teach here is very efficient for the students because they learn all aspects of running a restaurant, from back to front of the house. They learn to cook, greet customers, take food orders, serve meals as well as taking care of the bills and dealing with suppliers,” says Chef Instructor Asser Y. Ghali, who also holds an MBA in International Hotel & Tourism Management from Schiller University.

He is just one of the many talented and knowledgeable faculty members who contribute to the glowing and growing reputation of this International Culinary School.

“We change our menu often in order to provide as much exposure and variety as possible to our students and guests,” says the Egyptian born Chef who, in his spare time, teaches online management courses at South University.

Currently, the Chef’s Palette “table d’hôte” offering is loaded with appetizing selections that will please even the most discriminating of restaurant *habitués*.

From Crispy Pork Belly with grilled corn relish, custard and pickled jalapeño to Florida Hog Snapper Ceviche with jicama, mango, coconut, basil and lime, the appetizers are as tantalizing in their descriptions as they are on the plate.

Other lunch starter options include simple Tomatoes with summer peaches, pickled red onions, feta cheese and zesty cilantro vinaigrette as well as a salutary Roasted Beets and



Florida Hog Snapper Ceviche



Roasted Beets & Orange Salad

Orange Salad with candied walnuts and goat cheese.

The current entrée selection features a dish called Fresh Flounder Duo. The flaky, white fish is served both pan-seared and in Brandade form. The latter is a French preparation from the Provence region originally composed of salt cod puréed with olive oil and milk or cream and sometimes garlic mashed potatoes.

In this case, flounder was substituted for cod resulting in a delicious creation similar in texture and taste to a crab cake. Embellished with Gigante white beans, mushrooms and butternut squash, this thoughtfully constructed plate displays great aesthetic seductiveness as well as exceptional papillary appeal.

Another enticing main course is the flat-iron steak with fingerling potatoes, cherry tomatoes and Kalamata olives served with lush gravy. The generous portion of tender meat is cooked to one’s liking and beautifully presented—a feast for the eyes as well as the mouth.

Lastly, poultry aficionados will find solace in the toothsome Crispy Skin Half-Chicken with eggplant caponata, capers, raisins and mustard seeds. Again, this resplendent dish drew rave reviews from fellow patrons.

Well, on this day, the largest table in the dining room was filled with guests from a local meetup.com social networking group called the Daytimers, who were on hand to experience a



Chef A.Y. Ghali makes flambéed crepes



Cilantro Tomatoes



Anne Marie Habib, Linda Andrews, Ellen Rose, Evelyn Valles, Chef Ghali, Suzanne Merton Parker, Mark Johnston, Lauren Kaufman, Linda Levy, Phoenix Marks and Andrea LeBoss.



Fresh Flounder Duo



Flat Iron Steak



Crispy Skin Half-Chicken

sumptuous meal made by eager young apprentices.

Formed through the organizational Internet platform of meetup.com, local groups are generally started by individuals with a specific passion who want to interact with others of the same ilk. Weekly or bi-monthly meetings are organized for those interested in sharing similar pursuits.

So whether you want to explore the local art scene, join a wine club or ride with fellow motorcycle enthusiasts, this website and many like it provide instant access to others with common interests.

Enter Lauren Kaufman, a New Jersey native who recently moved to South Florida. After a dogged search, she realized there was no meetup group for people such as retirees or part-time workers who actually have free time to do activities during the day. Consequently, she decided to start the "Daytimers" club.

This association is mainly composed of individuals 50 and over who meet once a week to experience new restaurants or participate in entertaining activities.

"When my husband passed away, I didn't want to be eating alone all the time," says a remarkably effervescent Suzanne Parker. "I just moved to Ft-Lauderdale from Montego where I owned an Artisan bakery. I looked at people's profiles on the Internet and decided to join this group" adds the loquacious Anne Yipchoy.

The refrain is similar with Mark Johnston. "I am retired and don't want to just sit at home. I really enjoy meeting interesting people," asserts the Coral Springs resident. "I agree. The people I have met have all been very friendly and we do many fun events," chimes in recent retiree Andrea LeBoss from Boca Raton.

And the numbers are quite staggering. A social interaction

Chocolate Cake



Panna Cotta and amaretto ice cream



Chef A.Y. Ghali and Lauren Kaufman, founder of "DayTimers" club

facilitator such as meetup.com, recognized as the world's largest network of local groups, claims a membership roster of nearly 10 million individuals who connect on over 90,000 different topics.

Want to practice your French? Looking for people who like snorkeling? Does someone else share your passion for dung beetles? (okay, technically it's called the entomology club). Well, there is always easy access to a group of likeminded individuals in your area.

As stated in the literature, the website "makes it easy for anyone to organize a local group or find one of the thousands already meeting up face-to-face. More than 2,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities."

Or sometimes just the more pragmatic goal of eating good food and partaking in spirited conversation.

Be it a Chocolate Pretzel Cake with matching mousse and ganache, a light Panna Cotta custard with toasted almonds and amaretto ice cream or a Coffee Cake with brown butter and ice cream, there was something for everyone.

And as a concluding bonus, the charismatic Chef Ghali completed the pleasant midday repast with a live cooking demonstration. With oratorical precision, impressive dexterity and meticulous overall execution, the experienced cooking instructor dazzled the crowd with his eye-catching flambéed "Crêpes Suzette" that were subsequently sampled by everyone at the table.

If you or your group would like to support the next generation of culinary artists, please drop by the Chef's Palette for a dizzyingly inexpensive three-course meal. Call ahead as service times and seating availabilities are limited. The students will thank you... as will your wallet and your taste buds!

Anyone interested in joining the Daytimers meetup group, please contact Lauren Kaufman at www.meetup.com/DAYTIMERSmeetup-com

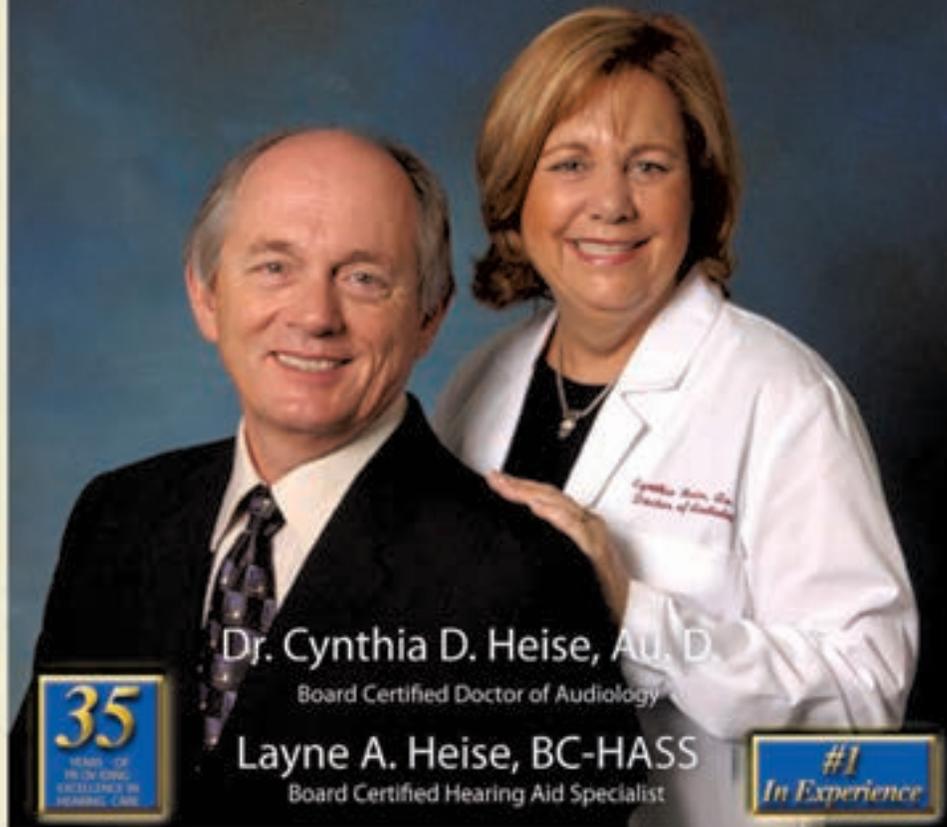


Restaurant review by Malcolm McClintock. This review is for promotional purposes only.

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Try to Avoid These Scary Investment Moves

Halloween is fast approaching. And in the spirit of the season, let's review some scary investment moves:

- Investing too aggressively — When you invest aggressively, you may achieve big gains, but you also run more risk of getting burned.
- Investing too conservatively — If you're too cautious, you may never achieve the growth you need to reach your long-term goals.
- Chasing "hot" investments — By the time you hear about a "hot" investment, it will probably already be cooling off.
- Trading too frequently — If you're constantly buying and selling investments, you'll run up commissions and other expenses and you'll find it difficult to follow a long-term, comprehensive strategy.
- Taking a "time out" from investing — Depending on your goals, not participating in the market may cause you to miss out on opportunities that the market can present.



By steering clear of these menacing investment moves, you help take some of the fear out of investing.

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Fashion Gift Guide

By Millie Walsh

What's the best thing about this time of year? Buying gifts for the people we love. What is the worst thing about this time of year? The stress of picking out the right gifts for those loved ones. Hopefully this fashion gift guide will help lower the stress level of your holiday shopping.

Unique novelty tees are any easy apparel item to buy for your friends. Sizing is easy to estimate and there are lots of fun prints, tie dyes and burnouts to fit every style. Think of your friends' interests: runner, mom, yoga enthusiast, environmentalist, fashionista, etc.—then pick out a tee fitted to her personality. She'll know you had her in mind when you picked it out.

Accessories are another easy fit item. Belts and handbags are something no woman can have enough of. With waist belts and skinny belts so fashionable this year, either one would be a good pick. Handbags are even more fun to shop for. Does she like big bags, or small—an eco-friendly shopping bag or a beach bag? The choices are endless. Is there a particular designer she loves? How about a wallet, coin purse, or key ring with their logo or print on it. Scarves are another accessory item that is both trendy and affordable. No longer a cold weather accessory, scarves are a fashionable choice to wear with almost any outfit.

Pajamas may be something your friend doesn't splurge on for herself, but every girl needs something nice and comfy to lounge around in. Or how about a luxurious robe or towel wrap? Buying for your significant other and want something a little sexier? Think about putting together a fun package with candles, massage oil, wine, chocolates and a sexy outfit—a gift for both of you!

Jewelry is a fun fashion gift that can fit any budget. With choices including bangle bracelets, feather earrings, charms, chunky beads to delicate chains, the choices are endless. Feeling a little crafty? Head to a Bead store and custom make your gift.

Still unsure of what to buy? Stop by her favorite store and ask for some help. This would also ensure an easy exchange if you did not pick the right size or style. Many stores also offer free holiday wrapping to make your gift giving that much easier. Buying for an out of town friend? Many stores now offer shipping.

It's already November so no more procrastinating, it's time to get shopping. ♦

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



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ONLINE MARKETING

Why It's Important to Invest in Your Website

By Jennifer Kovacs

There are many reasons why your website is worth investing in. Consider this; your website is an extension of your sales team. It is your 24/7 salesperson to your online customers. What's the first thing you do when looking for a new restaurant to visit, plumber to hire, a new dentist in your area? You go online and Google, or Yelp, or Browse. It is so important that your website is a proper representation of your business. It should look, feel and portray your company as accurately as possible. Display pictures of your merchandise, your storefront, and your projects. Add client testimonials or customer logos to create credibility. So many times I have visited a place and been extremely impressed with the venue. Let's use a recent example of a fitness center in my area. Inside it was beautiful, updated and fun, almost inspiring. Sadly, when I went to their website to review their class schedule and check out the availability I was so disappointed in their online image. It was a template that didn't incorporate any of the exciting colors or schemes of the gym interior. The pictures were stock and didn't depict any of the personal aspects that made the place feel warm and welcoming. Imagine I didn't have the opportunity to visit the gym beforehand and my first impression was that of the website, cookie cutter, unimpressive and underwhelming. I probably would have never made a stop in to check the place out.

Moreover what if you spent the time and effort to build a great looking website but no one could find it? In comparison, if you

were a hotelier and designed a gorgeous hotel with every amenity imaginable but provided no transportation to get to the island the hotel stands on, what would be the point? It's also important to keep your site updated and relevant. I can relate it to a party venue. If you are looking to throw an event and pricing out venues, you want the most updated and nice looking space you can afford. If your website is stall, outdated and irrelevant, who's going to want to do business with your company? Just as it is important to make sure your website is a good salesperson it's equally as important to make sure it is equipped with the freshest, most recently updated information for the pitch.

If you are hiring a salesperson there is a salary or commission involved, there is continual overhead and then of course the legwork of gaining a customer base. With your website, you have a spokesperson that requires minimal compensation, an already interested customer base and a sales pitch that speaks to prospective clients on any day at any time. Doesn't that make it worth the investment? If the first thing consumers do when looking for your service or product is browse the web, what does your online salesperson look like? Are they up to par and credible enough to solicit your services?

What do you think?

— Happy Webbing!

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LEGAL MATTERS

Marital and Family Law Perspectives

Averting Depression When Dealing With Legal Problems During The Holidays

By Catherine (Kate) Iaconis Favitta

In my twenty-eight years as a lawyer, I counseled many who were struggling with depression as the holidays approached. November and December have always been the hardest months to deal with family and other legal troubles. Thoughts such as "Why can't I get out of this mess?" or "Why can't they forgive me?" can interfere with the ability to have a thankful attitude, embrace traditions and enjoy time with family and friends. There are steps that can be taken to help avert depression during the holiday season and avoid tragic endings like those we have heard about.

In the movie, *Country Strong*, a famous singer became severely depressed when her husband and some fans would not forgive her for the time she fell off the stage and lost her pregnancy due to drinking excessive alcohol. One angry fan sent her a package containing a bloody doll with the words "baby killer" written in thick letters and her estranged husband kept reminding her that her actions had caused the loss of a child. Overcome with guilt as the holidays approached, the singer took an overdose of pills and ended her life.

If you, or someone you love, have legal troubles that feel overwhelming, and may result in pangs of guilt, financial difficulties and broken relationships, here are some tips that have proven to help others beat depression and think more clearly about ways to solve their problems and improve their situation.

1. Examine what you eat and when you eat it. Everything that goes into your mouth has an effect on your system. Certain foods and drinks can absolutely improve your outlook and wellness, while others do the opposite. To get you started, pick up the free monthly *Natural Awakenings* guide available at Whole Foods Market. It claims to provide "cutting edge information on natural health and nutrition" and it does.
2. Ask your doctor to give you a complete physical and take a comprehensive blood test to check out how your internal systems are working. If something is amiss, that can affect your mood and ability to think clearly. Check out DoctorOz.com or watch Dr. Oz's program to get more wellness tips.
3. Get your feelings out of your gut. Either confide in someone you trust or write down how you feel (and then shred it!). The worse thing is to keep your negative thoughts bottled up and to play back regrets or hurtful memories over and over.
4. Knowing that it is common to suffer from depression when dealing with legal troubles should also help.

Legal matters and past mistakes don't have to ruin the holidays. These tips can be the first steps to feeling hope filled, happier and having the ability to enjoy the holidays in spite of the problems. ♦

Catherine is a Marital & Family Law Mediator who retired from her law practice.

Look What's Offered at the Doreen Gauthier Lighthouse Point Library...

New Playwrights Find Amazing Results!

Not having the slightest idea of what may have been in store, five people walked into the Community Room at the Doreen Gauthier Lighthouse Point Library with their pads and pens, ready to embark on a new and thrilling adventure as playwrights.

Karen Johnson told the group she had many stories to tell, and thought putting those stories in a play form would be fun.

Corrine Brandt had dabbled a bit in writing lyrics, and daughter Nancy Brandt was ready and anxious to learn the process of playwriting.

Joan McIver, wife of famous writer Stuart McIver came with her son, Stuart, Jr. Joan had been a writer for many local publications and also thought this would be a great outlet and fun. Stuart thought some of his experiences would make interesting plays.

At press time, the five new playwrights have already written one or two original 10-minute plays and can't wait until they are performed on stage early next year.

Anyone interested in joining the group can call Jon Frangipane at 943-486-3820 for more information.



QuickBooks Training

On September 15, 2011 the Lighthouse Point Chamber held a QuickBooks Tips & Tricks Seminar presented by Liz Soria with Express Tax & Bookkeeping Services at the LHP Library. The training allowed LHP members to learn how to utilize the accounting software in a more effective way and how to save time by using shortcuts.

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It's All Mulroy's Fault

By Wendell Abern

Dear Pranksters,

No one in my family ever met Mulroy. To this day, none of them realizes how much he affected their lives.

Throughout the Chicago advertising agency community of the 60s, Mulroy enjoyed a reputation as the most creative practical joker in the city.

I had been working for three months as a green, naive copywriter, when I became a victim of one of Mulroy's pranks.

One day, Jim - the art director partnered with me - asked me to join him and his old friend, Mulroy, for lunch.

"He's the best art director in the city," Jim said, "and the biggest practical joker in the country."

"Does Mulroy have a first name?"

"Everyone calls him Mulroy. He hates his first name."

"What I hate are practical jokes."

"I wouldn't mention that to Mulroy. Last guy who told him that had to try explaining to his management why Uno's had delivered six dozen large sausage pizzas to the agency."

"Wonderful. Can't wait to meet him."

Heeding his warning, I did not utter three sentences at lunch.

When we returned to the agency, Jim invited Mulroy up to his office.

I rode the elevator with them up to the sixteenth floor. My office was on the seventeenth. The elevator was still packed with people when Jim and Mulroy stepped off. Then, just as the elevator doors were closing, Mulroy turned around and said to me, "By the way, how'd you make out on that sodomy charge?"

A few chuckles, one sneer and many stone faces as I stammered about Mulroy being a big practical joker.

Now, I would never pull such a stunt on anyone. However, a few years later, after hearing of many other Mulroy pranks, I decided it might be fun to perpetrate a few Mulroyisms on my own family. But all in good fun, of course.

Ma.

A close friend in my monthly poker game had just been named one of the top 100 executives in the country. Big party. Big celebration.

Entire poker crew was there, along with wives, kids, parents and sundry friends. My mother, who had come to town for her annual visit, was invited also.

After an hour or so of socializing, I heard a loud voice, shouting, "Where's that no-good son o' mine, I'm 'onna kill 'im!"

My brother, standing next to me, recognized ma's ire as soon as I did, and started laughing. "Over here, ma!" he yelled. Sure. The innocent one. He knew he hadn't done anything.

Ma came barreling through the crowd like a road plow, all five foot-one of her ready for battle. If she had been a cartoon, smoke would have been shooting out of her ears.

"I'm 'onna kill 'im!" she shouted.

"What'd he do this time, ma?" my brother asked, still laughing.

Reaching us she said, "Your darling little brother has been telling everyone I'm hard of hearing! They're all shouting at me! I didn't understand why all these people were so loud and obnoxious until a woman started working her way around me and said, 'Maybe you can hear better in your left ear.'"

I was going to explain it was all Mulroy's fault, but I knew ma wouldn't understand. Never heard the end of that one.

My brother.

We had a bet: who could lose the most weight in two months. We went

to a restaurant with three other couples. My brother said, "I'm having whatever you're having."

"Fine," I said. "I'm having the lasagna with a side order of two Italian Sausages and the tiramisu for dessert."

"But we're on a diet," he said.

"C'mon. It's only one night."

Later, after we'd all ordered, I slipped away - allegedly to go to the bathroom - and gave a few dollars to our waiter. As pre-arranged, he brought everyone else's meal first. Then he set down my brother's plate, laden with a two-inch high lasagna and surrounded by two thick hunks of Italian sausage ... followed by my plate, which contained three peas and a carrot.

"What the hell is that?" my brother asked.

"My dinner. We're on a diet, remember?"

"I'm 'onna kill 'im!" my brother said. Everyone laughed.

But my brother knew me well. He started clinking his glass with his spoon, drawing everyone's attention.

"Pay no attention to my brother's diet plate," he said. "When he gets home, he'll eat two big salami sandwiches."

He was wrong. I ate three.

Aunt Ruth.

My mother lived in Minneapolis. Aunt Ruth (her sister) in Chicago. Each year, they exchanged two-week visits to each other.

One year, I was the only one in the family available to drive Aunt Ruth to the airport for her annual visit to my mom. They were both around 80 at the time, both with severe arthritis.

I picked up Aunt Ruth, drove to O'Hare and, because she could hardly walk, contracted for a wheelchair to get her onto the plane.

They permitted us down the jetway first, and the flight attendant helped me settle Aunt Ruth into her seat. Then I drew the attendant aside.

"A word of caution," I said. "Try not to let my Aunt Ruth see the captain or co-captain."

The flight attendant chuckled.

"What are you telling her?" Aunt Ruth yelled from her seat.

Whispering, I continued, "She sees a man in uniform, she goes bananas."

"Don't listen to a word he says!" Aunt Ruth shouted.

"Last time she flew, she slipped the captain a note with her phone number, her address and her bra size."

The flight attendant laughed. "I'll make sure to protect the pilots," she said.

I turned to Aunt Ruth. "I was just telling her to get you a wheelchair when you arrive."

"What'd he tell you?" she asked the flight attendant, who could not stop laughing.

"He just asked me to take good care of you," she said.

"Yeah, sure. I'm 'onna kill 'im!"

I kissed her good-bye, and winking at the flight attendant, said, "Aunt Ruth, if a soldier or sailor happens to sit down next to you, keep your hands to yourself."

The flight attendant turned her back to hide her giggles.

• • •

Nowadays, I think ... at one time or another, everyone in my family threatened to kill me. Not one of them knew Mulroy even existed. And that it was all his fault.

Cantankerously Yours, Wendell Abern

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



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LIBRARY NEWS

By Doreen Gauthier

The national media including the professional journals of the library world are replete with articles on the topic de jour—the demise of the book. Armed with a statistic that the eBook now out-sells hardbound copies of the latest best-seller, editorial columnists make the Herculean

leap that if print is passé, soon the library follows.

New York Times columnist Geoff Dyer recently wrote a book review editorial entitled “The Well-Read Book As a Thing of Beauty” describing the effect that we as readers have on books (much has been written about the effect of books on people). Dyer believes that reading an un-loved book (publishers call “remainders”) is doubly pleasurable because as the wear and tear becomes more visible and the reader becomes more comfortable dog-earing pages or highlighting passages. The book becomes more familiar like wearing a pair of favorite jeans. The corollary to the individual reading of a book is the explosion of the book discussion groups. Those books which are “favorite jeans” to one often become the basis for a dialogue among friends and acquaintances to evolve into a regularly scheduled meeting based upon the storytelling craft whether in print or on an electronic reader. The groups can be genre specific or broadly based with recommendations from the group’s members—expand your horizons by reading something someone else has loved. Our library has two groups—call for details. The downtown Delray Beach slogan of rediscover, re-awaken, and re-ignite truly could be applied to our reading public.

It may seem self-promoting and self-serving, but I do not see the library, certainly not this library becoming a dinosaur or facing extinction. This library for all of its history has done a remarkable series of metamorphoses and evolutions. The physical structure in our 55 year history has had four postal addresses and this building has undergone a complete renovation, remodel, and construction since we opened October 1987. The services provided have undergone even more stages of transformation—from pure print to digital format. What has not changed is the library philosophy of patron service—the patron is our guide.

Patron service comes easily to many of us as our mothers would have had our hides if we behaved in any way that was less than courteous, respectful, and helpful. Our volunteers particularly manifest that spirit. They come from a variety of professional backgrounds—retail, administrative, education, professional—all which demand the highest level of customer awareness and tact. This attitude is what sets this library apart from many others. The volunteers and staff endeavor to anticipate and supply our patrons according to their needs and tastes.

As the Thanksgiving season approaches the library family expresses our thanks to this community for their loyal patronage through these 55 years. To paraphrase Abraham Lincoln, this library was created by the people and for the people of Lighthouse Point. To that end we are your library and wish to reflect you in our philosophy of collection selection, programs, and services. A blessed Thanksgiving to all! ♦



MIND YOUR BUSINESS

What Lights Your Fire?

By Mike Denker

Spring air in the Tennessee hills sets the stage for great camping. We set up camp in a clearing. Mikey Wilson built a fire for later.

He arranged the logs into a work of art. It was both rugged and symmetrical. It was 70 degrees at noon, a strange time to build a fire.

When camp was set up, we played an odd form of baseball with limited players and equipment. We had a blast. After a couple of hours of ball, we were ready to eat. We had a few bags of chips, but we needed Mikey to crank up the camp fire in order to cook the real food, hot dogs on a stick.

I expected Mikey to strike a match and light the logs so we could start cooking our franks right away. Instead, he struck a match and lit some newspaper. With the newspaper, he lit some small, dry twigs positioned under the log structure. Every stage caught fire a little slower than the previous stage. Although slower to start, each stage burned longer than the stage before. The match burned out in seconds. The logs burned for hours.

A half hour later, the logs were blazing and the dogs were roasting. We had a variety of drinks: Mountain Dew, Dr. Pepper, and store brand soda. One of us wondered aloud, “What would happen if we threw a soda (store brand) into the fire?” Ten seconds later, the answer came in the form of a loud explosion with sticky liquid showering over all of us. It was the coolest thing ever. What happened next was predictable. Each of us threw two or three cans into the fire. In short order, we were covered in warm soda. Even

a twelve-year-old boy finds stickiness from head to toe bothersome.

We all raced down to the creek and jumped in. At dusk, we made our way back to the camp. Mikey put more logs on the fire. Staring into the crackling fire mesmerized us as we told each other stories with varying degrees of truth. The temperature began to drop dramatically, then a light rain. We unpacked our gear and moved into the tents. I climbed into my sleeping bag to discover that it was soaked from exploding soda cans.

As I went to sleep, it was a little cold, but I was tough. I awoke two hours later. The bottom half of my sleeping bag was frozen and the ground was covered with two inches of snow. We trekked to the nearest farm house and used their phone to call my dad at two in the morning. My dad came to rescue us.

Several camping lessons were learned well that day. First, don’t throw full cans of soda into a fire. Second, you need a spark to start a fire. Then, you need someone to carry the torch for a little while until the largest part of the organization finally catches fire. Once the organization is ablaze with a shared vision, the sparks are used to stoke the fire from time to time to inspire everyone to burn their brightest. ♦

Biz Coach Mike Denker supplies the encouragement and accountability business owners need to consistently do what they should to get what they truly want. Call (954) 603-7677 or 180warrior.com. Tune in to his weekly radio show every Monday at 1pm on WAFG 90.3 FM.



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ASK DR. CORN

Dear Dr. Corn,

My husband and I are having a very hard time seeing eye to eye on this subject; and now we don't know what to do. We are each athletically inclined and fortunately our five year-old son shares our passion. My husband thinks in the next year or two, we

should chose one sport, and that will be the one he devotes himself exclusively to play. He believes this will give him an advantage over his peers and put him in a better position to obtain a collegiate scholarship. I disagree and think our son should enjoy a variety of sports rather than settle on one. Living in South Florida, the idea of playing a variety of sports just seems right. I'd rather him be a well rounded athlete. I hope you can lend support for my side, as my husband thinks he knows best! Confused!

Dear Confused,

It is estimated that nearly 40 million kids participate in youth sports. And, there is plenty of evidence to substantiate the benefits of interaction and activity. These include, but are not limited to, learning good sportsmanship skills, cooperating as well as competing with teammates, self-discipline, respecting authority, plus handling disappointment and adversity. It can also improve physical health and possibly stem childhood obesity. However, if the focus shifts from simply having fun to having to excel, then burnout or quitting is likely to result sooner than imagined.

Additionally,

- 1) There is no evidence to support playing one sport will guarantee success as a teen or an adult.

- 2) According to sports medicine specialists, focusing on one sport to the exclusion of others may pose a higher risk for youth sports related injuries.
- 3) The goal of youth sports should be on trying one's best, not being the best. If winning is overemphasized, then this can skew a child's social and emotional development. If a child learns to associate winning as being a winner, then a child's self-esteem plummets after a loss. Winning does not create a winner nor does losing create a loser. Children need to learn how to graciously handle defeat as well as victory. At these ages, effort should be stressed over the outcome.
- 4) If parents push too hard at too young an age, years later it can undermine a child's motivation to play.
- 5) Additionally, over 70% of kids drop out of sports upon reaching adolescence. There are many reasons to account for these numbers (i.e., has lost interest, rather spend time with friends, believes he./she lacks talent, dislikes the coach). Unless your child displays an intense focus, motivation, and outstanding ability in one sport, then having fun should be recommended over developing an early sports specialization. Do your best to provide a nurturing and supportive sports environment. Then you are more likely to raise a child who inwardly possesses the security he is a winner! ♦

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



INVESTMENT PLANNING

International Diversification: Still a Viable Strategy?

Despite the developing global economy, some investors still believe that owning U.S. securities is sufficient—that international securities would just duplicate their efforts. But a closer look at economic and market trends reveals numerous reasons for continuing to diversify with investments from around the world.

Unique economic environments—There are still significant differences between countries' markets and economic sectors. For example, the financial services and energy sectors represent a much larger percentage of international market capitalization than U.S. market capitalization. On the other hand, the technology and health care sectors represent a larger percentage of U.S. market capitalization.

Valuation variations—When international stocks are less expensive than U.S. stocks, value-oriented investors and investors looking to diversify growth-oriented portfolios may find attractive opportunities in foreign markets.

Currency considerations—During the 1990s, the rising value of the U.S. dollar curtailed the returns of foreign investments. More recently, however, the dollar has weakened versus the euro, a trend that some analysts believe could be sustainable. A weaker dollar could enhance the dollar-based returns of foreign investments.

Finally, keep in mind that many of the world's top companies are headquartered overseas. If you decide to tap into that wider universe of investment opportunity, consider the potential advantages of an international stock mutual fund. Be aware that foreign investments entail special risks, including currency fluctuations and differences in regulations and accounting practices. ♦

If you'd like to learn more, please contact Morgan Stanley Smith Barney Financial Advisor Richard Altieri Director—Wealth Management at Morgan Stanley Smith Barney Boca Village at 561-394-8337 www.fasmithbarney.com/thealtiergroupsb



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Cookin' With The Community

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

Roast Turkey Breast with Potatoes, Green Beans, and Mustard Pan Sauce

Ingredients:

- Nonstick vegetable oil spray
- 4 tablespoons honey mustard, divided
- 5 tablespoons chopped fresh tarragon, divided
- 2 1/2 tablespoons olive oil, divided
- 1 2 1/4-pound boneless turkey breast, net removed
- 2 pounds baby potatoes, halved
- 2 cups thinly sliced leeks (white and pale green parts only; about 2 large)
- 2 8-ounce pkgs trimmed French green beans (haricot verts)
- 1 cup low-salt chicken broth

Preparation:

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F. Coat 2 heavy large rimmed baking sheets with nonstick spray. Whisk 2 tablespoons mustard, 2 tablespoons tarragon, and 1 tablespoon oil in small bowl. Place turkey breast, skin side up, on 1 prepared baking sheet; sprinkle all over with salt and pepper. Spread mustard mixture over skin. Roast turkey in bottom third of oven 45 minutes.

While turkey roasts, toss potatoes, sliced leeks, 1 tablespoon tarragon, and 1 tablespoon oil in large bowl. Sprinkle with salt and pepper; spread out on second baking sheet.

After turkey has roasted 45 minutes, place potatoes in top third of oven. Roast along with turkey until potatoes are tender, stirring potatoes often, about 45 minutes. Remove potatoes from oven.

Toss beans with 1 tablespoon tarragon and 1/2 tablespoon oil in large bowl; sprinkle with salt and pepper. Spread beans around turkey; pour broth over beans. Continue roasting until thermometer inserted into thickest part of turkey registers 165°F and beans are crisp-tender, 10 to 15 minutes. Rewarm potatoes in oven 5 minutes.

Place potatoes and beans on platter. Slice turkey; place on same platter. Whisk 2 tablespoons mustard into turkey juices on sheet; season with salt and pepper. Spoon some juices over turkey; sprinkle with 1 tablespoon tarragon. Pass remaining juices.

Hints:

This recipe uses a whole small turkey breast. If you plan on cooking a turkey breast half, then shorten your cooking time.

To ensure the best results, make sure your oven is calibrated to the correct temperature.

After 30 minutes, check the potatoes and leeks for doneness. After 35 to 45 minutes, check the turkey temperature with an instant-read thermometer. It should register 165°F when it's done.

If you don't like the tarragon, thyme or rosemary would suit this recipe just as nicely. Just be sure to use a smaller amount—about 1 tablespoon—as these herbs can be overpowering.

Shaved Fennel Salad with Orange, Green Olives and Pistachios

This delicious recipe was slightly adapted from *Cooking Light* magazine. It's too good not to share. Makes 4 servings

Ingredients:

- 1 tablespoon grated orange rind
- 3/4 cup orange sections (about one large orange)
- 3/4 cup coarsely chopped pitted green olives (about 3 oz.)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon kosher salt
- 1 medium fennel bulb with stalk (about 2 pounds)
- 1 cup shelled unsalted dry-roasted pistachios

Preparation:

1. Combine first 7 ingredients in a large bowl; toss gently to combine.
2. Trim tough outer leaves from fennel, if necessary and mince feathery fronds to measure 2 tablespoons. Remove and discard stalks. Cut fennel bulb in quarters lengthwise and discard core. Thinly slice fennel bulb. Add fennel slices to juice mixture, toss gently to combine.
3. Plate the salad and garnish with fennel fronds and nuts. Best served very cold.

Spice-Crusted Salmon with Ginger-Cilantro Yogurt Sauce

Ingredients:

- 1/2 cup plain yogurt
- 2 tablespoons chopped fresh cilantro
- 3 teaspoons fresh lime juice, divided
- 3 teaspoons olive oil, divided
- 1 teaspoon minced peeled fresh ginger
- 1 garlic clove, pressed
- 1 teaspoon fennel seeds
- 1 teaspoon coriander seeds
- 4 6-ounce salmon fillets with skin
- Lime wedges

Preparation:

Mix yogurt, cilantro, 1 teaspoon lime juice, 1 teaspoon oil, ginger, and garlic in small bowl. Season with salt and pepper. Place fennel seeds and coriander seeds in heavy-duty plastic bag. Using mallet, crush seeds. Sprinkle fillets with salt, pepper, and seeds.

Heat 2 teaspoons oil in large nonstick skillet over medium-high heat. Add fillets, seed side down. Cook until brown, about 3 minutes. Turn over. Cook until just opaque in center, about 3 minutes. Drizzle with 2 teaspoons lime juice. Place fillets on plates. Top with sauce; serve with lime wedges. Serves 4.

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John Offerdahl is... **The Gridiron Griller**

Chef Lenny Judice, from 15th Street Fisheries (www.15streetfisheries.com), and 5-time All-Pro Center, Dwight Stephenson, team up to bring fans Stephenson's HOF (Hall of Fame) Grilled Dolphin. Combining the premier center of his time, with a premier seafood chef, creates a tropical Mahi-Mahi not to be missed. Stephenson's leadership, on the field as Dolphin's offensive captain, continues in the community today through the Dwight Stephenson Foundation, which combines the sports and business communities in an effort to generate increased funding for charities that provide educational, health and human services to support the needs of children and families. He builds a better community through his charities and construction company, D. Stephenson Construction. Grilling, Leading, and Building: Dwight Stephenson is a Dolphin Great!

On Friday, November 18th, 4PM-11PM at the Pompano Beach Amphitheatre John Offerdahl will be hosting the Gridiron Grill-OFF Food, Wine & Tailgate Festival where celebrity, competition & charity collide! Come out to try this recipe and others as, 20 legendary Dolphin football players team up with Broward County's best chefs as fans eat, drink, vote and compete in the Great Gridiron Toss-OFF, a bean-bag competition that pairs athletes with fans! From 8PM~11PM, the amphitheater will rock with a live performance TBD. Gridiron Grill-OFF tickets are available for \$56. Concert Tickets start as low as \$40. Grill-OFF and concert combo tickets start at \$89. Tailgating is FREE! All tickets are online at www.gridirongriller.com.



Enjoying Good Times and Good Food!



Stephenson's HOF Grilled Dolphin (Mahi-Mahi)

READY...Line up your ingredients

Mango Salsa

- 2 mangos diced
- Juice of 3 limes

- 3 fresh jalapeños diced (optional)
- 2 tomatoes diced

- 1 red onion diced
- 1 oz of olive oil

- 1 bunch of cilantro (chopped)

South Florida Succotash

- 6 oz of Spanish Chorizo (or bacon) small diced
- 1 lb of corn cooked

- 2 large white onion small diced
- 4 large tomatoes diced

- 1 lb of black beans cooked
- 3 cloves of garlic (small diced)

- 3 Tbs olive oil

Fish

- 4 pieces of 6-8 oz Mahi-Mahi Fillets

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

Mango Salsa: Place all ingredients in a bowl and mix. Season with salt and pepper and let marinate together for at least 20 minutes in the refrigerator.

South Florida Succotash: Heat the pan and add oil. Add Chorizo, or bacon, then render for about 5 minutes over high heat. Add garlic and onion; cook until translucent. Add cooked beans, corn, tomatoes and 1 cup of water. Lower temperature to medium heat and cook until most of the liquid is reduced and the entire mixture thickens. Season with salt and pepper to taste and keep warm on low temperature until the fish is ready.

Fish: Place Mahi-Mahi on a plate and drizzle with oil and season with salt and pepper.

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

Pre-heat the grill to 400 (Medium High) and grill Mahi-Mahi for 5-8 minutes on each side. Serve on a bed of succotash topped with salsa.

JOHN SAYS..."On the gridiron, Dolphins grill the competition but the best grilled dolphin is Chef Judice and Dwight Stephenson's HOF Grilled Dolphin recipe!"



Sheriff Al Lamberti Reports

Secure Your Vehicle—Save Your Identity!

By Sheriff Al Lamberti

There are new criminals in town - and these criminals are targeting you! Gone are the days when burglars simply stole belongings out of your vehicle and that was the end of it. Now, they steal your identity. These thieves move swiftly, often without being noticed, because it takes only seconds to commit this type of crime.

Unfortunately, the crime doesn't stop after your belongings are stolen. This can lead to many more offenses. Once a criminal steals your purse, briefcase or laptop - all of which usually contain your personal information - the door is open to swiping your identity.

Cleaning up your name and credit score after becoming an identity theft victim often takes months or even years. According to the National Crime Prevention Council, victims spend an average of 30 hours repairing their credit and name after an identity theft crime.

It's important to keep in mind that criminals target drivers who leave personal items in their vehicles while completing daily chores. This includes pumping gas at a local gas station, dropping your kids off at day care or school and running other errands.

Those who drive large vehicles, such as minivans and SUVs, are even easier targets because their view to the other side of their vehicle is often obstructed.

I want you to be aware of a few easy steps that will help keep your personal items and your identity safe:

- As soon as you enter your vehicle, lock your doors.
- Always pay attention to your surroundings and the people around you.
- Do not leave valuables such as your purse, briefcase or cell phone in plain view. Place the items under your seat or in the trunk before you arrive at your destination.
- Keep your windows rolled up. This will prevent a thief from reaching into your vehicle.

The men and women of the Broward Sheriff's Office are working hard to catch these criminals, but we need your help to prevent the crime before it happens. I urge you to add these simple crime prevention tips to your daily life. Doing so will help protect yourself, your property and your identity.

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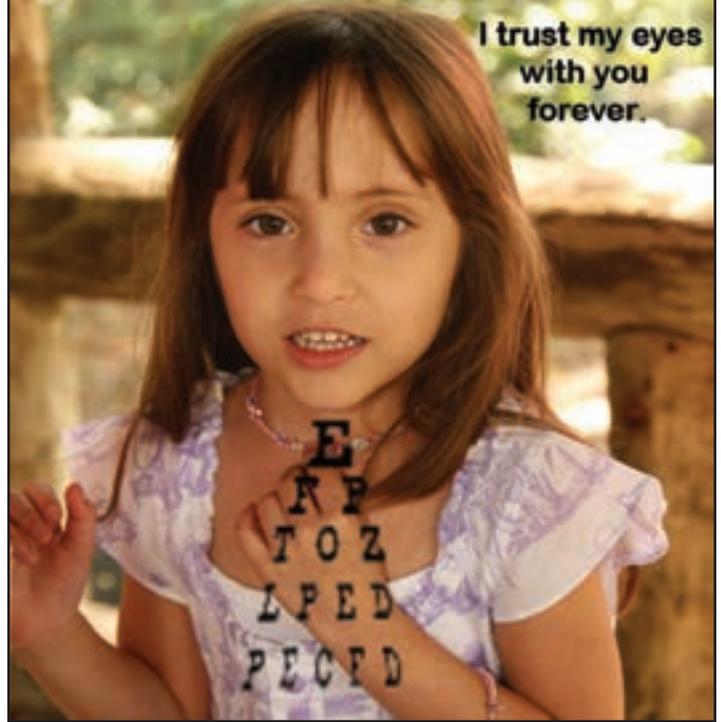
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IDENTITY THEFT

The Latest Identity Theft Trend: Identity Manipulation

By Denise Richardson

It seems like every time law enforcement gets a leg up on identity thieves the scammers find some other way to run their cons. In the past it often took some sort of actual theft to get information about a person's identity, be it stealing mail or hacking into a computer to steal user data. The latest trend in identity theft is much more passive than this and potentially more hazardous because identity thieves don't have to have a particular victim in mind to pull it off.

Personal Identity Manipulation

The practice known as "identity manipulation" is fairly straightforward. When filling out a credit card application or applying for other types of credit, the applicant "accidentally" writes his Social Security number and birth date wrong. It's not off by much, just a few digits switched around so that it appears to be a simple mistake if anyone notices. Once the credit card or loan is approved, the identity manipulator uses it just as he would any other card or loan. If this sounds too simple, don't worry; there's definitely a catch.

The odds are that the Social Security number that was "accidentally" written down belongs to someone else. If the identity manipulator doesn't make his payments on the credit card or loan, the negative reports that are sent out to credit bureaus will be matched with the owner of that Social Security number. This can cause serious damage to the victim's credit, and it's made worse by the fact that the victim may not have had any previous contact with the identity thief who's using his credit. Other types of "identity" manipulation exist as well, affecting not only individuals but also corporations and other businesses.

Business Identity Manipulation:

Disgruntled employees have been known to sign up for social networking sites posing as their former employers, seeding false information to damage the reputation of the company they used to work for. Instead of trying to profit off of the company's credit rating, these identity thieves seek to harm the company they feel wronged them and enter into false contracts to make it seem as though the company doesn't honor its obligations.

Identity manipulation isn't exactly new, but according to a recent study by ID Analytics, a California based Risk Management Company; there has been a significant increase in the popularity of identity manipulation. Research was based on data from 307 million Americans who applied for credit in the past seven years, with 1.4 billion records provided by clients of ID Analytics, such as banks, credit card companies, cell phone companies and other financial institutions. While

the findings of this study are not exactly what I wanted to hear—they are not exactly surprising. Given the fact that Florida ranks second in the nation for identity theft based on consumer complaints, and holds the top spot being ranked number 1 for mortgage fraud, the revelations in this study should not come as a surprise.

Some Key Findings from the Identity Manipulation Study include:

- 45 million people in the U.S. manipulated their identities
- 8 million people used two or more Social Security numbers
- 16 million people used multiple dates of birth
- 10 million people altered their own identity by mixing it with their spouse's information
- Florida had a higher than expected number of bad credit applications—which could be examples of deliberate identity manipulation.
- South Florida, ZIP codes beginning with 330, 331 and 333—representing parts of Miami-Dade and Broward counties, had the most concentrated areas where bad apps originated

While any increase in identity theft is bad news, at least this time there may be a silver lining; the recent popularity of identity manipulation has given technology firms a greater chance to study it and they've started developing tools that allow them to fight it.

ID Analytics reports they've developed technology that makes it possible for identity manipulation to be tracked back to its source, allowing law enforcement agencies to find the individuals who are falsifying their own information in an attempt to steal the credit rating of someone else. Likewise, corporations are using online technology to track down those who create false profiles on their behalf in an attempt to damage their reputations; once they find the creators of the profiles they can begin restoring their reputation and take legal action as appropriate.

While being able to find the people who are committing these crimes doesn't make up for the damage they do, the fact that a larger number of them will be prosecuted may serve as a deterrent for would-be identity thieves who think that personal or corporate identity manipulation is the answer to their problems. We can only hope that the trend of successful identity theft arrests continues and all of these thieves end up where they belong. ♦

For more tips on how best to secure your identity visit me at GiveMeBackMyCredit.com or email me directly at deniserichardson@givemebackmycredit.com



Florida Sport Fishing by Capt. Mike Genoun

All On The Line

With daytime swordfishing tactics continuing to evolve, local anglers are questioning the best line for the job.

First, let's set the stage for those unfamiliar with this exciting fishery. Daytime swordfishing takes place in 1,500 to 2,000 ft. of water over submerged mountainous terrain. Underwater peaks and valleys deflect nutrient rich currents toward the surface and create ideal hunting grounds for beastly broadbills. It's in these chilly, dark depths where swordfish hunt from dawn to dusk.

Broadbill swordfish have the supernatural ability to locate and capture prey in this extreme environment thanks in part to a unique heat exchanger that pumps warm water to their brain and eyes, allowing the fish to function where most others wouldn't dare venture.

As the helmsman powers bow first into the relentless Gulf Stream, the idea is to naturally present a bait to a predator prowling the pitch-black depths along the bottom reaches of the water column. This requires the use of 10 to 15 lbs. of lead, a long wind-on leader that acts as a shock absorber, and a light source that essentially rings the dinner bell.

To do this effectively, ultra-thin, super sensitive braided fishing line is the only viable option, regardless if you're utilizing a manual reel, power-assist or electric. Otherwise your gear probably won't hold enough heavy monofilament to reach the bottom and you would certainly never be able to detect subtle strikes with so much elasticity. In this arena, having a clear understanding of what's occurring so deep below is critical. Daytime swordfishing is a science and contrary to what you may believe, broadbills do not viciously annihilate everything they see and charge off for the hills. Even big fish can be sluggish in such extremes and often need to be coerced into making a final commitment.

While broadbill swordfish are the undisputed gladiators of the sea their mouths are surrounded by fairly soft tissue, so unforgiving drag is out of the question. Lighten up and give the fish a fighting chance. This means there is no need for anything more than 80 lb. line with seasoned slayers going as light as 65 lb. braid. Imagine capturing a 500-pound sea monster with 12 lb. diameter line. Wow!



One thing you can count on is that once a decent fish is hooked, you're in for a long battle and your experience level and quality of equipment will surely be deciding factors toward achieving consistent success.

Regarding brand, we fish 80 lb. Diamond Braid exclusively but it's a matter of preference. Hi-vis colors help. It is important to note that modern braid was not designed to be fished in this manner, and today's super-lines are still evolving. In the meantime, inspect your line often.

More importantly, be sure to exercise restraint. There is no need to harvest more than one of these magnificent fish per trip. A 200-pound swordfish will feed you and every one of your friends and relatives for a long time, so please be a conservation-minded angler and help ensure a sustainable fishery. Together, we make a difference.

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

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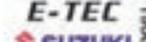
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Please type **“Lighthouse Point Birthday”** in the Subject Line, or mail to:

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



Kevin Mateo Selbach
turned 1 on September 6th



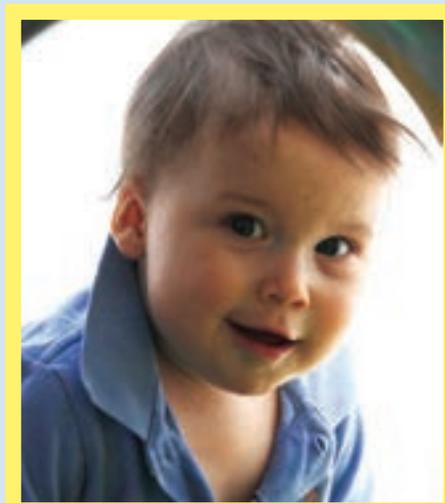
Travis
turned 3 on October 14th



Chase Brown
turned 12 on October 15th



Hudson Liam
turned 1 on October 29th



Griffin Teague
turned 1 on October 29th

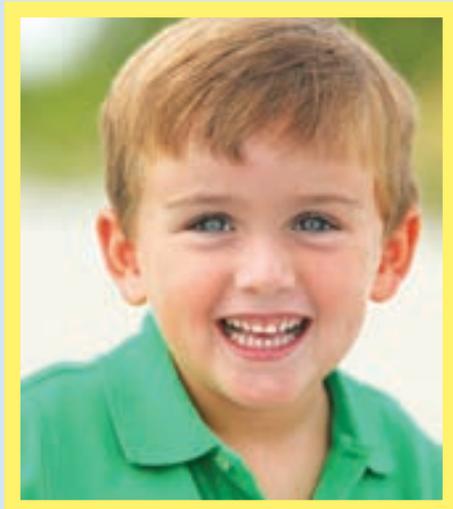


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turned 7 on October 30th

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Loving Pet Birthday Gallery

Send us your pet photos before November 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,
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Boo
 turned 15 on October 12th



Rocky
 turns 15 on November 2nd



ON RELIGION

Shared Wisdom

By Reverend Jack Noble

It has been my great joy to have benefited from more schooling than most. Four years at a great American college, three more years in the oldest protestant seminary in the country. Looking back I am not at all certain that I took proper advantage of my opportunities. I resolutely chose courses I liked and avoided those I didn't, especially anything remotely related to mathematics. I studied enough to get by, but I also spent a tremendous amount of time working at odd jobs (I earned a good part of my expenses) and "serving" on the social front.

I suppose during those seven years of higher education some knowledge must have seeped in. But not much wisdom, I fear. Not much that really changed my outlook or my values or my goals in life. Those basic things were affected more by certain chance encounters I had than by anything I read in books, or heard in classes.

In those rare encounters a spark would jump from another person to me. Usually the other person was older, more experienced at life, wiser, and willing to share certain insights and attitudes. The setting was rarely academic although one of the people whose picture hangs on the soul of my life, in this regard was a teacher. But in all reality I don't think the setting

for these encounters made any difference—the spark jumped or it didn't.

When it did, it left me changed forever.

This summer I was reading a book and in it the author said that in art, fiction, theater, the cinema, a character has an insight, and their life changes. He went on to say that in actuality we have an insight and in a month or two, or in a year or so our life changes. Most of us – regardless of our age – want things to happen immediately if not sooner. In an era when we have become accustomed to the three minute microwave meal, twenty-four hours-a-day-news, doors opening at our approach, and the world, as it were, being at our fingertips, we have come to believe that things like character development and wisdom should come, simply because we have willed that to happen.

In one of my favorite movies, the protagonist—a woman— has just been told that she is looking for immediate gratification, she sniffs, tossing her chin and says, "Oh, for me, immediate is not nearly fast enough."

Let us always remember that in this life we are in a school, and regardless of our age we are expected to change and grow as long as we live. So please let us always look for wisdom – even in the most unlikely of places. ♦



AL'S CORNER

Repair or Replace

By Al Siefert

How many things can you say last forever? If you think about it, you can probably only name a few items such as jewelry, coins and things that you have but do not use every day.

Most things do have life expectancy ranging from a short time to many years.

These days some items become obsolete before they wear out. When you buy something you usually expect to keep it for a period of time before you replace it.

So when is it time to replace something instead of repairing it? In many cases, it comes down to the cost of the repair versus the look and life of a new product. An example of this could be a new toilet that uses less water and is more attractive. Newer kitchen sinks offer deeper basins with easy to use faucets. Your everyday comfort may be a factor in replacing rather than repairing

Lighting is another area that is experiencing a renaissance. Does it make sense to repair an old fluorescent light when the new ones are brighter and more efficient?

This may depend on the circumstance. Last week we had a call from a new customer that wanted the lights in his warehouse repaired. He made his decision to repair and not replace based on the fact that he was a tenant and not sure on how long he was going the stay there. In this case, cost was the determining factor.

In another case, we had a customer that was remodeling their kitchen. They chose to replace their lighting with new fixtures. This

made their kitchen brighter while costing less to operate and ultimately more pleasant in which to live and work.

Something else to consider is when you have several fluorescent lights in one area that were installed at the same time. There is a good chance that the other lights will start to need repair shortly after the first light goes out. It may be cost and time efficient to replace them all.

The new fluorescent fixtures use a slimmer T-8 and T-5 bulbs. The T-5 bulbs are the latest design. These bulbs will eventually make the original T-12 bulb harder to find. In fact, the T-12 fixture is now considered obsolete. However, if you choose you can still get parts for them.

We are beginning to see more LED flood light fixtures being installed on buildings. The prices are coming down as more companies are manufacturing the fixtures. We are recommending that buildings with lights that are mounted high off the ground or on the roof be replaced with LED fixtures. The reason is because the LED bulb life is 50,000 hours and use far less electric to operate. By changing to LED you would eliminate the material and labor cost of replacing the conventional bulbs.

There are many examples where new products are far better than their predecessor. New technologies are constantly offering better products that promise to enhance our lifestyle. ♦

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

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“Mama Sees Stars” is Deborah Sharp’s Latest Book

A Florida native, born in Fort Lauderdale, Deborah Sharp has just published her fourth book in mystery series.

A signing of her latest book, *Mama Sees Stars*, was held at Books & Books at the Museum of Art in Fort Lauderdale on October 5th with an overflow crowd of admirers and wellwishers.

In spite of her celebrity, Deborah still manages to attend the Fort Lauderdale Writers’ Group where she began reading portions of her first book, *Mama Does Time*, just a few years back. Her experience as a writer goes back to her days as a reporter for the *USA Today*

newspaper. And her husband, Kerry Sanders, is world-renown reporter for MSNBC, who was on hand to give his support.

Deborah’s books are set in the mythical town of Himmarshee, Florida. “It’s a figment of my imagination, based on an authentic part of the state—cattle ranches and citrus groves; sweet tea and barbecue. Himmarshee is like Okeechobee, except tinier. And it’s like Davie, where as a girl I rode my Quarter horse, before the ranches and orange trees vanished under asphalt. I love little towns. Even met my TV reporter husband in 1983 in Immokalee, Florida, competing for stories on a winter-vegetable freeze. Kerry Sanders and I have been married forever. No pets. No kids. We had goldfish once. Turned out badly,” she said.

Deborah’s other two books include, *Mama Rides Shotgun* and *Mama Gets Hitched*.



Deborah speaks to her fans.



Deborah signs for a fan.



Deborah and hubby Kerry Sanders.



Sara Lee, Deborah Sharp, Joyce Sweeney, Ellen Wachter and Jodi Turchin.



Sara Lee and Todd Caster perform scenes from Deborah’s book.

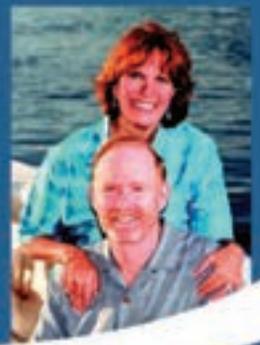
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This lovely updated 3 bed, 2 1/2 bath home sits on 85' of deep water with unrestricted ocean access - just off the South Grand Canal! The third bedroom works well as a comfortable den. This home features dual A/C and water heaters. Other updates include; granite counters & stainless steel appliances in the kitchen, porcelain travertine tile throughout the living areas and new 85' dock! \$774,000.



Open, light, completely updated pool home close to De Groff Park & the Intracoastal. Split bedroom plan and oversized family room overlooking pool, patio and garden. Large kitchen with granite. Spacious master with a walk-in closet the size a room! Luxurious master bath with large shower, soaking tub and twin sinks. This beautiful home is in move-in condition! \$547,000.



Great 2 bed, 2 bath pool home in the sought after Garden Isles community. Light bright and updated throughout. Two master bedrooms, tile throughout and newer roof. Nicely landscaped with fenced yard and sparkling tropical pool. Located on a nice quiet street and just 2 miles to the beach! Newer kitchen with gas cook top. \$249,900.



A truly "magnificent" lot in the preferred area of Lighthouse Point. This "HUGE" lot showcases an estate-like feel on almost 1/2 of an acre. 5 minutes from the Hillsboro Inlet and on an extra wide waterway with sweeping views. Opportunity to build your custom dream home on an "Estate sized deepwater lot. \$1,189,000.



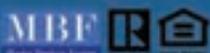
Lovely 5 bedroom, 4 1/2 bath pool home in quite neighborhood! Open and split floor plan. Two huge masters both opening to pool and with walk-in closets and whirlpool tubs. Open kitchen with custom cabinetry and ss appliances. Tropical pool and raised spa. Quality construction by custom home builder for personal residence. \$619,000



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DEEPWATER HOME, GREAT PRIVACY



With approximately 4,600 s.f. of the best living space South Florida has to offer, this 6BR/4BA home has it all—unique design—great SE breezes - incredible views—sparkling pool—oversize garage and more. Not a spec home, it was completely redone under the careful eye of the owner. ML#F1147247

DOT COWDREY, 954-592-2640 \$1,299,000

PRICE REDUCED! CUSTOM-BUILT HOME



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

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

BEAUTIFUL LIGHTHOUSE POINT HOME



Traditional home surrounded by million dollar waterfront homes. 4BR/4BA, remodeled, all rooms are spacious and have their own bath. Formal DR, large kitchen overlooking family room. Oversized pool/patio with lovely landscaping. ML#F1123955

LAURIE SUMMA, 954-205-5685 \$749,000

MINUTES TO HILLSBORO INLET



Newer elegant property in Lake Placid section of Lighthouse Point. 2-story attached home, very spacious open kitchen, formal dining room, one master downstairs. The finest in finishes and design. Perfect for entertaining. Pool, spa and gas grill. ML#F1100394

MICHELE HALE, 954-648-2065 \$700,000

MARINA AREA - 3 STORY TOWNHOME



Enjoy Lighthouse Point living at it's best. This 3BR/2.5BA, 3-story townhome overlooks the heated pool and is in excellent condition. Private elevator, 2 car garage, built-in vacuum and more. All ages and two pets are welcome. ML#F1137029

RUTHIE BROOKS, 954-803-4174 \$599,000

THE TRITON/3 BALCONIES



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

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

NEW TO MARKET! — FREE DOCK



Gorgeous 2BR/2.5BA townhouse with sun deck, Travertine floors, granite counters. 2 screened balconies, 2 cars, 2 pets and 2 tennis courts. Free private boat dock. Totally updated. Must see: <http://www.photoshow.com/watch/XE9QD5CZ>

**NANCY PEDICORD, 954-868-6517
CINDY PEDICORD, 954-242-4471 \$349,900**

PERFECT WATERFRONT LIVING



Beautifully, upgraded 2BR waterfront unit in Lighthouse Point! Open kitchen with wood cabinets, granite countertops, stainless steel appliances and center island, crown molding, tray ceilings, bamboo wood flooring, accordion shutters and so much more. Screened and tiled balcony. No fixed bridges, dockage. ML#F1146400

LAURIE SUMMA, 954-205-5685 \$195,000

GREAT OPPORTUNITY!



1BR/1BA co-op in Venetian Isles east of Federal Highway. Neutral tile floors and walls. Close to everything; grocery store, shopping, post office, library, police station. Why rent when you could own for less? ML#F1154324

ANDREA MARK, 954-591-7799 \$25,000

