

LHP

Lighthouse Point Magazine

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April 2013

Seminole Casino CEO Steve Bonner Makes it Great-Fun, Food and Excitement!



- Lighthouse Point Art Expo**
- Soroptimist's "Shake Your Shamrock"**
- Exchange Club 150 Charity Event**
- St. Coleman's Italian Festival**
- Today's Russia Part 2**

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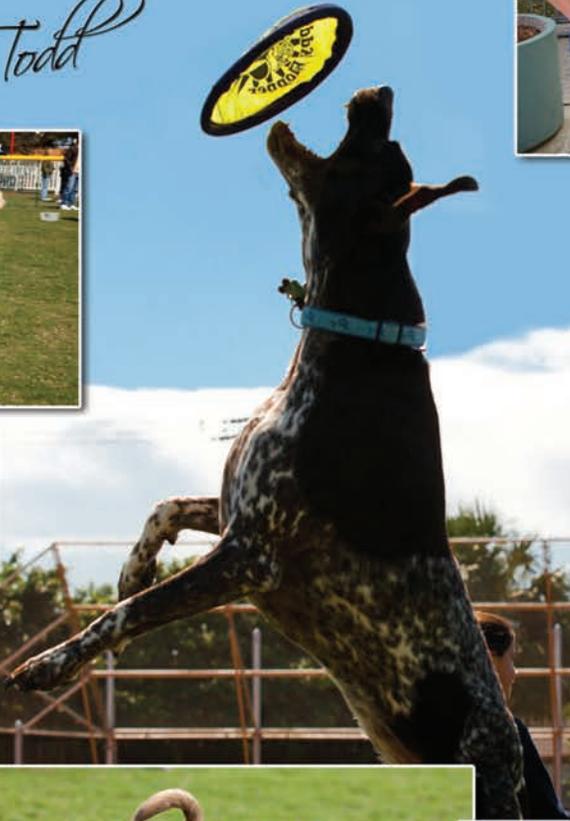




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Around the Point

a column that includes news items relevant to the residents of LHP.

Celebrity Dancers Train for Dancing with the Stars of Broward Fundraiser

With attitude, glamour and too-fast-to-follow footwork, five Broward leaders will face off at the fifth annual "Dancing with the Stars of Broward" May 4 at the Seminole Hard Rock Hotel & Casino in Hollywood. The premier fundraiser for The Pantry of Broward will help provide food and other support services to seniors on low, fixed incomes and grandparents raising their grandchildren.

Lee Blakely of Lighthouse Point will be paired with a professional dance instructor. During weeks of tough training, they'll prepare to perform two dance routines for an audience of about 400 guests. For the event's fifth anniversary, the celebrity competitors have already upped the ante. The pair that wins the champion's trophy must dazzle the judges and audience—and have a strong showing in raising funds for the event. So as they perfect their dance moves, the celebs are rallying friends and family to 'vote' for their teams by making online donations to the charity. Tickets, priced at \$200 per person, are limited, reserve seats early. Order online at www.thepantryofbroward.org. For tickets or sponsorships call Terrence Smalley at The Pantry of Broward at 954-358-1481, ext. 113 or Terrence@thepantryofbroward.org. For information and volunteer opportunities visit on the web at www.thepantryofbroward.org.

Help Relay For Life Light The Broadway Lights For a Cure!

Do you have a family member or friend who's fighting cancer or lost their fight against cancer? Attending and or participating in a Relay For Life can be poignant and energizing. The Relay for Life of Deerfield Beach/Lighthouse Point/Hillsboro Beach will be held on April 13-14, 2013, at Quiet Waters Park. Our Relay starts Saturday, April 13, at 4 PM, and ends on Sunday, April 14, at 9 AM.

The Relay begins with a Survivor Walk and Dinner and at sundown, there is the Luminaria Ceremony where candles are lit to remember loved ones lost to cancer or to honor those who continue to fight their battle or have won the battle.

Our 2013 Relay theme is 'Light the Broadway Lights for a Cure,' which will be the inspiration for the creative booths that each team creates. Each Relay is filled with food, decorations, and entertainment. Team members walk throughout the night showing that cancer never sleeps and the need for the cure is ever present.

This year our goal is \$106,000. All the funds raised are for important American Cancer Society programs and services and fund research to find a cure. If you, or someone you know, is interested in joining us walk as one community in the fight against cancer: go to our website at www.relayforlife.org/dblpfl. Contact Event Chair: Nona Breitenstein, 954-304-4248, nonabreit@gmail.com

4th Annual Mother's (boat) Day

This fun event will be held at Lake Boca on Friday, May 17th — the Friday after Mother's Day. Cruise on over after 9:00 a.m. and stay and the day. This is for MOMs ONLY! Open to all Moms — take the day off.

If you don't have a boat, find a friend with a boat and join the fun. Bring your own food, drink and floats.



13 LHP Martial Arts Students, age 10 to 74, Earn Black Belts/Second Degrees

Shihan Craig Haley, a sixth-degree black belt master instructor and co-owner of Elite Force Martial Arts, announced that in Lighthouse Point 10 martial arts students, who range in age from just 10 years old to 74, received their black belts at the Black Belt Spectacular on March 1, 2013. Three students were awarded their second degree black belts.



Mickey Anderson, Deerfield Beach; Danielle Dazé and Maureen McMillan, both of Lighthouse Point, received their second degree black belts. Receiving first degree black belts were: Shawnee Happel, Pompano Beach; Desmond Maher, Lake Worth; Tamara Gmitter, M.D., Boca Raton; from Lighthouse Point were Ian Noble, Nancy Marchitello, Reuven Michaeli, Miri Michaeli, Jack Schwencke, Ellen Schulman and Chuck Marchitello.

According to Haley, achieving a black belt requires a three- to five-year process that includes consistent training to achieve required levels of strength, flexibility and endurance. Students also must gain a command of martial arts self defense techniques, forms and combinations. Black belt candidates are required to complete a rigorous four-month testing process to measure run times, knowledge of mixed martial arts skills acquired throughout the multi-year belt cycle and the ability to perform those skills.

"Each of our candidates succeeded in overcoming obstacles, ranging from running and conditioning to time management, even performance anxiety, to reach their black belt goal," said Shihan Haley. "They stretched themselves and demonstrated an unwavering commitment to the martial arts. I'm extremely proud of them."

Elite Force Martial Arts, founded by Haley and Shihan KC Colvin, has locations in Lighthouse Point, Fort Lauderdale and Plantation. For more information, visit www.eliteforcemartialarts.com, [facebook.com/eliteforcemartialartslhp](https://www.facebook.com/eliteforcemartialartslhp), or call 954-785-1348.

2012 Top Producers at Campbell & Rosemurgy

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

This year they had more top producing agents since 2006. "We continue to receive a large part of our new listings and buyers as a result of referral from previous customers. In this improving economy, we find that our market share is increasing and our agents are very busy assisting our customers," said Kiku Martinson.

"This year marks the 60th anniversary of Campbell Property Management and Real Estate; the area's oldest family owned and operated real estate firm and property management company. In the past half century, the firm has grown to one of the largest and most respected real estate companies in South Florida."

Jim Heidisch updated their agents on the Florida Association of Realtors as he is the Vice President District II.

We reserve the right to reject material that may not be in the best interest of the community.

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Advertising Rates & Information

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

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

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From the *Editor*



Families Becoming Strangers

I am a people watcher. Especially when I'm alone, and especially when eating at a restaurant.

Recently, I had a quick bite at the California Kitchen in Fort Lauderdale. You see, it must be a quick bite because the music background is an incredible, mindless cacophony — I've heard this same noise at rush hour in the New York City subway.

But there are a few things I enjoy on the menu, and it's a great place for people watching, so I employ earplugs to get through the ordeal.

What has changed in the people watching landscape are families whose children sit during a meal, hardly eating, their noses permanently stuck in their cell phones, or other electronic gadgets. Isn't it sad enough that too few families ever sit down to dinner together at home anymore? The very saddest thing about this scenario is that conversation is at a minimum and the parents seem to be okay with the kids out of their hair, some even hardly talking to each other.

What I'm getting at is that technology can be such a phenomenal thing, and true it has changed the world for the better in many ways, but at the same time taking away and destroying basic intrinsic family values.

Television for decades has invaded the family structure, but now, as the never-ending outpouring of electronic gadgets continues, American families are becoming complete strangers to each other.

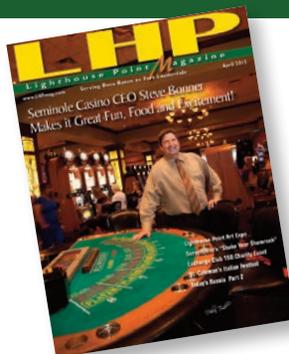
The mania for owning the latest cell phone, or some spinoff, has created a serious divide, denying families the ability to converse, exchange ideas and, most importantly, get to really know one another. Cell phone management should either become a family priority, or just simply watch your family become dysfunctional, more distant and impossible to communicate with.

A new book recently reviewed in the *Wall Street Journal* called "The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play and Much More," written by Bruce Feiler has just been published. It gives great insight regarding the problems facing families today and ways to solve those problems.

Please excuse us... On page 42 of our March issue, we incorrectly identified Denise Bauer and Justin Heusner of Edible Arrangements.



Our Cover



Seminole Casino CEO Steve Bonner runs a tight ship at this exciting gambling facility.

Story begins on page 10.

Cover Photo by Debra Todd



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This complete issue
and all back issues of
**Lighthouse Point
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can be seen on our great
website at www.LHPmag.com

To accommodate the many requests we
get for our publication, copies of the
Lighthouse Point Magazine are now
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month at: LHP Library, Heart Rock Sushi,
Lito's Turf & Surf, Red Fox Diner,
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A pet who needs love

Please Rescue Me

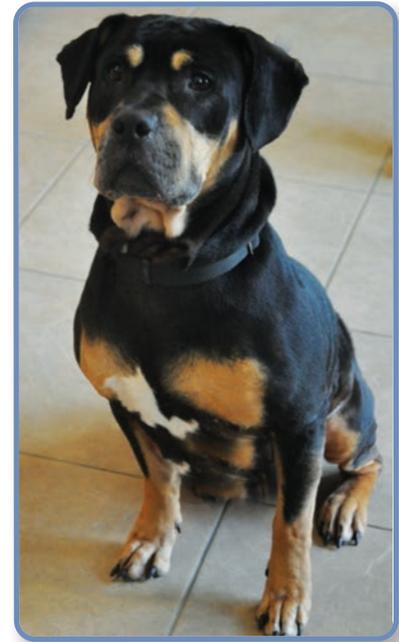
Through this cage that keeps me bound,
Slowly as I look around,
Into your eyes I hope you'll see,
I need your love so desperately!
Hold me close, take me away,
Into your loving home, this I pray,
Oh, please adopt me today!

By Charmaine Hills

Sasha

Sasha is a five-year-old Rottweiler mix and she still can't understand why her family took her to animal control, but luckily the Florida Humane Society picked her up from there before anything bad happened. She is a wonderful, sweet girl who knows commands to sit, give paw, and lay down. She is housebroken and walks nicely on a leash. Sasha is looking for her second chance to show her love.

Sasha and all her friends can be seen at the Florida Humane Society, 12:00-4:00 Thursday-Sunday, located at 3870 North Powerline Road, Pompano Beach on the NE corner of Sample and Powerline, next to the Citco Car Wash. You can also view us online at floridahumanesociety.org, or call 954-974-6152.



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2013 Bacon Fest Florida

By Jon Frangipane Photos by Debra Todd

If you haven't visited the Seminole Casino in Coconut Creek recently, you are in for a wonderful surprise. The newly refurbished and upgraded establishment is a certainly a sight to behold. Last month, photographer Debra Todd and I visited with Seminole Casino Coconut Creek President and Lighthouse Point resident, Steve Bonner.

On this night, we witnessed the 2013 Bacon Fest, featuring area restaurants, and the Bacon Brothers and the Dan Band with almost 2500 in attendance. Hormel Foods supplied the bacon for the huge event. Winners were: Kapow for Best Appetizer, Noodle Bar for Bacon and jalapeno ragoon with chimichurri sauce and shot of strawberry lemonade with bacon salt, Best Entrée was Gimme A Burger-Coffee for their infused bacon, wrapped with a coffee/brown sugar rub with thin sliced red onion and cheddar cheese, Best Dessert was Bacon bites and their Chocolate covered bacon with peanut butter.

Named the "Best Place to Gamble" by Broward-Palm Beach New Times, Seminole Casino Coconut Creek currently offers more than 2,300 of the latest and greatest slot machines including Las Vegas-style slots. Two of the most popular games are The Hangover and Leprechaun Gold. Some of the most popular progressive slot machine titles are Ghost Busters, Diamond Jackpots, Vegas Paradise, Monopoly Big Event, Wizard of Oz and Slingo Bonus. Denominations range from one cent to \$100. As part of its recent \$150 million expansion, the casino now offers a new non-smoking area for slot players.

The casino now offers 65 table games including live blackjack, baccarat, and popular novelty games such as pai gow poker. It features 24/7 high stakes no-limit action in its Stax Poker Lounge, with a wide array of tournaments for all types of players. Live poker games include Texas Hold 'em, 7-Card Stud, and Omaha tournaments from \$85 to more than \$1,000.

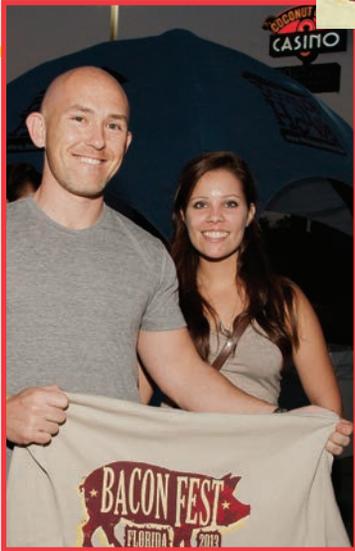


The Dan Band



Jodi's Cupcakes





Melting Pot



Continues on page 46

Q: The Seminole Casino is quite an undertaking. What would you say was the genesis for getting such a unique job?

Bonner: I took the job working the graveyard shifts installing machines in a casino in Colorado, so I could have some income while I looked for a real job. After a couple months, we got the casino open and they decided I did okay, so they put me in charge of this place called Bullwhackers. That was in 1992.

Q: How long were you employed there?

Bonner: I spent about 10 years at a couple different casinos in Colorado. I helped open some and helped remodeled some, as well.

Q: Where in Colorado would you find casinos back then?

Bonner: Casinos were in mountain gold-mining ghost towns. And I opened some of them. There were three ghost towns in the early 90's they wanted to revive and make them tourist attractions, so they approved gaming in those towns. When I first moved to Colorado, there was no one else there who had any experience in gaming because there were no casinos at that time, so there was a lot of opportunity there.

Q: How did the Seminole Casino opportunity come about?

Bonner: I had worked with our current CEO Jim Allen in Colorado. Jim then worked at the Atlantis in the Bahamas for a while, and finally came to work for the Seminoles. He called me one day and said, "Are you ready to leave Colorado?" And I said, "I'm on the next plane!" I arrived here about the time they started construction on the Hard Rock casino in Hollywood. That was ten years ago, and I've been here ever since.

Q: How did you come to choose Lighthouse Point as your home?

Bonner: When I moved here I wanted to be close to work and never in my wildest dreams thought I'd still be here ten years later, so this is great. And the kind of stability with the Seminole tribe is wonderful, and wonderful to work for. They've been over the top as far as being a great company, and it's also a great family atmosphere. The tribe stays involved and well aware of what's going on in the organization. But at the same time they let us do the very best we can for them and members of the tribe.

Q: Is your family here?

Bonner: Angie and I live together with our daughter, Elle. She's five and we've been living in Lighthouse Point for five years.

Q: Do you see any familiar faces from the Lighthouse Point area taking advantage of this exciting facility?

Bonner: There's a certain group of people from Lighthouse Point that do come over, even if it's not for the gaming piece, but to partake of the new restaurants and concert venue. But there are still people unaware of this great casino right down the street.

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Lighthouse Point Yacht & Racquet Club 19th Annual ARTS EXHIBITION

Founded by Norma Cerino

Story by Rebecca Cerino Days Photos by Debra Todd



Rebecca Cerino Days with her father Larry Cerino and sister Jennifer Welker.

We couldn't have painted a better day! The weather was spectacular once again... 19 years and counting. *Thanks mom!* The date being early in mid-March, this great exposition seemed to bring in more foot traffic. It was a busy day for the artists with a consistent flow of admirers. We had several new artists this year and many returning favorites. Overall, the quality of art just gets better every year. And as a special touch for the artists' t-shirts this year, we featured my father's artwork of *The Painted Indian*. There was live music on the patio, painting demonstrations and a the Yacht Club offered a lovely brunch.

For the first time, the Lighthouse Point Cultural Committee was invited to display children's art work. They held a contest with select age groups to illustrate "Why I love Lighthouse Point." The competition was the first of its kind. Angelina Days, Norma and Larry Cerino's granddaughter, actually won first place in the 7-9 division, talent certainly runs in our family.

It was just an awesome day. I love seeing the community come together to mingle amongst the art and artists.

A big thanks to to the LHP Yacht & Racquet Club for a wonderful venue and amazing brunch.



Cemhan Biricik, photography.



Dwight Hoffman, watercolor.



Pat Anderson, watercolor.





Christina Lihan, architectural reliefs.



Babs Kall, glass art.



Marci Chamberlain, sailor's valentine.



Francine Maille, oils.



Michael Cohen, photography.



Glenn Doyle, christaline pottery.



Bill Borough, acrylic.





Shirley Kelley, jewelry.



Linda Zack, wood.



Linda Connelly, oils.

Lighthouse Point Cultural Committee's Children's Exposition

Why I love Lighthouse Point...



Noah Balzer
Photography Collage
"My Favorite Things"
Age 6



Netanya Kaufman
Colored Pencils
"Birds of a Feather"
Age 12



Riley McLeod
Markers
"Cheer"
Age 8



Davia Kaufman
Tempera Paint
"The Grass is Always Greener"
Age 10



Chloe Sherrill
Markers
"Lighthouse Point at Night"
Age 9



Savva Lebowitz
Markers
"I Love LHP"
Age 6



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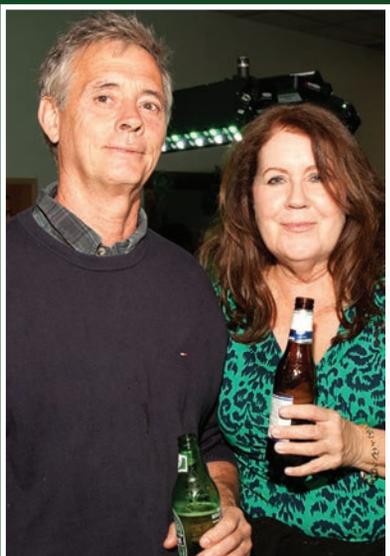
CASINO NIGHT

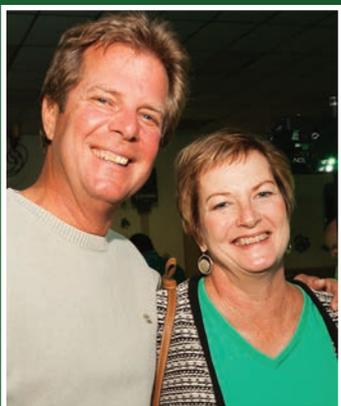
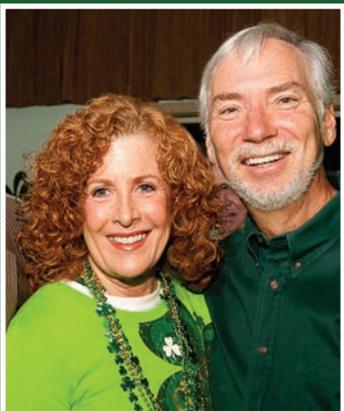
Shake Your

SHAMROCK



Photos by Debra Todd







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Consider your estate plans. Pension payments generally end when you and your spouse are gone, but with an IRA, you may still end up with something you can leave behind.

Don't forget about inflation. If your pension payments aren't indexed for inflation, they'll lose purchasing power over time. Within your IRA, you can invest for growth potential, but remember that all investments are subject to some level of risk.

You're facing a big choice. Get all the facts, and then get some professional help from your financial and tax advisors.



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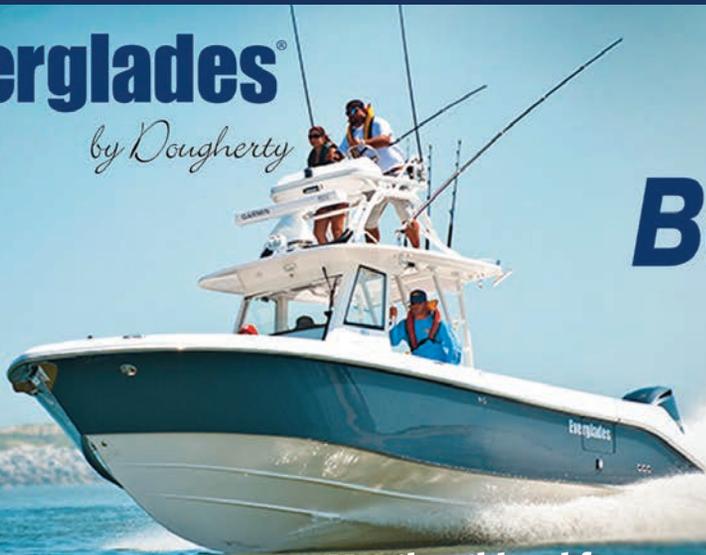


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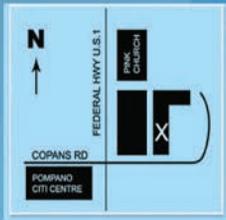


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Organ Dedication at the “Pink Church”

Article and photos by Jon Frangipane

On Sunday, February 24th, it was a celebration, as well as a dedication service featuring the newly installed Jeffri W. Bantz Memorial Antiphonal Organ, along with The Chancel Choir, Florida’s Singing Suns and the Second Generation Singers Concert Choir.

Reverend Jack Noble welcomed the congregation to this truly impressive event, one that must have taken many hours of preparation. The entire church was filled to capacity on this very special day. Many thanks went out to all who helped in making this a memorable day, including Drs. James and Elizabeth York for their gracious organ donation.

Organist Mark Jones began the program, filling the church with a highly spirited and masterful presentation, treating all to the magnificent color of sounds the new organ produces.

Adding to the mood for this afternoon of fine performances were the Florida Singing Sons Concert Choir and Second Generation Singers, conducted by Craig Dennison, Artistic Director and Conductor, and the Chancel Choir, led by Elaine McNamara.

Jeffri Bantz had been organist at the First Presbyterian Church and Director of Florida’s Singing Sons before his passing a few years ago,

A festive reception on the Fountain Terrace followed the special service.



Reverend Jack Noble.



Organist Mark Jones.



Florida Singing Sons.



Conductor Craig Dennison.



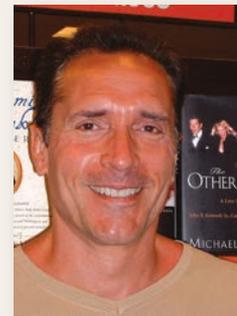
Florida Singing Sons soloist.



As I Was Saying

Dim The Lights, Cue The Dash Cam

By Alan Williamson



My Mustang is in the shop. Its headlights don't come on unless I flick the high beams on and off in rapid succession between 10 and 20 times. This has been happening for weeks and now the finger I use to flick my high beams on and off is getting sore. There is no listed medical condition called "high beam finger," but thanks to my headlights, it's a flicking affliction that throbs day and night.

Now, I'm not a mechanic, but this headlight malfunction seems like a situation that's likely to deteriorate until they don't come on at all. The way I picture it, the time my headlights will pick to not come on will be a night that I'll get pulled over about 40 miles from home in the rain with a glass of cabernet on my breath. Plus, I'll have somehow, for the first time in my life, left my wallet and license at work. And (also for the first time in my life) I'll be wearing a cape and clown makeup. I've seen enough police car dash cam videos on the news to know that this will not go well for me.

There won't be a problem though, because I've gotten up early, made arrangements to be late for work, and have my car in the expert hands of my mechanic, Ron. Ron wastes no time in putting the Mustang through a battery of carefully-sequenced tests. From my view through the window in the waiting room I observe that many of those highly technical tests consist of Ron standing in front of the Mustang looking at the headlights while another mechanic named Chuck sits in the driver's seat turning them on and off. Within minutes, Ron comes back with a conclusive diagnosis.

"Your headlights work fine," he announces.

"You fixed them already?" I ask uncomprehendingly.

"There was nothing to fix," he clarifies. "We turned them on and off about 30 times and they came on every time."

"But this has been going on for three weeks," I stammer. "How can they suddenly be fine?"

"These intermittent problems can be caused by a lot of things. Unless it's doing it when we have the car here, it's all a big guessing game."

"Well, if you had to guess, what would you say is causing the problem?"

Ron stroked his chin and looked at me like he had an answer he needed to censor.

"There are two different electrical switches that could be failing intermittently. We could replace one or the other, but there's no guarantee that they're what's causing your problem."

"How much do they cost?" I ask, hungry to take some

step that might prevent my appearing in any police car dash cam videos.

"With labor, one's going to run you about \$325, the other about \$140.

A light went on in my head.

"Again, if you had to guess, which switch would you say is more likely to cause the problem?"

"The \$325 one."

"But it could be the \$140 one," I counter.

"Possible, but not probable," Ron reasons.

Finally seeing the folly of our hypothetical bantering, I ask Ron my final question: "If you were me, what would you do?"

He gave me a lingering look.

"I'd lose about 15 pounds, get a better pair of shoes, and do something about that coffee breath."

"I meant the car, Ron."

"Oh, sorry. I'd let it go and keep an eye on it. You might be alright, but if the headlights cut out one day and you're in the neighborhood, bring it back and we'll take another look."

I thank him for his maharishi-like advice and hit the road before he finds a reason to charge me something.

That night, about 40 miles from home, it starts raining. I go to turn my high beams on and notice my headlights aren't working at all. As I look at my rearview mirror a police car looms up behind me with its lights flashing and siren wailing. I reach for my license and find an empty pocket instead of my wallet.

The police car dash cam video from that night is grainy, but in the interaction that ensued, it appears that a patrol officer and a man in a cape and clown makeup are having a spirited conversation about the crippling pain of high beam finger.

Ron, my mechanic, who saw the video on the news that night, turned to his wife and said, "Look, Tina, there's the clown that was in my shop today."

Just for the record, it takes one to know one, Ron. And when I come back to get the headlights fixed, I'm bringing you my ticket for causing temporary blindness in a police officer by excessively flashing my high beams.

But don't worry. It's only \$325.

Dash cam that! ♦

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The Garden Lady Says... Bee Understood

By Donna Torrey



A peaceful, heartshaped swarm of bees looking for a home. The lifeblood of our food supply.

Swarm. What do you conjure up in your mind when you hear this word? Peaceful? Harmless? Healthy? Probably not.

Swarming, a natural process occurring each spring and summer the world over is what a healthy Honeybee hive does in order to replicate.

In the Spring, when the nectar starts flowing, and the hive starts to get crowded, they will make special Queen Cells called Swarm Cells. When this special Queen cell hatches in 19 days, half of the girls (and we're talking in the thousands) will leave with the old Queen and the other half will stay with the new Queen.

Ta-da! They have replicated in a giant, wondrous swirl.

I had the fortune to witness a swarm take flight last summer, and it was like being part of a sacred mystery.

When that half of the colony flies out of their home together in search of a new one, they usually head for the closest tree in order to regroup and decide where to go. Now, pay attention, because here's where YOU come in...

Perhaps you have seen this globe shaped ball of bees hanging from a branch or house, or other object. The good news is that when they are in this state, they aren't aggressive, for they have no home yet to defend. They are quiet and

vulnerable. Usually, in less than a day or so, they will fly away to a new home, so be patient and don't molest them.

If you see a swarm, you can contact one of the Beekeeping Associations in the area. There is one in Broward, www.browardbees.org, and one in Palm Beach County, www.palmbeachbeekeepers.com.

They can contact someone to get them, put them in a box and give them a safe home.

A swarm of bees is looking for a nice dark cavity to nest, so be sure to plug up any holes in your roofs, sheds, soffits and fascia boards. It's when they settle in inappropriate places that they become a nuisance. You can help avoid this by giving your property a little "bee check". Even holes less than a quarter of an inch can be used as entrances.

Most importantly, remember when you eat your next meal, that 2 of every 3 bites of food depends on a honeybee for pollination. Swarming is nothing to fear; it is something to revere.

Spring is here, may the swarms be with us. ♦

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Beauty Spot of the Month

The Butterfly Lady



Photo by Jan Darcey

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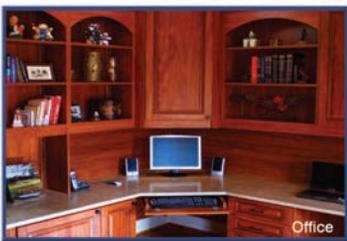
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Exchange Club's 56th Annual Fundraiser

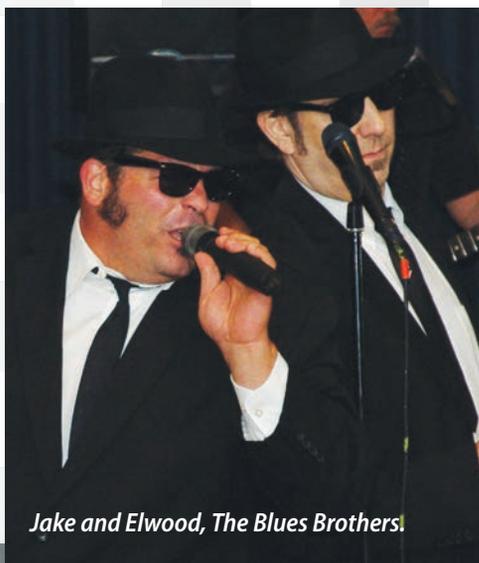
By Robert Friedman Photos by Jon Frangipane

The Exchange Club of Pompano Beach held its 56th Annual Gala Fundraising Dinner at The Lighthouse Point Yacht and Racquet Club Saturday evening, February 16th. Club President Robert Friedman was the evenings MC and presided smoothly over the crowded ballroom at the elegant event.

County Commissioner Chip La Marca introduced the Honorable Mayor of Pompano Beach, Lamar Fisher, as guest auctioneer. He was able to raise tens of thousands of dollars for the club's charities that benefit disadvantaged and disabled children in Broward County.

The entertainment was provided by the outstanding Blues Brothers Tribute Band and had the attendees dancing well into the night. Members and guests bid on such live auction items as a three day hot pass into the pits at The Coca-Cola Net Zero 400 at Daytona Beach over the 4th of July and included a five-day stay at a beach house in New Smyrna Beach. There was also a celebrity chef event with The Reverend Jack Noble providing a gourmet dinner for eight, as well as a pair of fishing trips with local businessman Duran Brown.

Many more interesting items were auctioned as well as the bidding was very heated among friends. All in all it was a great evening for an even better cause.



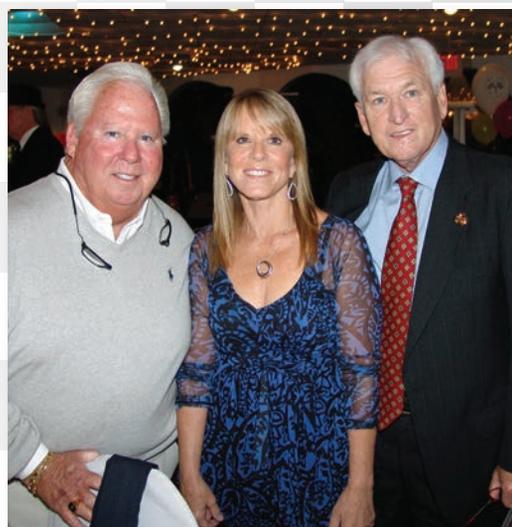
Jake and Elwood, The Blues Brothers.



Denise Graham, Mary and Bruce Pride and Art Graham.



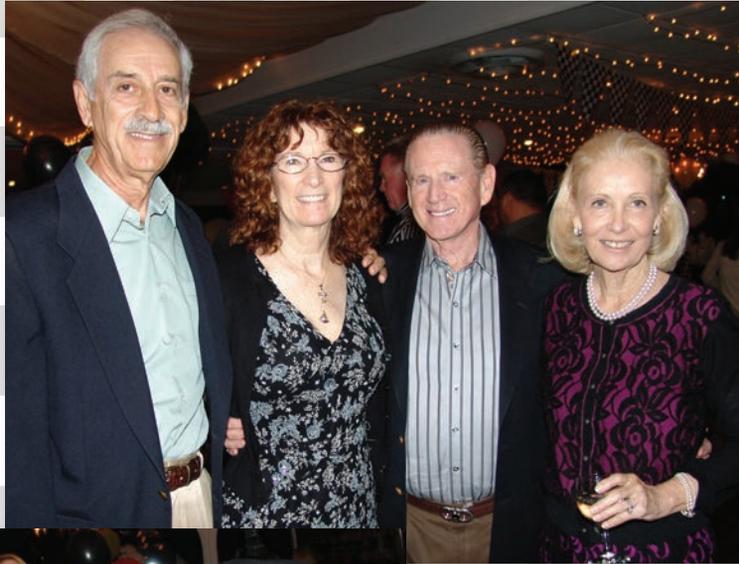
Linda and Bob Parks.



Bob Gothier, Jane and Chuck McLaughlin.



Pompano Beach Mayor Lamar Fisher as guest auctioneer.



*Nick and Sharon Likourgou,
John and Ginnie VanVorst.*



Sharyl Jennaro and Rene Sabatini.



*Jake from the Blues Brothers with Sandy Johnson,
Diane Johnson, Sue Nelson and Bim Krutek.*



*Judy Sullivan, second from right, with daughters Tracy and Debra
with Diane Johnson, right.*



Louis Waller and Sharon Likourgou.



Elena and Pat Kriegal.





Marsha Linville, Bim Krutek, Becky Price and Eunice Hamblen.



Elyse and John Burgess.



Brenda Franco, LH Bayley and Dianne Bayley.



Kim Carr Petilli.



Jessica Hughes, Michelle Bloulin, Chantel Hogue and Miranda Singley.



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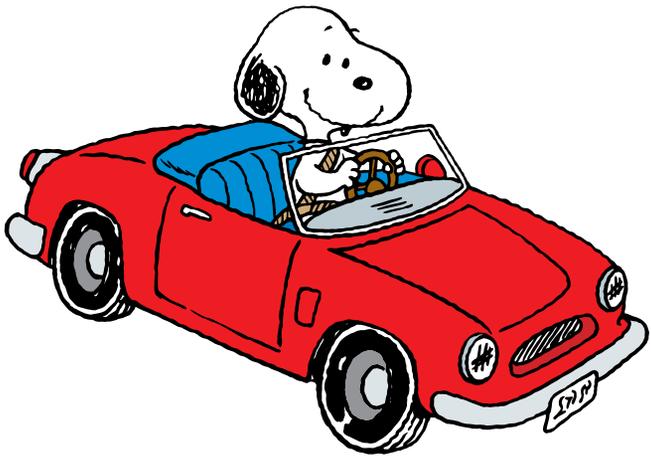
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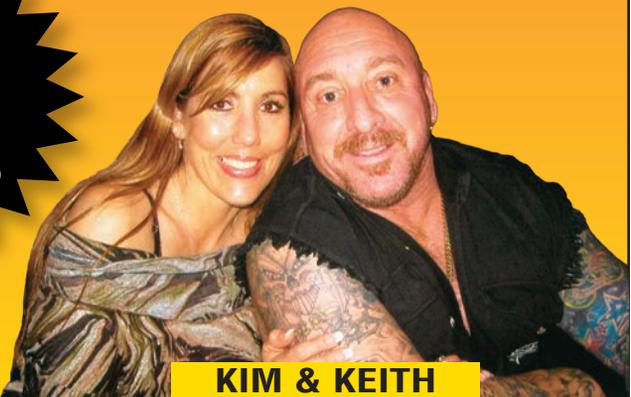
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30th Annual



Photos by Debra Todd

Thirty years ago, a group of five Italians and one Irishmen got together and approached Msgr. Barry suggesting an Italian festival in order to raise funds to convert the old church into a new parish hall. Over the past three decades, the Italian festival has become the main source of revenue given to St. Coleman's Elementary School.

Today, Dr. Richard Porraro, one of the original founders, remains chairman of this amazing event that includes church volunteers who gave a grand total of 7,998 volunteer hours to the three-day event. Food served included 128 gallons of tomato sauce, 107 barrels of beer, untold amounts of pasta fagioli.

A large part of the fund raising is the raffle in which many school children are involved in selling raffle books. This year, for the 2nd year in a row, 6th grader Jamie Parmenter sold the most tickets, totaling over \$2,530.





Diane and Jenna Miller with Mike Miller and Udonis Haslem's basketball shoes, compliments of the Miami Heat's #13 Mike Miller.



Danny Parmenter "joins" the Broward County Sheriff's Department.



St. Coleman's school student Chase Bradley with her mom, Karen.



Father Foudy, one of St. Coleman's preists with Jamie Parmenter, raffle top sales winner, her mom Terri, Dad, Keith and Dr. Porarro.





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

Dinner

- Calamari
- Jamaican Grilled Wings
- J.Mark's Tender Salad
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TODAY'S RUSSIA

Postcards from the Volga Boatmen

Part Two

By Judy and Bill Sullivan

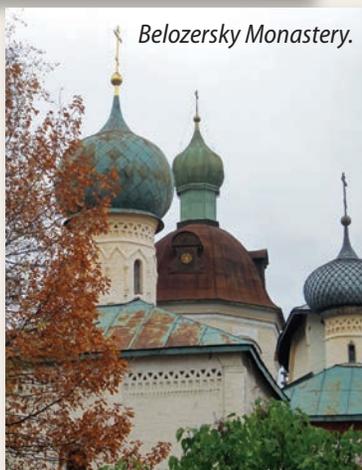
The Volga-Baltic Canal is a series of canals and rivers linking the Volga to the Baltic Sea, running for 700 miles. It contains seven locks and three hydroelectric power stations and actively used for tourism, oil and lumber export. We passed through many to our next destination, Kuzino and the Belozersky Monastery.



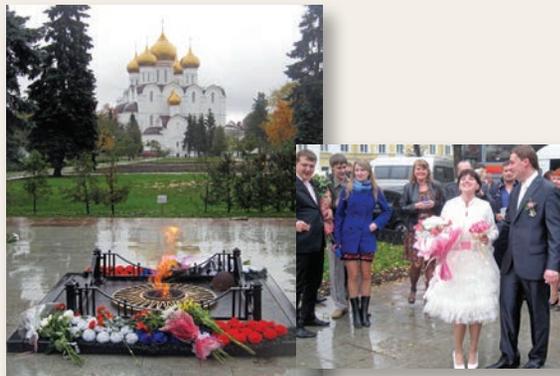
The Belozersky Monastery is a fortified complex comprised of eleven churches and a museum, located on the banks of the White Lake, a favorite fishing ground of the Czars. Founded by St. Cyril, it was expanded over the years by Ivan the Terrible.

Golden Ring cities are those that figured in the formation of the Russian Orthodox Church, one of which was Yaroslavl, founded by Prince Yaroslavl. It lies at the junction of the Volga and Kotorosl Rivers. In the park below the city, plantings show a bear that Yaroslav killed and the date 1077. The highlight of the city is its Church of Elijah the Prophet. We heard music by a small choir here as the service was in process. Russian Orthodox churches contain no pews and no musical accompaniment. Rather than the traditional altar, the church has an icon wall, floor to ceiling paintings of saints, and frescoed ceilings. They are painted in a flat non three-dimensional manner and covered with elaborate gold covers, showing nothing but faces and hands. Many of these priceless covers have been removed and are in museums.

In front of the church as in most churches, is an eternal flame dedicated to war veterans. It is a

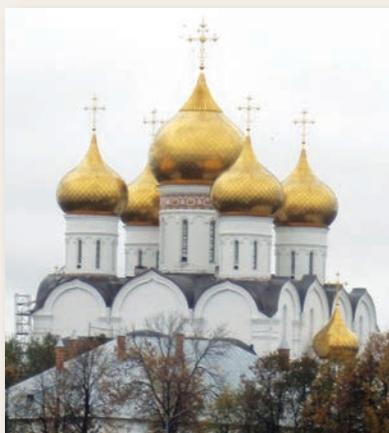


Belozersky Monastery.



popular place for a bride and groom to visit before their wedding, leaving flowers and drinking a Vodka or champagne

toast. At the shout of Gorko, the bride and groom share a kiss, much like our custom of clinking glasses. The word translates as bitter; make it sweet with a kiss! A visit to a local food and souvenir market was a unique experience and we were offered tastes of local cheeses, fish and sausages at the stalls we passed. There is a small bronze statue dedicated to the cat on the street.



Uglich (meaning bend) dates from the 10th century and is the site of a murder by Boris Gudunov of Dmitry, the son of Ivan the Terrible. Interestingly, the bell that sounded the death of Dmitry was "exiled" to Siberia by the Czar. It was finally returned to Uglich in 1892.





Our first excursion here (about 8:00 am) was a home visit to a typical village home and a look at everyday family life. The home contained a bathroom, kitchen, living/dining area and bedroom. A large flat screen TV and computer were visible, windows filled with potted, blooming plants and the room pleasantly warm and dry



given the cold rain outside. Not only was there a kitchen garden, but the typical "spa" building adjacent to the garden. It is a common Russian custom to have a sauna used frequently to purge toxins from the body. We were treated to potatoes and tomatoes from her garden, fresh bread and pastry from her oven and pepper Vodka (with the necessary home-made pickles). While surprised that we would have "vodka for breakfast," we all participated in the series of toasts. Apparently, beginning the day with a shot (or two) of Vodka is not unusual. Here we found our best shopping experience and discovered that capitalism had truly arrived! U.S. currency and credit cards were welcomed, English was spoken



beautifully and although haggling is not as prevalent as in other countries, it was tolerated.

Reaching Moscow overnight, we docked at the Northern River Boat Station. About 20 of the bravest of us opted to take the city tour by foot and their elegant metro rather than by coach. The metro is about 180 miles long and carries an average of 7,000,000 people per day and a monument to Socialism begun at Stalin's behest. It has become a



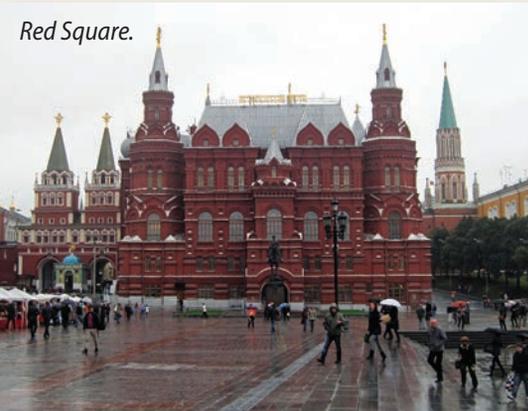
collective work of art with frescoes, statues, mosaics and stucco, and is kept spotlessly clean. During rush hour, trains arrive on the average of every 40 seconds and off-peak about every three minutes. The stations are as deep as 260 feet and were built to also be nuclear bunkers. The escalator has 740 steps and takes three minutes to reach the bottom.

We walked several blocks to the nearest metro station, boarded the train and went seven stops. We exited to observe the beautiful walls, columns, and light fixtures and then surfaced to the street to make a "pit stop" at McDonalds! Our walk took us down the crowded Tverskaya main street past the shops, restaurants and hotels for about a mile to Red Square. We made a short stop in the "must see" Eliseevsky. Along with a beautifully painted and decorated interior, the store offers a huge selection of magnificently displayed ready dishes, assortments of breads, pies, and fancy cakes, exclusive hand-made chocolates from their own sweet shop and a department of Russian Souvenirs.



Probably the most distinctive landmarks in Moscow are Red Square and the Kremlin. Red Square houses the beautiful and ornate 16th century St. Basil's Cathedral, the State historical Museum and the enormous Gum Department Store. Contrary to popular opinion, Red Square's name has nothing to do with its color, or association to the Communist party. The name is derived from an Old Russian word which later came to mean red.

For centuries the square was not only a marketplace, but a meeting place for the masses, demonstrations, and large gatherings. During the Soviet era, it became famous for large scale military



Red Square.



Subway ceiling mosaic.

Continues on page 42

TODAY'S RUSSIA

Postcards from the Volga Boatmen

Continued from page 41



Gum Department Store.

parades designed to showcase the Soviet power and strength. After the death of Lenin, his remains were interred in a mausoleum on the western edge of the square where they remain today. Lenin's tomb sees few visitors, but Red Square remains a popular tourist destination and site of concerts and festivals as well.

On the Eastern side sits Gum Department store

(pronounced goom), Russia's most famous shopping mall. It has been a trading center since 1520. It stretches almost 800 feet along the eastern side of the square in a trapezoidal shape with a glass roof and arcades on three levels. It is now a mecca of upscale designer goods, exclusive boutiques, cafes and restaurants.

Kremlin actually refers to a fortified complex and many can be found throughout Russia. The Moscow Kremlin is in the heart of the city overlooking the Moskova River. It includes, within the walls, four palaces, four cathedrals, and the official residence of the Russian Federation. The new double-headed eagle coat-of-arms can be seen on the facade replacing the state emblem of the Soviet Union with the "CCCP" letters.

There are several towers, the most famous being the Saviours Tower that Russians have always regarded with great reverence. According to old legends, the tower was possessed with miraculous powers and was reputed to protect the Kremlin



from enemy invasion. We watched people passing through the gates, often observing the custom of crossing themselves and doffing their hats to show their respect. The tower is most recognizable by the ruby red star atop and the clock on its face.

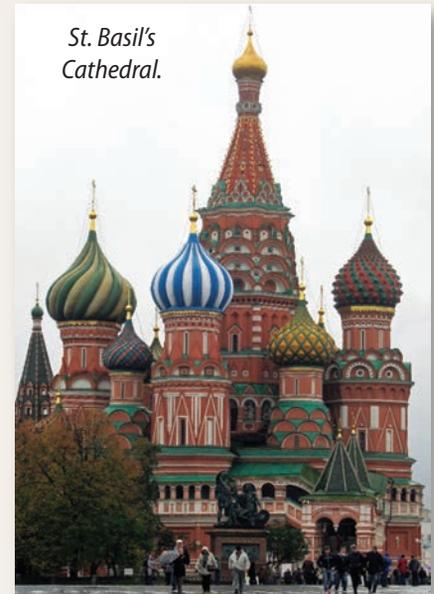
Also located within the Kremlin is the arsenal, originally built for Peter the Great, now housing a museum containing a priceless display of Russian state jewels, clothing and state gifts. Both Red Square and the Kremlin have been designated as UNESCO Heritage sites. The offices and residence of Putin are also located within the Kremlin walls. Each hour there is a changing of the guard at the Eternal Flame outside the Kremlin walls.

In 1812, the Cathedral of Christ the Savior was built in celebration of the departure of Napoleon and the end of the Russian sacrifices under his rule. However, after the death of Lenin, this site was chosen

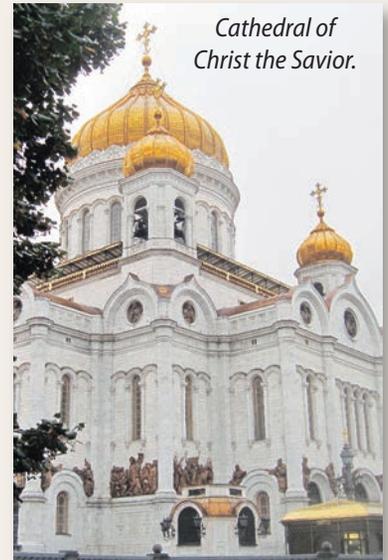
by the Soviets for a huge skyscraper as a monument to socialism called Palace of Soviets. In 1931, the cathedral was dynamited to rubble. The clearing of the resulting rubble took so long that funds ran out and with constant flooding from the nearby river. Krushchev transformed it in 1958 to a huge public

swimming pool, the largest in the world. In 1986, when I first visited the Soviet Union, included on our tour was this very famous outdoor swimming pool. On this 2012 visit, the Cathedral of Christ the Savior is again on that site! Rebuilt in 1995, it is known in some circles as Moscow's Phoenix!

Controversy exists over what has now become known as the "Christopher Columbus" statue in the river. A giant sailor stands on the



St. Basil's Cathedral.



Cathedral of Christ the Savior.



Putin's entrance.

Continues on page 74

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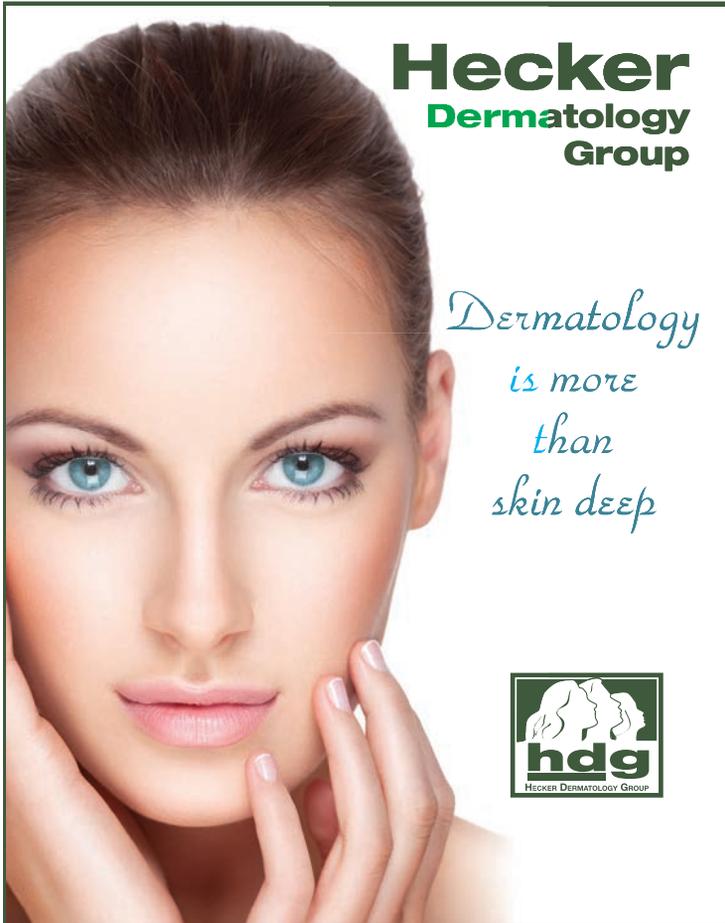
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By Melanie S. Hecker, MD, MBA

Why Use a Skin Brightener?

As a function of living in South Florida, the amount of skin discolorations that comes into our Dermatology practice is high. Skin discolorations are visible skin imperfections that appear as dark spots and can typically be found in Hyperpigmentation, Melasma, Age Spots, Photoaging, “Pregnancy Mask”, and Freckles caused by the sun. Patients that only have incidental sun exposure still complain of the sun’s effects on the evenness of their skin tone. Many products promote a more even complexion, but often they require a continued use of a prescription medication that with prolonged use could have side effects. Other topical products found in many over-the-counter preparations do not go deep enough to reach the target cells causing the increase in pigmentation. So what is new and available for this problem?

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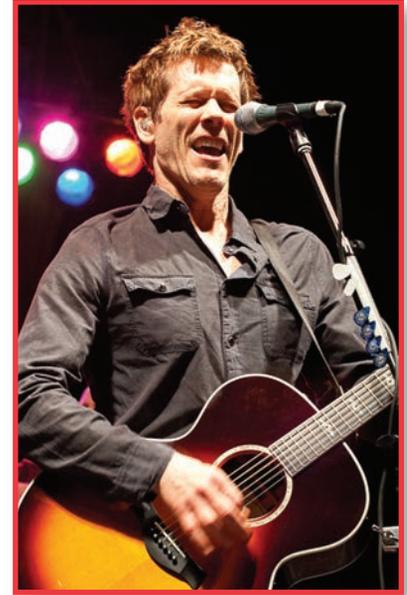
Lytera is a brand new, brightening product that addresses the appearance of skin discoloration. Lytera is formulated with highly effective antioxidants and it effectively reduces the appearance of dark spots creating a more even skin tone. Results can be seen in as early as 4 weeks with continuous reductions in hyperpigmentation even over 6 months. Prescription strength skin brighteners cannot be used on all skin types, while Lytera is made for all skin types, both light and dark. Its non-hydroquinone, elegant formulation is extremely well-tolerated. And the convenience of being available without a prescription through your Dermatologist’s office is very convenient.

If you feel like you want to brighten your skin, come talk to us at Hecker Dermatology Group, P.A. to see if Lytera is right for you. Consultations are by appointment only. Please contact us at: 954-783-2323, visit us on-line at: www.heckerderm.com or like us on Facebook. Lytera is new to the market and available through our offices. Office locations are in Pompano Beach and Tamarac.

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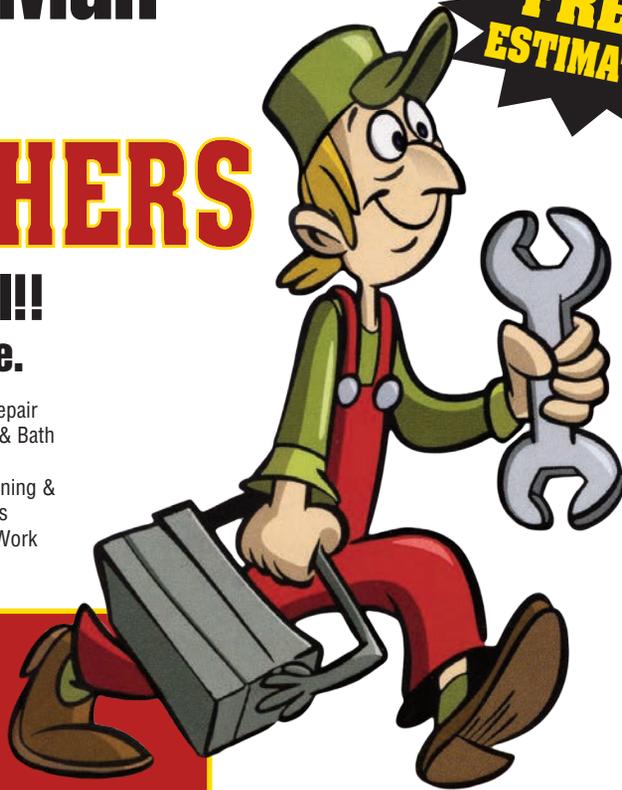
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By Melanie S. Hecker, MD, MBA



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Healthwise

The Road Less Traveled...Until Today

Taking control over your health and vitality starting now!

By Kelly Doyle



I have a friend, now client, who is suffering from rheumatoid arthritis. He's been on medications for the last decade and wanted desperately to find a way to increase the quality of his life. He asked his doctor what he could do differently to help decrease the inflammation in his joints and suggested that maybe a change in diet might help. His doctor told him that there was no evidence that what we eat has an effect on what he is suffering from and wrote him another prescription.

I have the privilege of speaking to people about health and wellness, and as I am no expert I have come to conclusions that have since been backed by many studies, theories, progressive thinking doctors and expert opinions that summarize my conclusions. I see what works for some yet doesn't work for others, and what just doesn't work for anyone.

I think the answers to wellness and vitality to the best of what our body can do, is as simple as breathing. But we have accepted pain as being 'normal', and no pain being 'youth.' We are used to walking differently, not raising an arm in a certain direction or taking a pill to sleep or stay awake. There are some diseases, or pains that we have yet to find a better solution than medicine, but what if you are one of the many who don't need to continue down that path.

Did you know that your body doesn't see a candy bar like a

candy bar, it sees every ingredient of that candy bar and reacts to it. Certain foods cause inflammation in the body such as sugar, trans fats found in commercially baked foods or fast foods, and artificial food additives such as aspartame and MSG. Foods such as broccoli, onions and garlic reduce inflammation and tart cherries can reduce inflammation 10 times better than aspirin.

You need to look at yourself as a whole to make a difference, be the best you. We believe in a combination that has shown much success all over the world. Exercise to build strength and keep bones strong, and the body flexible, Saunas to detox naturally through our largest organ, our skin and burn calories along the way, a healthy diet consisting of vegetables, fruit, whole foods with little or no animal products, sleep and meditation to heal the mind and release stress and 'outercare' which consists of massage therapy and facials to maintain healthy skin and alignment in the body.

What a difference truly taking care of ourselves can make. It may not be the cure, but taking control of your wellness can change the quality of your life for the better and have a psychological boost that ripples through all you do. Take control today whether your goal is still to be reached or to maintain. ♦

For more information please contact Kelly Doyle at 954-604-7930, thermae604.com/dfppilates.com.

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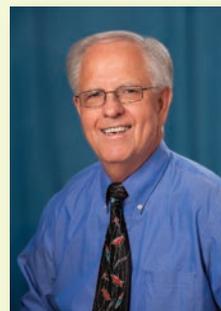
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Sheriff's Report

Gun Safety and Responsibility *By Sheriff Scott Israel*

Often times people view me only as the sheriff of Broward County. They seem to forget that I am a father and husband first. My primary responsibility is to protect my family. However, as your sheriff, it is also my responsibility to ensure the very same safety for the citizens of Broward County. I can assure you that the safety of our community is not something I take lightly.

Working in law enforcement for over 30 years, I have seen some horrific things. Most recently, I was extremely disturbed by the senseless killings in Newtown, Connecticut and Aurora, Colorado. These despicable tragedies claimed the lives of many innocent people. These incidents are proof that no community is immune from tragedy. Through education, enforcement and safety initiatives, we can try to deter them from happening in our neighborhoods.

In an effort to address the problem of rising gun violence in our nation and in our community, the Broward Sheriff's Office is developing a multifaceted public safety campaign that will focus on reasonable gun control measures, enhanced school safety precautions and responsible gun ownership. I firmly believe that prevention cannot exist without education. As part of this initiative, we will develop an educational program for parents, students and all gun owners to teach safe firearm practices and awareness.

Another component of getting guns out of our neighborhoods is the Gun Stoppers program. Often, there are family members or friends who know of someone illegally possessing a firearm, but they don't know what to do about it. I want you to know that you can do something and report it anytime — day or night. The Gun Stoppers

program is administered by Broward County Crime Stoppers. The tip line number is 954-493-TIPS (8477).

Our enforcement efforts on weapons violations will be fierce. We will target not only possession of illegal weapons but also the criminals with a history of violent use of weapons. These people give responsible gun owners a bad name.

I fully support legislation to reinstate the federal assault weapons ban. Enforcing a uniform national background check before the sale or transfer of firearms and prohibiting large capacity magazines and armor-piercing bullets are also essential steps in better protecting our communities. The passage of these reasonable restrictions also allows for the protection of our Second Amendment rights for all law-abiding gun owners.

As we have all seen, a more aggressive approach to combating gun violence is imperative. I firmly believe that with the implementation of this comprehensive public safety campaign and the development of a national database to track weapons used in the commission of a crime, gun violence and illegal gun ownership in our community is a problem that can be more effectively reduced.

Remember, Broward County is your home as well as mine. I encourage each resident to be alert and observant. Always report a crime or information about illegally-owned guns by calling Broward County Crime Stoppers at 954-493-TIPS (8477). We all play a part in keeping our community safe. ♦



On-Line Marketing

Don't Lose Your Precious Domain Names *By Jennifer Kovacs*

This is going to sound very simple: don't let your domains and hosting expire. Easy, right. But, as I sit here with a client, I am still amazed that most people don't even realize that their domains and hosting expire. It is so crucial, to not only own your domain under your credit card information, but that you keep track of important credentials (username and password), as well as expiration dates.

Even if you buy your domain name(s) and put the account on auto renew, we have seen time and time again credit cards expire and clients lose their rights to a name. Also be wary of giving your information to someone and allowing them to purchase a domain on your behalf. You should always have your domain under your account with your own hosting.

Recently, one of our high profile clients lost track of an expiration date, even though she was notified by Go Daddy. She disregarded the emails as advertisements, let her name expire and someone else bought it. Now we are in negotiations to get it back, which is not fun. It is also an opportunity for your competitor to purchase your business name as there are no laws prohibiting one person from buying another business's name.

In addition you should buy multiple variations of your name, for example if you buy drhurricanes shutter.com you should also consider purchasing drhurricanes shutter.net just to secure the name. The most it will cost is an additional \$10. It's not absolutely necessary, it's just a safety precaution. No need to purchase .orgs unless you're a non

profit. Also stay away from .tv unless you are promoting a TV channel, or YouTube driven site. Stick to the .coms and .nets, the best options for business.

If you find a REALLY good name, or are in a highly competitive field or maybe you just don't want to be bothered, there is a privacy option. This privacy setting keeps you anonymous. The domain business is booming. There are domain spinners, flippers, investors etc.

If you are looking for a new domain name, here are some helpful websites to assist with the process: domaintools.com and domainsbot.com. These sites will suggest and spin requested domains to hopefully get you the online address you are looking for. The simpler, shorter and easier to remember, the better. If you find "the domain" and you are that forgetful person, just go ahead and purchase the ten-year domain name option. It will be well worth the investment.

This may sound so easy, but it is surprising how many people don't keep track of their domain and hosting dates. Once your hosting expires, your site is deleted off the web. Some services back your site up for 30 days, others will just delete it with no support. So, mark your calendars and keep track of domain expiration dates and hosting anniversaries. Protect your site. ♦

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Cantankerously Yours

Overlooked: The Beauty of Aging

By Wendell Abern



Dear Mid-Lifers and Older,

As I mentioned last month, I have just turned 80. And for the past 25 years or so, I have been listening to people saying things like, "Old age ain't for sissies." While such comments stem primarily from health issues, no one ever mentions the beautiful things about getting older. Being old gives you license...for just about anything! Being late with birthdays cards. Acting unreasonably just because you feel like it. Embarrassing your kids in front of their kids.

To me, age is just another number. But I love to take advantage of it. I no longer feel constrained to remain silent when others display rudeness or incompetency. Okay, granted, I have been writing about displays of incivility and stupidity for some time. And I've been vocal about it on occasion. But I've never really cut loose verbally. A few recent incidents demonstrated to me how therapeutic it can be to transcend the written word, and give those who are annoying me a lesson in obnoxiousness.

It all began with a machine. Machines come alive around me and stop working. In this case, it was my washing machine: a slow leak from an old hose, necessitating a call to Sears. Whenever I go through this process (frequently, because my machines love to torment me), I find that the service person who comes is terrific...but the telephone tyranny I go through first activates my curmudgeon glands.

I call Sears. After seven minutes on hold, Jennifer answers. "I can send someone out a week from tomorrow," she says after consulting her computer.

"WHAT! Jennifer, connect me with your supervisor, and I mean NOW, not after seven minutes on hold or —" Jennifer disconnects, and I go on hold for ten minutes, when Jeff answers.

"Jeff," I say in my best fake affability voice, "I'd like to invite you to come swimming with me on my front porch. However, there is no life guard."

"Sir, Jennifer told me —"

"She told me I had to wait a week for help. Not acceptable."

"Sir, I can have someone there on Thursday."

"That's three days. How about tomorrow?"

"Thursday, sir. Best I can do."

I settle for Thursday. My repair person — Joe — is scheduled to arrive between eight and noon. At 10:45, I receive a recorded announcement telling me Joe will not be able to come until four. I call back the number on my caller ID. Roberta answers.

"Hi, Roberta. I'm calling from Noah's Ark." Giggle.

"You just left a message that my hero won't be here until four and I have run out of rags, dish towels and bath towels soaking up the water. Now please call him and —"

"Sir, I can call him, but he's —"

"I don't want to know his problems! I don't want to know

your problems! You're supposed to be fixing my problems! Roberta, I am a lawyer (a wonderful lie I employ whenever it's expedient), and if he's not here by two o'clock, I am holding Sears liable for any damages on my porch."

I hang up. Joe shows up at 1:45. Takes him 20 minutes to replace my old hose. This incident paved the way for my newfound persona. No more merely writing about my frustrations! From now on, I vocalize! I threaten! I yell! I lie! Who says an old dog can't learn new tricks?

A week or so after this incident, I am standing in line at Publix. The woman in front of me is on her cellphone, talking loud enough to be heard throughout the checkout section. I believe there are few things as inconsiderate as private conversations in public places. I decide to chime in when the woman says, "Marge, you wouldn't have this problem if you'd stayed with 'Weight Watchers!'"

"Ask her if she's tried the Atkins diet?" I say as loud as I can.

The woman turns her back on me and says, "You just can't keep eating this way! You'll look like a house!"

"Jennie Craig," I suggest. "Tell her to give Jennie Craig a shot." A slight pause. Then, "I'm going to have to call you later, Marge. I have to check out now." She turns around and glares at me. "Maybe she should try liposuction," I say. She frowns. The cashier chuckles. I smile.

By now, I honestly feel like my verbal abrasiveness is helping to make the world a better place! I have occasion to hone this new skill a few days later when I take my friend Nancy to see a current box-office hit. I rarely go to movies these days.

I'm perfectly content to rent movies and watch them in the privacy of my home. What upsets me even more than the outrageous prices is the prevalence of rude patrons who feel compelled to narrate the movie to a companion. However, whenever Nancy visits (she lives out of state), we go to some movie. After last month's incident, she may be a little reluctant on her next trip.

The woman sitting directly behind me starts three minutes into the movie. "She just told him he had intriguing eyes," she announces to her friend in a loud whisper. Two minutes later, she says, "He just said he thought it was great she had such a cushy job."

I turn around and, loud enough for the entire audience to hear, shout, "He did not! He said she had a great tushey!"

Nancy cringes. They move. I smile.

* * *

Octogenarians, unite! Complain openly! Humiliate verbally! I haven't had this much fun since I was 70 and started asking professional athletes to conjugate verbs.

Cantankerously Yours, Wendell Abern

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



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Weaving Generations Together at the Doreen Gauthier Lighthouse Point Library

By Christy Keyes Photos by Jon Frangipane

A year of loving stitches and textile dreams came to a spectacular conclusion on Friday, February 15th, when the Snowbirds Quilting Bee presented their story time "I Spy Quilt" to the Lighthouse Point Library's Director Christy Keyes. Led by Kathy Radosh, quilters Joanna Aaron, Linda McKnight, and Karolyn Tiefenbach, incorporated forty-nine unduplicated themed fabrics and countless color bindings to create their hand-blocked, kid friendly quilt. This entire surprise project is evidence of the cross-generational concept of the library as a community center.

The Snowbirds Quilting Bee, which meets through the library's senior programs during the winter and spring months, selected the "I Spy" theme so that parents and storytellers could tie numerous books, concepts, and stories to the quilt. For its maiden story time event, twenty-seven tiny tots under the age of three played along with storytellers as they said "I spy, with my eye, something on this quilt that is little, and furry, with long, long whiskers and voice that says MEOW!" All the tiny tots (who were old enough to speak) shouted some version of "Kitty!" The tots then enjoyed several cat themed books, songs, a craft, and lots and lots of playtime.

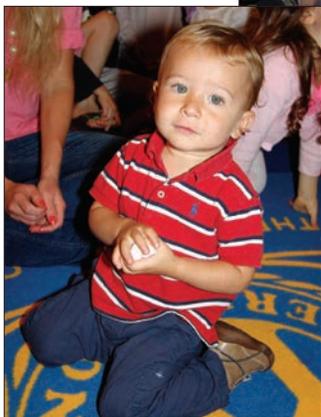
So much love is sewn into this quilt; the love of children, reading, education, and community. It showcases the creativity and imagination of both the Lighthouse Point Library quilters and story time kids. The "I Spy" quilt is something the entire library family, young and old, will treasure for decades to come. Thank you!



Quilters Karolyn Tiefenbach, Linda McKnight and Kathy Radosh. Joanna Aaron is not pictured.



Library Director Christy Keyes.



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Senior Shout Out!

Gentle Yoga for Seniors

By Emily Jancura

My name is Emily Jancura, owner of Florida's Finest Home Care. I'm hitting the streets looking for fun, and cool things many young-hearted seniors can do right here in our own community. I was inspired to write this article by my mom, who is always asking me, "What's going on around town?" And so this column is for all of you and—of course, always for mom.

Every month I'll bring you new, creative ideas for HAVING FUN that you, and your special somebody can enjoy. So, think outside the box, don't be shy, take a risk, and try something new! Who knows? You might find something neat to do — or you might just find a new passion!

It's April. "What's going on around town?" you may ask. Why not relax, find new friends, have fun! Something new, exciting, not too hard. Something good for the mind, body, and spirit. Got it: YOGA. Y-O-G-A.

What is yoga? It's invigorating, yet relaxing, challenging, yet attainable, and can be, yes, good for you. I must admit, I've been bitten by the bug. I even got my husband to go. That's pretty amazing. It's also fun. You stretch, listen to music, and relax your mind. Perfect!

Look for a studio that offers classes that are gentle. You may arrive for the morning class and chat with fellow "yogis." The atmosphere will be pleasant, and unpretentious. You may chat

casually with some ladies and sip coffee. The instructor will arrive, friendly and smiling like a beam of sunshine.

Chat may taper off and you'll begin the class with stretches. From head to toe, even your ankles aren't forgotten. The teacher's voice will be tranquil. Occasionally, she will sweetly correct a movement, and, at times, you will laugh at yourselves. The class will end with the instructor reciting a message about inner peace and happiness.

After class, students may introduce themselves to you, chat about their families, and you'll find some are from your neighborhood. It's a small community, so you'll probably pass each other in the grocery store next week.

New friends, relaxing, challenging exercise, but not too hard and feels good. Wow! Mom is going to love this. And so are you. What are you waiting for? Throw on something comfortable, and join a yoga class.

I'll see you next month with another "Senior Shout Out" from Emily. ♦

**Always consult your physician before beginning a yoga program.*

This article is brought to you by Emily Jancura with Florida's Finest Home Care for seniors.

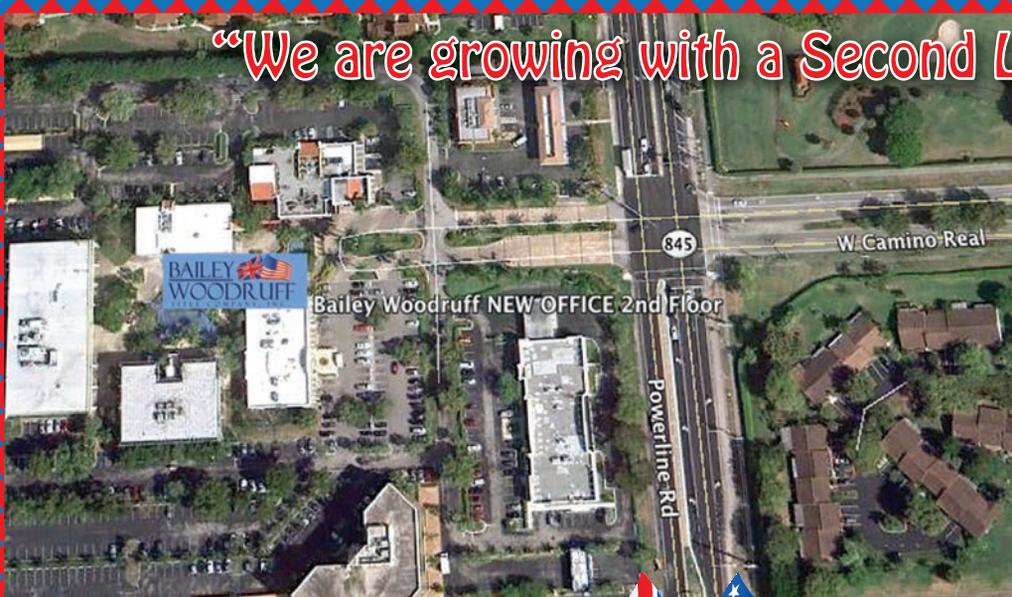


Incredible Facts!

Animals, Birds & Insects

- A snail can sleep for three years.
- All polar bears are left handed.
- Butterflies taste with their feet.
- Ants never sleep.
- Owls cannot move their eyes because their eyeballs tubular in shape.
- A newborn kangaroo is about 1 inch in length.
- A cow gives nearly 200,000 glasses of milk in her lifetime.
- There are 701 types of pure breed dogs.
- Tapeworms range in size from about 0.04 inch to more than 50 feet in length.
- A baby bat is called a pup.
- A pregnant goldfish is called a twit.
- German Shepherds (dog) bite humans more than any other breed of dog.
- A female mackerel lays about 500,000 eggs at one time.
- The animal (insect) responsible for the most human deaths worldwide is the mosquito.
- The biggest pig in recorded history was Big Boy of Black Mountain, North Carolina, who was weighed 1,904 pounds in 1939.
- Snakes are immune to their own poison.
- Cats have more than one hundred vocal sounds, while dogs only have about ten.
- Rats multiply so quickly that in 18 months, two rats could have over a million descendants.
- A shrimp's heart is in their head.
- It is physically impossible for pigs to look up into the sky.
- Hydra — an aquatic creature is the only living creature that never dies. It regenerates, replacing its cells with fresh ones.
- Elephants are the only animals that can't jump.
- Lions, leopards, tigers, and jaguars are the only species of cats that can roar; but they can't purr.
- Entomophagy is the scientific name for insect eating. There are more than 1,450 recorded species of edible insects. Many species of insects are lower in fat and higher in protein and have a better food-to-meat ratio than beef, lamb, pork, or chicken.

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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.

Broiled Herb-Marinated Shrimp

Serves 4

Ingredients:

- 3/4 Cup fresh cilantro leaves
- 3/4 Cup fresh parsley
- 1/2 Cup fresh basil
- 3 Tbsp olive oil
- 3 Tbsp orange juice
- 1 Tbsp lime juice
- 1/2 Tsp cumin
- 1/2 Tsp salt
- 1/2 Tsp pepper
- 2 Garlic cloves
- 24 Jumbo shrimp (I used the frozen, peeled and deveined shrimp, thawed)
- Cooking spray

Preparation:

Combine all ingredients except for cooking spray and shrimp in a food processor. Blend until smooth. Toss shrimp in marinade and refrigerate for at least 30 minutes.

Preheat broiler to high heat. Spray baking sheet with cooking spray, and spread out shrimp evenly on pan. Broil 5 inches from heat for 2 minutes on each side, until shrimp are pink and done.

Parsley and Pea Barley

This was so light and fresh tasting. I made it ahead of time, refrigerated it and ate it chilled. A healthy and flavorful side dish! Serves 4-6

Ingredients:

- 2 Tbsp olive oil
- 2 leeks, white and light green parts only
- 1 Cup frozen peas, thawed
- 2 Tsp grated lemon zest
- 2 Tbsp lemon juice
- 1/2 Cup fresh flat-leaf parsley, chopped
- 1 Garlic clove, minced
- 3 Cups cooked pearl barley

Preparation:

Heat olive oil in a medium skillet over medium heat. Add leeks (washed and cut into 1/2" thick half-moons). Season with salt and pepper and cook, stirring occasionally until tender, 7-8 minutes. Add peas, lemon zest and garlic. Cook about 3 minutes, stirring occasionally. Add parsley. Fold mixture into the barley, add lemon juice and toss.

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



Key Lime Pie*

This is a simple recipe for a spectacular pie.

Ingredients:

- 1/2 Cup lime juice
- 1 8 oz. cream cheese
- 1 Can sweetened condensed milk
- 1 Tsp vanilla
- Prepared graham cracker crust

Preparation:

In blender, combine all ingredients except pie crust. Mix well to a smooth consistency. Pour into the crust, freeze until firm. Top with whipped cream before serving.

Caprese Flatbread*

Ingredients:

- 8 Roma or plum tomatoes, diced
- 1 garlic clove
- 3 garlic cloves, chopped
- 1 1/2 cup mayonnaise
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 4 cups shredded mozzarella cheese
- 20 medium fresh basil leaves, stemmed and chopped (1/2 cup)
- 1/2 cup Parmesan cheese, grated
- 14 Tbsp extra virgin olive oil, divided
- 11 oz container of refrigerated thin crust pizza dough

Preparation:

Preheat oven to 350°F. Dice tomatoes into small pieces and add chopped garlic, salt, pepper, 1/2 of chopped basil (about 1/4 cup), and 4 Tbsp olive oil. Allow mixture to marinate for 10 minutes. Flatten pizza dough on a cookie sheet pan all the way to pan edges. Brush dough with olive oil and bake at 350°F for 10 minutes. Remove from oven and allow to cool for 2 minutes. Cut garlic clove in half and rub, cut side down, onto the surface of the bread. Allow bread to cool completely, about 10 more minutes. Increase oven temperature to 450°F. Combine mayonnaise and garlic powder, spread onto bread surface. Evenly top with mozzarella. Drain tomato mixture and spread evenly over bread. Sprinkle with grated Parmesan cheese. Return to oven for 5-7 more minutes or until golden, crisp and bubbly. GARNISH with remaining chopped basil and serve.

*Recipe courtesy of an LHP Magazine reader.

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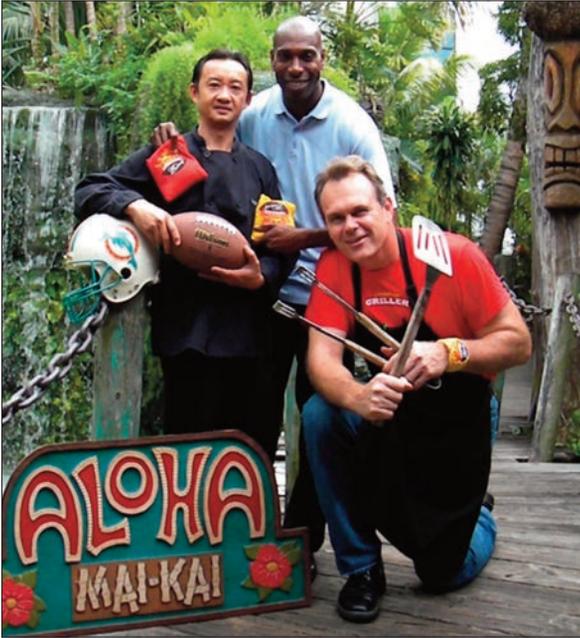
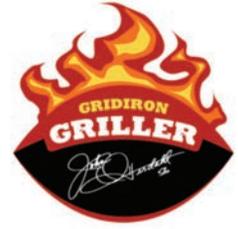
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The 2012 Gridiron Grill Off featured plenty of returning Chef/Dolphin teams like two-time champs, Hollywood Prime's David Hackett and Dolphin safety, Louis Oliver. But a big part of the magic this year came from some of the new teams that brought their unique creativity and diverse backgrounds to the grill. One such addition was Chef Suppachai "Tou" Kovaphiratti from the Mai-Kai restaurant in Ft. Lauderdale who paired up with Pro Bowl-great, Sam Madison. Chef Tou's experience cooking across Thailand, Japan and Korea, came together tastefully in this amazing Asian-inspired dish you will love to make as much as eat. It is so simple, with very few ingredients and prep but oh, so flavorful!



Sammy's Shanghai Chicken

READY...Line up your ingredients

- 1 c soy sauce
- 1/2 t garlic, chopped
- 2 lbs chicken breast
- peanut oil
- 1/4 c sugar
- 1 t sesame oil
- 2 lbs bacon
- 6" bamboo skewers
- 1/2 t ginger, chopped
- 1/4 c scallions, chopped
- 1 bunch cilantro

PREP...Prepare Your Entree, Rubs, Dressings & Sauces...

Mix together soy sauce, sugar, ginger, garlic, sesame oil and scallions in a large bowl and set aside. Cut chicken breast up into bite size squares, about 1" in size. Place chicken in the soy sauce mixture, wrap tightly and marinate overnight. The next day, drain the chicken and discard marinade. Cut bacon into 3" strips. Take one piece of chicken and wrap a strip of bacon around it and skewer onto a bamboo skewer. Continue adding up to 4 pieces onto each skewer. Note: soak bamboo skewers in water for 30 minutes prior to adding chicken to keep from burning on the grill.

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

Place on the grill on the lowest temperature and close the grill. Cook for 15 minutes turning once or twice to ensure even cooking. Serve immediately with your favorite dipping sauce. The Mai-Kai serves it with a trio of dipping sauces—sweet and sour plum sauce, spicy Chinese hot mustard and Asian BBQ sauce.

Recommended wine pairing...

Cambria Chardonnay

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Alex N. Kapetan, Jr., graduated from Harvard in 1995 with a Bachelor of Arts, and earned his law degree from The University of Miami School of Law in 1999.



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Identity Theft

It's Spring and Everything Old is New: Latest Scams and ID Theft Threats

By Denise Richardson



At some point or another you've probably heard the phrase "everything old is new again." Unfortunately, that goes just as well for scams and identity theft as it does for fashion and design. Old scams that you'd think had gone the way of the dinosaur are making a comeback both online and offline, often targeting those who are looking for some extra money in this tough economy.

One particular scam that has seen a recent resurgence involves fake cashier's checks. Perhaps it's because cashier's checks are used much less frequently these days, so when offered a cashier's check people assume that the check is issued by a legitimate bank. In the most recent version of the scam, the legitimacy of the check seems boosted by the fact that it appears to come directly from a state treasury office; a letter accompanying the check claims that the office is testing wire transfer services such as Western Union and wants the recipient to cash the check and make two separate wire transfers. The recipient is supposed to keep \$200 for his trouble, and by the time the check is discovered to be fraudulent the scammers have already received the wired funds and disappeared.

Another scam currently making the rounds is often referred to as the red light ticket scam. Basically, what these scammers do is harass consumers over phony unpaid red light camera tickets. Notices come in the mail as well as through phone calls. However, these scammers go the extra mile to swindle victims because they are also presenting themselves as an official law enforcement officer.

The documented cases so far are all similar; a victim answers his or her phone only to be told that they've got a past due red light camera ticket pending and that the only way to avoid a hefty fine, increased penalties or even potential prosecution, is to make an immediate payment over the phone. Scammers take it even further to say that if victims don't pay right then and there, a warrant for their arrest will be issued. Additionally, these law enforcement impersonators ask for credit card information, the billing address, the card's security code, date of birth, and Social Security numbers.

No police officer or law enforcement agency in the U.S. conducts business in this manner. They don't call offenders on the phone to collect on past due tickets. To top it off, the police wouldn't have to ask for any sort of private information like your address. They're the police. They would have the info they're asking for, including a photographic evidence of your license plate from the red light camera as well! Anyone who thinks that they may have fallen for this scam should contact their credit card company immediately.

Other scams that have been making the news lately involve online purchases of various types. One scheme promises consumers "free gas for life" if they purchase a book online. In the end, anyone who signed up for this offer, instead soon learned they were signed up for a recurring monthly subscription for an online magazine. Similarly, another scam involves

Con artists love to spring the element of surprise or urgency on their targets. They are deliberately designed to make people respond swiftly –before you have time to be suspicious. As always, I urge you stop to think before you answer any email, divulge personal information, cash any unexpected check or take advantage of any deal that seems too good to be true. Nobody is giving something away for nothing, especially in this economy...always read the fine print, always be suspicious and never forget that if something sounds too good to be true then it probably is.

Identity theft is one of the largest organized white collar crimes in the U.S. According to the Federal Trade Commission, 1 in 6 people in the United States will become victims of identity theft this year alone. Statistics confirm that today's identity thieves are more interested in stealing data than they are money. Why? That's simple: information is a valuable commodity –its resalable –many times over. As tech-savvy criminals scour cyberspace looking for data stored in our online devices, id thieves are infiltrating legit workplaces –looking to access and steal their stored data.

According to the Consumer Sentinel Report released by the Federal Trade Commission each year, identity theft tops the list of consumer complaints for the 13th consecutive year. It should come as no surprise that South Florida ranks number for fraud among the nation's largest metro areas. In fact, the number of S Florida id theft complaints has more than doubled since 2011. Additionally, the report points out that 43 percent of the id theft complaints received by law enforcement agencies were related to tax refund or wage-related fraud. The annual report offers national data, as well as a state-by-state accounting of top complaint categories and a listing of the metropolitan areas that generated the most complaints. To find specific statistics and additional information visit FTC.gov and look for the PDF link to the 2012 Consumer Sentinel Report. ♦

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



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Isla Ardith Brown
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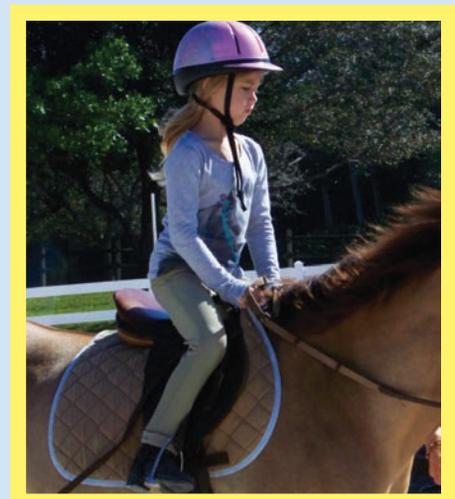
Parker
turned 1 on February 29th



Liliana
turns 6 on April 6th



Thomas Oates, Jr.
turns 1 on April 18th



Kirra
turns 8 on April 30th



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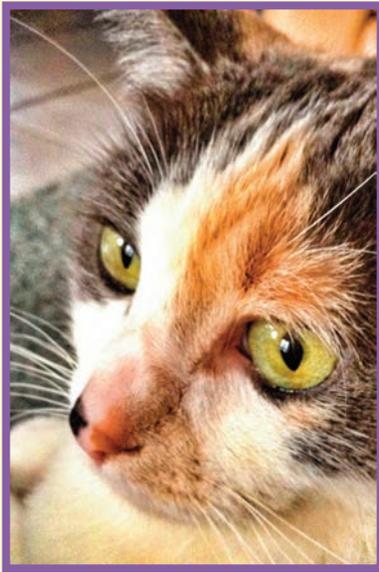
Include the pet's name and age and **Email to: LHPnews@bellsouth.net**
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It's all good.



Zoey
turned 6 in March



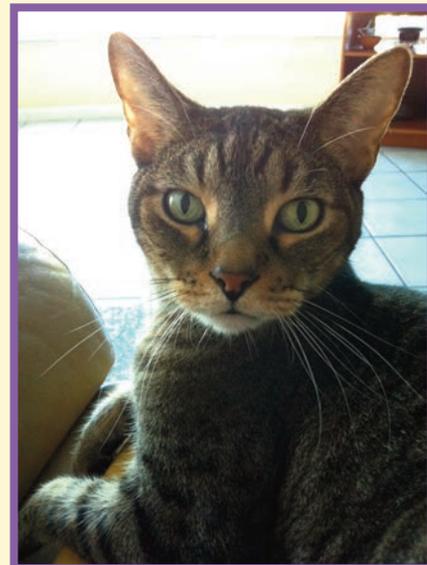
Linus
turns 2 on April 7th



Zoey
turns 1 on April 7th



Tyreese
turns 9 on April 11th



Sam
turns 11 in April

On Religion

Humility *By Reverend Jack Noble*

And when you reach the mountain top, then you shall begin to climb.

—Kahlil Gibran

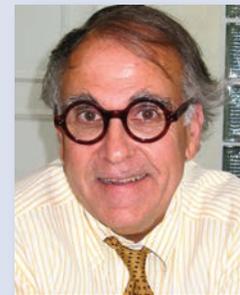
Humility is probably one of the most underrated of the graces. In our rough and tumble world, who wants to be thought of as “humble.” Yet a person with humility...

True humility is one of those attributes that offers something to the holder that nothing else can replace—it is a quiet, confident, yet modest acceptance of our own merits, of our strengths and our limitations. The moment we think we’ve seen it all, done it all, know it all (you know, “Been there, done that”), the universe tends to sense that. And the moment we think we have nothing more to learn, we are headed for trouble.

Humility is a lesson that stings—at first—because generally it comes with a loss or some sort of downfall. So, it is that the universe seems to enjoy a certain balance, and when an inflated ego ignores civility and patience, life has a way of introducing us to humility, as a way to bring our ego back down to Earth. Now, at the time, it may feel like a sting, but in reality it is a poke from our Higher Power to keep us in balance.

Some experience so much success in life that they take it all for granted, expecting things always to go their way. Yet, when this results in an inflated ego a kind of arrogance is bred.

I have a friend that I have known now for years—handsome, tall, tanned, athletic, and intelligent, with penetrating eyes. He looked and dressed like a fashion model. Throughout his life, everything came easily for him. He was the master of everything to which he put his hand. Charming, gracious and successful.



One day it happened. He was served with a lawsuit. Since life had come so easily for him, he assumed that this too was not a matter over which to be unduly concerned. Well, the law suit ultimately led to the breakup of his company, and for months he couldn’t get a job. His finances became a disaster and finally bankruptcy was his only option. He couldn’t understand what had happened. He had lost his “magic,” as he would sometimes say.

We used to talk, and he struggled continuously with, how could such misfortune, come to one who was “so perfect.” O yes, he was arrogant. He would look with condescension upon people who didn’t have his gifts—he would speak of them in patronizing tones. He would treat them with impatience and annoyance. He would sometimes even judge them as stupid, or worthless.

I had the privilege of walking with him through this “dark valley,” and watch him come out on the other side. Slowly, painfully he came to understand why life had handed him so many intense lessons in humility. They were difficult and painful, at first. But as he began to make sense of his situation, and committed to learn his lessons—slowly—he began to turn his circumstances around.

We must have pride in who we are and what we have accomplished. If, however, we find ourselves harboring secret thoughts of arrogance or conceit, let us remind ourselves of the lessons of humility before life does it for us. It stings less that way. ♦

Al's Corner

Fuse Boxes and Electrical Panels

By Al Siefert



More and more insurance companies are no longer accepting fuse boxes and electrical panels manufactured by Federal Pacific and Zinsco/Sylvania. This equipment was installed in many homes from the 1950s thru the early 1970s.

As the real estate market is gaining some momentum many buyers are finding that they cannot get insurance until these panels are upgraded. Too often this causes delays in the closing, and sometimes a dispute over who is going to pay for the upgrades.

The typical cost of the interior panel change will run from \$900.00 to \$1400.00, depending on the amperage of the panel and the number of circuits breakers that need to be replaced. The outside main panel change will also cost from \$1000.00 to over \$2500.00, depending on whether you just change the existing panel or do a complete service change. The permit charges will range from \$100.00 to \$200.00 or more, depending on the city issuing the permit.

In a real estate sale, we know that the seller will want to do this work with a minimal amount of cost. The best way to accomplish this will be to have the work done before they have a buyer and the

house can be listed with these electrical upgrades so the insurance company does not get involved.

In addition to the real estate transactions, many insurance companies are requiring their existing customers to upgrade this electrical equipment. Many times it is through a survey that you are asked to fill out prior to your renewal. With the results of survey they can ask you to make these upgrades before they will renew the policy.

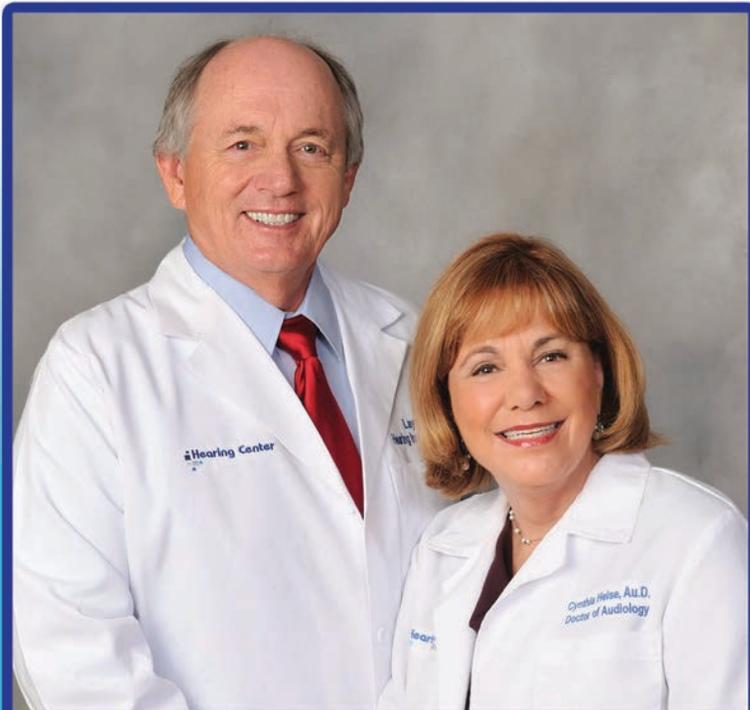
We have also had calls from customers that became upset because their insurance rates went up and moved their policies to other companies for a lower rate. Once they were with the new company, they were sent the survey or were subject to an inspection and then required to make these upgrades.

In conclusion, if you have these panels it may be best to have them replaced at your convenience in a time frame that allows you time to do this work within your budget and time line. ♦

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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TODAY'S RUSSIA

Postcards from the Volga Boatmen

Continued from page 42

bow of a tiny ship, holding a rolled map. It has been on the "Virtual Tourist's" list of the world's top ten ugliest statues in the world for years. Unable to sell the statue to the U.S. or any other country, the head was removed and replaced with one of Peter the Great. It otherwise remained the same: dressed in Columbus' clothing, even though the two lived in completely different times with different modes of dress.

We noticed at most public locations near water, railings were covered in padlocks of all shapes and sizes and locked into place. This is a phenomenon said to have originated in Italy that is taking place all over the world. Newly married couples or lovers go to the water

location, attach a padlock symbolizing their eternal love, and then toss the key into the water. Since it has become so widespread, there are places in Moscow that have built "lock trees." There are literally thousands of locks attached to these rows of trees that are all shapes. Many of the locks are heart-shaped.

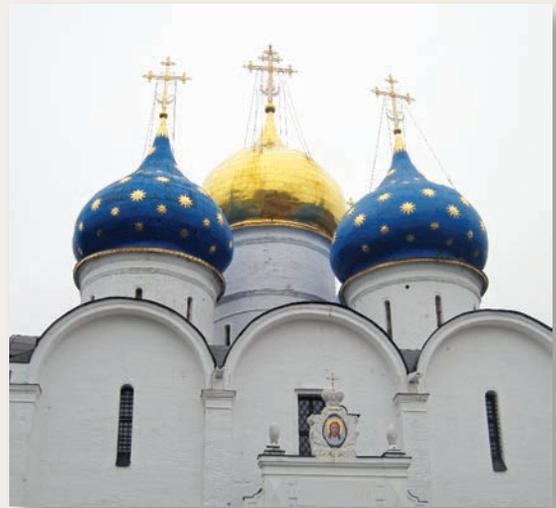
Sergiev-Posad, a Golden Ring City about 40 miles outside of Moscow, is the location of the Troitse-Sergieva Lavra, long considered to be the center of the Russian Orthodox Church. Sergius of Radonezh founded the

monastery in the 1330s. It is an outstanding example of 14th- to 18th-century Russian architecture.

For centuries, Russian Czars and commoners alike have trekked there in pilgrimage. The site was so important historically that Stalin couldn't bring himself to destroy it, though its monks were sent to labor camps after the Bolshevik Revolution! The town itself claims to be the birthplace of the famed *matrioshka dolls*.

The most celebrated of the buildings here is Trinity Monastery of St. Sergius.

Sergius was canonized after his death, and his remains lie in the

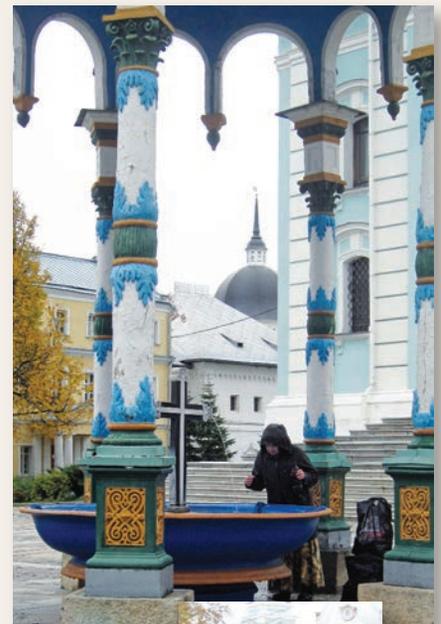


monastery's Cathedral of the Trinity. This cathedral boasts several works by Andrei Rublev Russia's most famous icon painter.

Built with the current walls was the notable Cathedral of the Assumption with its four blue onion domes around a larger gold one. Pilgrims still come with empty bottles, jugs, and buckets to fill with holy water drawn from a blessed spring on the grounds. Over 300 monks reside there and many more priests and students are associated with the seminary. The tomb of Boris Godunov is located here.

Over the centuries, every Russian Czar has come to visit the monastery, many being baptized here, and constantly showering the monastery with precious gifts; all except Catherine the Great, who liked to point out to the monks how St. Sergius had chosen to live in poverty and thus she did not donate any riches. She did however give the monastery the holy title of *lavra*, the highest kind of Orthodox monastery.

Getting the opportunity to visit Russia once is a treat, but to visit twice and experience the radical changes was a gift! The Russia of both yesterday and today are a fascinating treasure of history.



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2nd Quarter	4081	\$205,000.00	44
3rd Quarter	4041	\$210,000.00	40
4th Quarter	3988	\$212,000.00	40

2012 Lighthouse Point Sales -- Single Family Homes

	# of Properties	Median Sales Price	Days on Market
Total	178	\$467,500.00	66
Waterfront/Pool	84	\$703,500.00	71
Wfrnt/No Pool	11	\$515,000.00	94
Non-Wtrfrnt/Pool	65	\$356,000.00	49
NWfrnt/No Pool	18	\$228,500.00	33

2012 Lighthouse Point Sales -- Condo/TownHouse/Villa

	# of Properties	Median Sales Price	Days on Market
Condo	70	\$69,200.00	57
Townhouse	9	\$210,000.00	120
Villa	5	\$102,000.00	18
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