

BROWARD **Lifestyles**

Vol 200, Issue 241
BrowardLifestyles.com

DINING | FASHION

HEALTH | & MORE

Cover photo

**Elizabeth
Geovanni**
“Life is Better
with Gorgeous
Hair”

**LOOK YEARS
YOUNGER WITH A
LUNCH TIME
FACELIFT!**

Page 28





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The Grand Palms Hotel

Photography
Simon Soong



Message from The Publisher

Victoria Hagendorf

What's Happening...

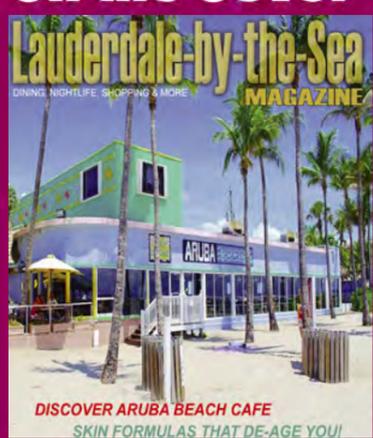
Seems as though Ft. Lauderdale and the surrounding areas i.e., Pompano Beach, Wilton Manors, Lauderdale by the Sea, Deerfield, Lighthouse Point, etc. have much growth, with old shopping centers being torn down, new ones put in its place. I remember when there were only a few taco places – now they are popping up all over, as well as new pizza places, or how about subs and burgers. I have tried many sub places and have to admit, my favorite is La Spada's in Lauderdale by the Sea. And as far as I'm concerned, still the best burger is at Burger and Suds on old McNab Road.

You must try their onion rings, again, the best I have had – next time must try the sweet potato fries. I don't think I would be disappointed in anything here. Congratulations, Kevin, great beer, food, and service. Now there is one place I will never go back to again, and that is Chipotle Mexican Grill: I had food poisoning so bad I thought I was dying! I called and complained and got a coupon for a free meal, yeah, just what I need – what are they crazy? Actually my favorite for a long time was La Bamba...now there is a lot of competition. Now Blaze pizza has a cute idea, make your own, and it is actually quite good for that kind of pizza.

Course to me the best pizza is Steve's Pizza on Federal Hwy. just south of Commercial. It is one of the only places that I can actually warm up my left over pizza. So when it gets here – even when they deliver – it is the best. If you are in the mood for a good breakfast or lunch then check out Michael's Café.

Some things for notable mention: Savanna Bee Company with their Honeycomb/ Bee Bead and their cinnamon honey, which was delicious on my morning toast. Then I want to thank Pearson Farm's natural raw pecans – they were awesome. Han's old fashioned cake company where I tried a sampler tray of "can of crumbs" and "Sugardaddy's" with their sumptuous sweeties. Ciao for now!

On the Cover



Enjoy dining at this fabulous Italian Restaurant, Casa Calabria...Page 16

LIFESTYLES

Since 1979
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- | | |
|---|---|
| 11/12/2017
TBA Charlie Daniels Band - St. Petersburg
Vinoy Park, St. Petersburg FL | 12/07/2017
7:30 pm 99.1 WQIK Jingle Jam 2 - Jacksonville
Moran Theater at the Times-Union Center, Jacksonville FL |
| 11/12/2017
TBA CountryFlo Music Festival - Lake Wales
Triple Canopy Ranch, Lake Wales FL | 12/08/2017
TBA Beach Town Music Festival - Vero Beach
Indian River County Fairgrounds, Vero Beach FL |
| 11/17/2017
TBA Chris Lane, Dylan Schneider, Bailey Bryan - Tallahassee
FSU Friday Night Block Party, Tallahassee FL | 12/08/2017
TBA LeAnn Rimes - The Villages
Sharon L. Morse Performing Arts Center, The Villages FL |
| 11/17/2017
TBA Colt Ford - St. Petersburg
St. Pete Beach BikeFest, St. Petersburg Beach FL | 12/09/2017
TBA Beach Town Music Festival - Vero Beach
Indian River County Fairgrounds, Vero Beach FL |
| 11/24/2017
TBA Michael Ray - Holiday
The Stockyard, Holiday FL | 12/15/2017
TBA John Anderson - Bonita Springs
Southwest Florida Event Center, Bonita Springs FL |
| 11/25/2017
TBA Michael Ray - Lake Buena Vista
House of Blues Orlando, Lake Buena Vista FL | 12/16/2017
TBA John Anderson - Tampa
The Attic, Tampa FL |
| 11/30/2017
TBA The Mavericks - Orlando
The Plaza Live, Orlando FL | 01/10/2018
7:30 pm Clay Walker - Daytona Beach
Peabody Auditorium, Daytona Beach FL |
| 11/30/2017
7:00 pm James Otto - St. Augustine
Captain Hiram's Resort, St. Augustine FL | 01/19/2018
TBA Miranda Lambert, Jon Pardi, Brett Cobb - Orlando
Amway Center, Orlando FL |
| 12/01/2017
TBA The Mavericks - Ft. Lauderdale
Parker Playhouse, Ft. Lauderdale FL | 01/19/2018
8:00 pm Bill Engvall - Pembroke Pines
Charles F. Dodge City Center, Pembroke Pines FL |
| 12/01/2017
7:00 pm James Otto - Treasure Island
Ka'Tiki, Sunset Beach FL | 01/20/2018
7:00 pm 103.5's Throwdown by the Bay - Tampa
Amalie Arena, Tampa FL |
| 12/01/2017
8:00 pm Ron White - Lakeland
Youkey Theatre, Lakeland FL | 01/21/2018
7:00 pm B.J. Thomas - Weirsdale
Orange Blossom Opry, Weirsdale FL |
| 12/02/2017
TBA The Mavericks - Clearwater
Parker Playhouse, Ft. Lauderdale FL | 02/03/2018
2:30 pm Bellamy Brothers - Weirsdale
Orange Blossom Opry, Weirsdale FL |
| 12/02/2017
8:00 pm LeAnn Rimes - Ft. Lauderdale
Parker Playhouse, Ft. Lauderdale FL | 02/03/2018
7:30 pm Bellamy Brothers - Weirsdale
Orange Blossom Opry, Weirsdale FL |
| 12/03/2017
TBA LeAnn Rimes - Sarasota
Van Wezel Performing Arts Center, Sarasota FL | 02/08/2018
TBA Chase Rice, Sam Riggs - Orlando
House of Blues Orlando, Lake Buena Vista FL |
| 12/04/2017
8:00 pm LeAnn Rimes - Naples
Hayes Hall, Naples FL | 02/17/2018
7:00 pm Gene Watson - Weirsdale
Orange Blossom Opry, Weirsdale FL |

RESTAURANT REVIEW

The Beach Grille is tucked in with the many stores that line Atlantic Boulevard all the way to the ocean. What makes this place so special, is that it is a stone's throw from the ocean, so you can stop going, and coming from the beach. A friend suggested we stop by and try their food. This cute little place is colorfully decorated with surfboards and pictures of fish.

The Beach Grille has been open some time and has recently changed their menu and hours. Opening now at 8 AM and closing at 4 PM, they offer the same menu for breakfast and lunch.

After hearing many good things about the Beach Grille from Kristen, who is preparing some of her creations there, I couldn't wait to go there.

The day we stopped, they had black bean soup for one

The Beach Grille

By Victoria Hagendorf

of their specials. I am not always crazy about the way this is prepared many places, so I was delighted with their version. It was probably one of the best I have ever had. In fact, so good, that I even ordered a portion to take home for later.

Their new menu reflected a nice selection for breakfast, including eggs and omelets made to order, pancakes, French toast, croissants, and bagels. The lunch menu offers several different burgers, sandwiches, wings, wraps, tuna melt, and specialty salads.

Their beer-battered onion rings looked very tempting. ...maybe next time. They have also implemented a "Little Mates" menu for kids 10 years and under with lots of great choices. So come on down and bring the kids.

The Beach Grille is located at 3414 E Atlantic Blvd. in Pompano Beach, call 946.6000 for more information.

Check out their website www.thebeachgrill.com





New Venture Adventure @ Broward Lifestyles Magazine!

As many of our long-term readers are aware, Broward Lifestyles Magazine has always sought out the very best in arts, entertainment, fashion and dining. The Gold Coast of South Florida, is rich in all these arenas, and has always provided this publication with a wealth of advertisers and sponsors. In our continued pursuit of excellence, Broward Lifestyles Magazine has formed an exciting new alliance with Valerie Jarrette Bass, President of Radio Time Productions. Valerie has an extensive background in the media, producing and hosting radio and TV programs for terrestrial and internet audiences alike. Amongst her credits are "Business News and Review" on WINZ 940am, "Living Prosperous" and "The Edward Woodson Show" on WZAB 880am, "The Andy G show" on Internet television, and the live broadcast that she hosts on Blog Talk Radio. Combining the print experience of Broward Lifestyles and my staff with RTP seemed like a natural fit from the start, and will allow us to expand opportunities to provide exciting new content for our sponsors and readers.



VALERIE JARRETTE BASS

I caught up with Valerie recently to discuss our new venture and future plans. As usual, she was bursting with energy and the flamboyant creativity one might expect from someone with her accomplishments. "I'm so excited about the new doors we can open together," stated Valerie. "You know, I'm very big on collaborations. There is really no substitute for the value added that teamwork often provides, and your magazine continues to be a longstanding go-to resource for the community. Combining our customer bases seems like a natural fit." RTP will be offering radio and television segments to showcase many of the businesses featured in the pages of Broward Lifestyles Magazine. "This will provide a unique platform for your clients, with an opportunity to reach an Internet Radio and/or television audience with their message, in addition to print media." Valerie continued, "It will allow them to target their market specifically, along with reaching tourists planning on visiting the area." If you are interested in exploring the role New Media can play in greatly expanding your business, contact Valerie Jarrette Bass at 561.755.7068. You are also invited to visit her website at www.radiotimeproductions.com where you can review the archives and find out why her clients are so pleased with her expertise. As Valerie aptly states "See you on the Radio."



Dos Amigos Restaurant for Twice the Great Taste

By Victoria Hagendorf

Dos Amigos Restaurant has recently opened in Pompano, just before the 14th Street Causeway. It is tucked away in a long strip shopping center, with Brandy's Shoes on the corner.

It is so cute, as they have "Dos Amigos" outside on either corner of their bench; and what makes it cuter, is owner, Miguel, has "Dos Amigos" - or two boys.

There were 3 of us in the group, so we all tried different things and shared. Our server immediately brought us over warm toasted tortillas and three different homemade sauces, for dipping. We liked the very hot one the best, but be careful, it is very potent. We also decided to try their wine based margaritas. And as we were sampling those, ordered some appetizers: Super Nachos, loaded with cheese, your choice of ground meat, chicken with picadillo, beans, melted cheese, chopped tomatoes, onions, guacamole and sour cream. These were over the top, and a great choice. Owners choice the shrimp and mushrooms which were sautéed in butter, garlic and spices, muy magnifico. Then we ordered "Carne Asada Y Mas" a skirt steak cooked over charcoal and came with your choice of enchilada, tamale, chili relleno, or taco, served with guacamole, rice, beans, and warm tortillas. What flavor the steak had, we all remarked. Since I love enchiladas, tried their Enchiladas.... true Mexican Style



Fajitas



Burritos

Guajilo; three corn enchiladas, filled with chicken then smothered in their homemade guajilo sauce, and garnished with sour cream and tomatoes. I was extremely delighted in the way it was prepared. What dinner party would not be complete, without sizzling fajitas.... we chose the steak marinated in their secret sauce, then brought sizzling hot, over a bed of sautéed onion and green peppers, served with pico de gallo, sour cream, guacamole and flour/corn tortillas.



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Steve's Pizza

By Victoria Hagendorf

**RESTAURANT
REVIEW**



Some time back, on a Saturday afternoon, and I was starving; it was then I spotted the sign for Steve's Pizza. It was on Federal Highway south of Commercial, a little past Florinada on the east side of the street. Formerly a Papa John's – it was pretty much set up for the new owner. The current owner's name is not Steve, however, there was a Steve who started this small chain of pizza places back in the 70's & 80's. Steve started his first pizzeria place on Biscayne Blvd. in North Miami Beach. I remember, I had a magazine in Miami and Fort Lauderdale at the time, and used to frequent his place often, because his pizza was so good. On this particular

Saturday, the owner happened to be in and we started talking – it brought back old memories.

But best of all, Steve's Pizza is still as good if not BETTER than before. To have great pizza, one must start with a good crust, and theirs is made daily. Next is the tomato sauce, which has to be good as well, because bad sauce can ruin a pizza. There needs to be a decent amount, but not drowning the crust either. The cheese has to be real mozzarella, and at Steve's pizza, he uses a really good mozzarella cheese. One way of telling if it is the real deal, you will always see some of oil that comes out.

I have had pizza just about all over Ft. Lauderdale and part of Boca, and this is one of the best I have ever had. Oh, another thing is being consistent; so when you go to Steve's Pizza, you know you are always going to be satisfied. Steve's Pizza now has two locations the first one is in "Cooper City located at 5866 Flamingo Rd. call 954.434.7331 for delivery. The second one is located at 4730 N. Federal Hwy. in Ft. Lauderdale, call 954.491.4014.

Here is a picture of my pizza just out of the oven (See below), and on its way to my house.

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Sometimes.... the need outweighs the purpose

By Viktor Franovik

I've been a very busy man or shall I say I have been busier lately. Well you all know my real job keeps me on my toes, lately more 12 hour days that I would care for, but I love what I do, so it's not so hard. Now the entertainment side is another story. I have worked with incredible people in the industry and some not so incredible. For the most part people respond well especially when they are getting paid and some not even while getting paid. My weekends are now full of classes; I am taking photography classes every Saturday for 4 hours, quite intense. Let's get something straight, I am not photography, nor looking to be one, although I have always loved photography and hold photographers in high regard. I'm sitting in the class, "Teach", the instructor goes around the room and wants us to introduce ourselves, say why we are there and what we do. Me not being the shy type go first and introduce myself and tell them a little about myself and why I am there. It's the funniest thing because I can be quite the comedian. I go further and I mention that I am not a photographer but the need sometimes makes me one. I'm a geek and use Photoshop and editing apps. That did not go too well, I saw eyebrows going up and heard a Gurr or two. I'm in the class surrounded my photographers (not seasoned) and mind you, I have more equipment than they do, go figure! I sit in the back listening in on the instructor and I have tons of questions and find myself very lost. I did not make it to the first class so these folks are way ahead of me, but I move on. I'm thinking to myself, "Gee it's a camera, just point and shoot, not complicated, right? Continued on P. 14

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By Candace Burton, PhD



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ERICA BERG, the Beautician Magician

Hi, my name is Erica Berg, the Beautician Magician. I started in the hair business when I was 14 years old in Massachusetts. My goal is to provide you with the finest professional hair care available and make every visit a positive, beautiful, uplifting experience for you! In south Florida for the past five years, I have been specializing in umbres by, color correction, keratin treatments, highlights, and lowlights making my client look as natural as possible. I also have experience with nails, waxing, eyelashes, and extensions. In addition, I also offer weddings, fashion shows, and special occasion updo's! I take pride in making my customers look high fashioned, classy, healthy, beautiful, and making them shine when they are finished with the final outcome. I am committed to giving all of my client's superior service and believe it is important to build a relationship with each and every one of them.



GO FROM THIS... TO THIS

Thanks,

You can make an appointment with me call 774.239.7853

Continued from P. 12

I am having the time of my life; "Teach" goes into showing us how to use the lenses "GLASS" the new IN word for lenses. We talk about how to move the "glass" to closer and further to make the focal point bigger and smaller and I just blurb out... but I can do that in Photoshop. I kid you not, necks turned faster than fast, these guys could of had whiplash after that. Again, the eyebrows went up and the GURRR's got louder. I finally got the picture and did not mention Photoshop again, although the instructor did show some examples of photoshopping, which was a cool thing, vindication at last! "Teach" gave us a break and I went ahead and showed my photography and yes, my Photoshop techniques and abilities as well. They were quite impressed, even the instructor said so. We finished up the class discussing "our" rights as photographers. I learned a boatload of stuff I did not know about of what we as photographers can and can't do. Learn more and discover your rights as photographers. Check it out. <https://www.aclu.org/free-speech/know-your-rights-photographers>
Viktor Franovikinfo@franovik.com
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Our patients have come to recognize that there is a difference between receiving medical treatment and actually being healthy. Your body has a near-unlimited capability for health. In fact, it longs to be healthy. Yet by continually ignoring your body's innate need for balance, exposing

it to environmental toxins, synthetic hormones, improper nutrition and emotional stress, you push your body out of whack.

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“Mangia Bene (eat well) at Casa Calabria!”

by Victoria Hagendorf

I heard about the opening of Casa Calabria and was so excited about going to this long awaited, new restaurant, in the Ocean Manor Hotel, on the Galt Ocean Mile, in Ft. Lauderdale. All I can say is “Thank you Frank Talerico” for bringing bona fide Italian delectables here to your restaurant, Casa Calabria. - You have spared no expense and the authenticity shows throughout the entire restaurant, especially in your Salumeria, (Italian deli), which has imported Calabrian meats hanging on display and an incredible variety of cheeses, which have been imported from Calabria as well. These items can be enjoyed in the dining room, along with other speciality market items, which are also available to take home.



As you enter, to the right, there is a formal dining room set up, featuring a spectacular map of Italy, showing and noting the heritage of the Talerico's. There is a group picture of the Talerico family, as well as one showing them working in the fields, in their hometown of Calabria.

Look to your left and you see the Atlantic Ocean. What a view.... and if you like outside dining, there are tables where you can sit and take in this breathtaking scene; having the sea as the background ... all I can say is..... does it get any better than this? You feel like you have escaped to another world. In the background you can hear muffled sounds of people having fun at the Tiki Bar.



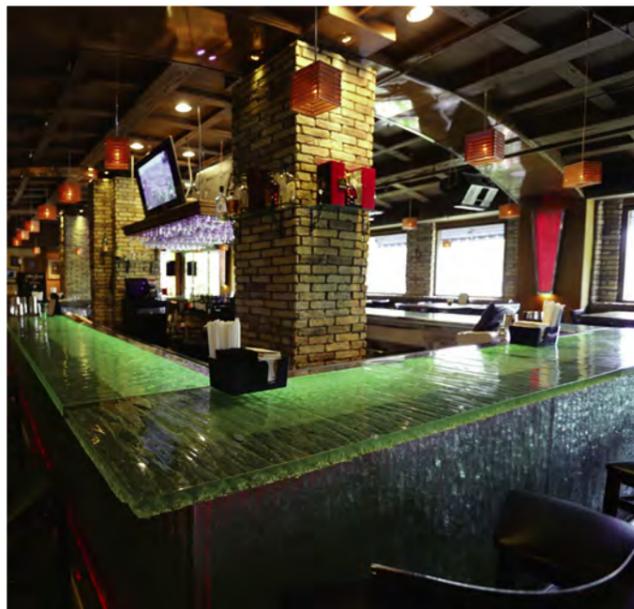
We opted to eat inside by the window where we could face the ocean. Our server was Lindsay, who greeted us with a “buena serra” and made sure everything was perfect. On her recommendation, we decided to start with a meat & cheese plate from Salumeria. The presentation was awesome, with an assortment of different Italian Calabrian meats, cheeses, jams, as well as cured meats, i.e. soppressata, prosciutto di parma, mortadella, salami, etc. This is a “must have item” on the menu; something you won't find at most Italian restaurants.



tomatoes, then oven baked with mozzarella cheese. My dining companion decided to try the Gnocchi di Ricotta, a special homemade recipe, with ricotta gnocchi served with a gorgonzola arugula cream sauce. We were extremely pleased with our choices and thought they tasted even better than they sounded.



Then we decided to head to the lounge for dessert and coffee. Desserts came from their Barista Bar; another part of the restaurant, where you can hang out and experience their specialty coffees and Italian pastries. Our choices were homemade cannoli and Italian cheesecake.



In the lounge, you will find live piano music, with a lively crowd singing along to Italian opera, Billy Joel, or even Ed Sheeran, Wednesday through Sunday nights. Don't forget to stop by for Happy Hour in the lounge..... every night from 5:00 to 7:00 featuring 2 for 1 drinks and an array of specially priced appetizers.

This is much more than a dinner out, when you leave, it feels like you have actually visited a small village in Italy and the name of it is Calabria. Early summer, the Salumeria, (Italian Deli) will be open for lunch, serving a variety of spectacular paninis, fabulous salads, very authentic antipasti, and their mouth watering, homemade meatballs.

Casa Calabria is the perfect place to host your private event, where their well trained staff can arrange a family dinner for 15 or a wedding for 150. Reservations are accepted and can be made by calling 954.982.2191, or by going on line to opentable.com, yelp.com, or casacalabriafth.com. Parking is free, just have your ticket validated. Casa Calabria is located at 4040 Galt Ocean Drive, in the Ocean Manor Hotel, Ft. Lauderdale, Florida 33308.



a note from
Alice Taylor, CEO



Broward Health Imperial Point Expanding Cardiac Services

First, I am pleased to announce that Dr. Zachariah P. Zachariah, one of the nation's leading cardiologists, was recently named Medical Director of Cardiac Services. He will lead the expansion of BHIP's cardiac services program, which will include cardiac catheterizations and stents. We also welcome three more physicians to the team, including cardiologists Dr. Mammen P. Zachariah and Dr. Molly Ann Zachariah, as well as Dr. Philip George, who specializes in internal medicine.

In addition, a major part of our expanded cardiac program will include opening a Chest Pain Center where patients arriving at the hospital with chest pain will be quickly assessed and treated with protocol-based procedures. Early evaluation of chest pain is critical for patients experiencing a heart attack and can improve outcomes and ultimately save lives. This is an exciting time not only for our hospital, but for the community as well. The Zachariah family is synonymous with excellence in cardiology and we are very proud to offer this level of care and expertise to our patients.

This step illustrates our ongoing commitment to providing the very best care to the community and we look forward to enhancing our cardiac care services under their leadership. A Leader in Advancements in Minimally Invasive Surgery Second, we are the first and only hospital in Broward to have acquired the da Vinci Xi surgical robot – the latest technology for minimally invasive surgical procedures. In October 2015, BHIP began using the robot to perform minimally-invasive surgical procedures, which unlike traditional “open” surgery, patients may now experience: • A shorter hospital stay • Less blood loss • Fewer complications • Less need for narcotic pain medicine • A faster recovery • Smaller incisions for minimal scarring The da Vinci Xi is a tool that utilizes advanced robotic technologies to assist surgeons during operations.

It does not act on its own, but is controlled by a robotic-trained surgeon who can use the robot for multi-quadrant surgeries in the areas of gynecology, urology, thoracic, cardiac and general surgery. By investing in cutting-edge, surgical technologies like the da Vinci Xi, BHIP offers a wide array of minimally invasive surgical services by giving our surgeons the tools they need in order to provide the safest, highest quality of surgical care to our patients.

New Outdoor Farmer's Market in Your Neighborhood

Third, as part of our mission and vision to provide health and wellness to the community, BHIP partnered with the Community Farmers Market of South Florida to open an outdoor Farmer's Market on our campus, conveniently located directly in front of Federal Hwy.U.S.1 between McNab and Cypress Creek Roads. Patrons will be able to select a variety of locally made products and goods, farm fresh organic fruits and vegetables, prepared foods and much more. Join us weekly, Thursdays from 11:00am-7:30pm.

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The Humane Society of Broward County (HSBC) is a private, non-profit, open admission animal shelter that was founded in 1944 and is located at 2070 Griffin Road. The organization finds homes for thousands of pets each year that can no longer be cared for by their owners. The pets are spayed or neutered before going home, that way they will not contribute to the pet overpopulation problem. In addition, the pets receive preliminary vaccinations, a microchip, heartworm test for dogs over 7 months of age, feline leukemia test, rabies vaccination, 10 day health care plan courtesy of VCA Animal Hospital, a bag of Purina ONE

food and more.

The HSBC has an extensive education program that reaches more than 150,000 students and adults each year. The Education Department also runs a summer camp program, offers birthday parties, and has partnerships with the Boys and Girls Clubs of Broward County, the Broward County Libraries, Junior Achievement and the Girl Scouts of Broward County! Kids can also get involved by joining Cooper's Kids Club or the teen club.

Other services offered include low cost dog obedience classes both group and private; puppy pre-school classes; low cost spay/neuter services for pets that have homes and feral cats; microchip clinics; cruelty investigations; pet loss and grieving sessions, pet behavioral counseling, owner's request for pet euthanasia and a Pet Boutique – where all sales benefit the shelter. More than 500 volunteers assist the staff and opportunities include foster care for pets; adoption counselor; dog walker; bather; clinic associate; dog trainer; boutique sales associate, animal assisted therapy, special events; education presenters and more.

The shelter is fortunate to have two auxiliaries, PAWS and PetSet, and each host various fundraisers throughout the year. Combined the membership for these two groups exceeds 1,000 participants. Events that PAWS hosts are Angel Paws Fashion Show, PAWS on the Green Ladies Golf Tournament, Tea in the Garden and Blue Jean and Black Tie Ball. Events that PetSet hosts are Halloween Masquerade, Moonlight and Martinis and a White Party.

The Humane Society of Broward County is open seven days a week, so stop on by...you may just find your next family member. To learn more about the shelter and to see who is looking for a home visit www.humanebroward.com or call 954-989-3977. The shelter relies on the generosity of the community and companies to fund operation and program budgets. Funding is not received from the government or any other national or local organizations with similar names.

Cherie Wachter VP of Marketing Humane Society of Broward County 2070 Griffin Road Fort Lauderdale, FL 33312 954-989-3977



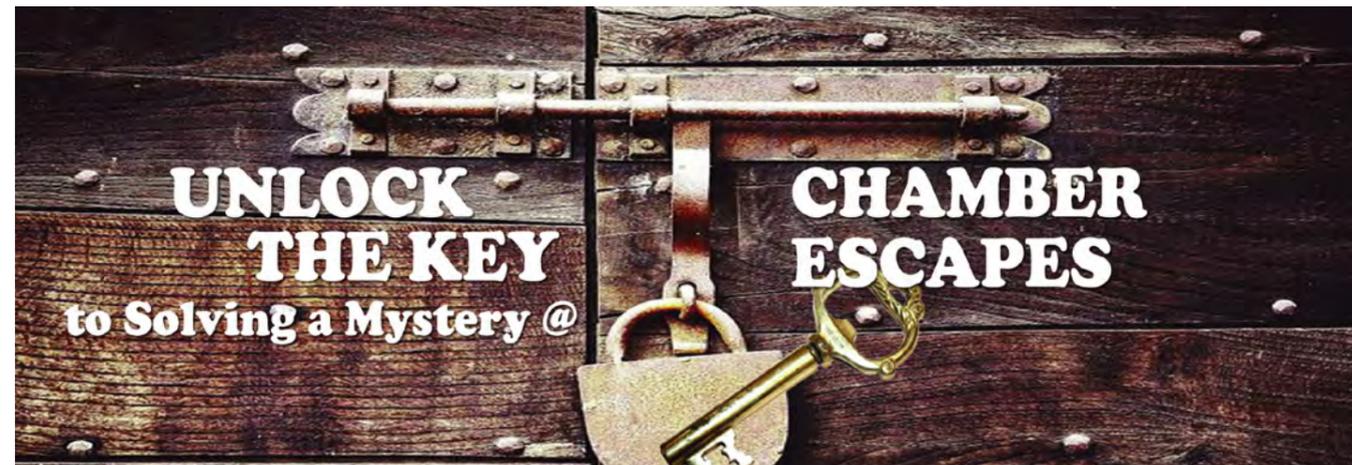
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THE CRAZE THAT HAS BEEN SWEEPING THE NATION

By Melisa Sasfy



TODD, OWNER OF CHAMBER ESCAPES,
AND HIS SISTER, JILL.

The craze that has been sweeping the nation, has finally hit Fort Lauderdale... and according to its reviews and customers ... it is not only a step way up from the rest, but a whole new experience.

I was so excited when Todd called and invited me to Chamber Escapes and was quite surprised when I walked into an elegant old time (hotel / brothel) lobby atmosphere. It was so authentic, from the candle lighting, mood music, incense burning, and beautiful décor. The room was amazing, every attention to detail was given (compared to others); it was like the difference of going to the local church carnival, or going to a production at Universal Studios...Chamber Escapes rocks... check out their reviews. Even the hallways have a classy but mysterious feeling to them. Best of all they actually explain how everything works; other places stick you in a room with no explanation and you either sink or swim.

Everyone is given nicknames, a walkie-talkie, and coached through the entire experience (no answers were given, just guidance). You are given an hour to figure

out how to solve the mystery, with different clues on how to unlock the box. I chose Chamber Escapes because of its reviews. Now I can see why it is hard to get a reservation, as they are usually sold out.

When I left the room my adrenal was still pumping ... we all hung out in the parking lot for over an hour talking about our different experiences.

In a nutshell, you are locked in a room (this one was a haunted ship wreck) and it really looked like a ship. You must solve puzzles, real mind benders, and find clues to solve the many puzzles to escape in an hour. Do not be mistaken... it is not easy. Communication and teamwork are the key to escape the different rooms.

As many others said in their reviews, "it was the highlight of their vacation/ corporate retreat, as well as the locals. The puzzles were very creative, difficult, and exciting, there was never a dull moment. Do



yourself a favor and experience Chamber Escapes... you will not be disappointed. Kudos to the owners and designers...It obvious that it is a labor of love!! Your enthusiasm and customer service speaks for itself, since the Funky Buddha! Owners Todd Oxendine and his Nephew Chadd have brought a new style of excitement to the area. Kudos to them. I can't wait until



the next two rooms open. I heard they are also opening a Paint and Sip next door.

In my opinion, this is one of the best additions to Oakland park. Also, they are adding 3 more rooms (which will open soon as well as a venue

next door to host numerous small events including; The Potable Palette, (Bring your libations and become Picasso) for a night. Give them a call and they will accommodate you; they also have early and late night booking upon request. Refreshments are served after your escape. Stop by today and you will see why this is Florida's premier escape room and is a step above the rest.

Chamber Escapes RoomThe Craze that has been sweeping the Nation is located at 3583 Powerline Rd. Oakland Park call 954.294.3359 website www.chamberescapes.com

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Osteoarthritis – Our Changing Perspective

By David Webb, D.O.M.

Osteoarthritis was once thought to be the result of a lifetime of mechanical wear and tear on our joints. As we move under the force of gravity throughout our lifetime, it was believed that our joints wore down, leading to the progressive loss of cartilage that cushions our joints and keeps them articulating smoothly and painlessly. It is this progressive loss of cartilage in our joints that defines osteoarthritis. Although trauma to our joints plays a role in the development of osteoarthritis, new research is pointing to the central role that inflammation plays in the development and progression of this debilitating disease. Steven B. Abramson, M.D. and team at the NYU School of Medicine, in 2009 published their research findings, indicating pro-inflammatory chemicals (cytokines) in the body, such as IL-1 β and TNF- α , play a key role in initiating the breakdown of joint cartilage. This revelation has opened many new treatment possibilities focused on the goal of reducing overall inflammation and inhibiting the destructive effects of particular cytokines. Since the research of Dr. Abramson indicates that blocking the activity of IL-1 β can effectively halt continued cartilage deterioration, this may point toward novel, new treatment approaches that, if nothing else, can at least halt the progression of osteoarthritis. I have found in my personal practice that this treatment rationale works extremely well. There are treatment methods that are gentle, safe, completely painless and non-invasive such as Frequency Specific Microcurrent (FSM) and specific natural anti-inflammatory supplements that, when used in combination, quickly and dramatically reduce inflammation and block the activity of IL-1 β and TNF- α . FSM is a novel new treatment method that applies extremely minute and imperceptible electrical frequencies to the body, and has been shown to reliably reduce inflammation by 62% in only 4 minutes. With the use of FSM and specific anti-inflammatory supplements, I have seen patient's pain levels associated with OA drop from 10/10 to 1/10 in only 3 treatments, and maintain at 1-2/10 throughout their treatment course. This is life changing for many, giving them back their independence and ability to enjoy life again, and gives the field of medicine hope for a brighter future when dealing with chronic debilitating diseases like osteoarthritis.



David Webb is a Doctor of Oriental Medicine at Maximum Wellness Centers in Fort Lauderdale (www.maxwc.com) who specializes in pain and injury. He can be contacted at 954-306-6497.

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Having & Keeping a Beautiful Face

Neeta Mitroo.MD
JB Mitroo MIE

Honestly, if you have any of these 3; beautiful face, a beautiful body and a beautiful mind, you are beautiful. Here we shall focus on how to have and maintain a beautiful face.

A wise lady said, "At 20 you have the face God gave you, at 40 you have the face you worked for, at 60 you have a face you paid for and at 80 you have a face you deserve!" So, now you know why so many of us go for Botox (or equivalents like Dysport & Xeomin) for wrinkle reduction and for Dermal Fillers for filling deeper folds around the mouth and depressed cheeks.

THE VERY FIRST STEP towards looking beautiful is to have clear skin. An essential first step for most of us is a good Chemical Peel to exfoliate the dead cells from the top layer of our skin. Let the physician recommend the right one. Do not risk harming your skin with cheap off-the-shelf peels.

Commonly used Dermal Fillers are: RESTYLANE & Restylane-SILK, JUVEDERM, RADIESSE & BELOTERO BALANCE, & VOLUMA. SCULPTRA is not really a dermal filler in the conventional sense, because it gives results in a different way. However, it is one of the better products for long-term results.

Which one is for me? DERMAL FILLERS OR SCULPTRA AESTHETIC? We will do a quick comparison of these by their results and their costs.

RESULTS: Dermal Fillers give immediate result, SCULPTRA does so gradually & lasts longer.

COST: Sculptra appears expensive at the time of the treatment, but it works out cheaper in the long run. Sculptra treatment usually start with two. Each vial may cost from \$675.00 to \$750.00 in our general area. Sale prices may be less at some places. Dermal Fillers cost about \$425.00 to \$525.00. However, be wary of very low prices or special-one-time sales. For a few dollars, DO NOT risk damaging your skin with cheaper products or inexperienced injectors.

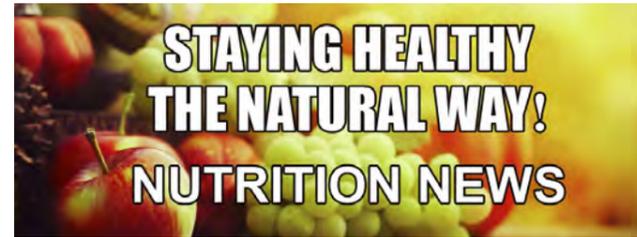
Dermal Filler or Sculptra? Let an experienced physician (injector) decide which is best for you. Proper selection depends on age, skin condition, long-term or immediate results, lifestyle, etc. of a person.

How long will it last? For the usual Dermal Fillers, the result may last 5-8 months, or twice that long if a booster (repeat) treatment is taken within 2-3 months. SCULPTRA results last much longer; up to 2+ years, if it is boosted after 3 to 5 months.

Maintaining the results is very important to look beautiful without, or little, makeup. Selection & use of suitable skin-care is important. Again, consult the physician who performs your treatments; to select a combination of serums, lotions & creams. Pharmaceutical grade skincare from iS Clinical is very good and Sitara Medi Spa, in Ft. Lauderdale offers a wide selection.

Summing up: To really get good Aesthetic treatments, you must consult an experienced physician.

Neeta Mitroo, MD, a Board Certified physician at Sitara Medi Spa is one such physician in our area. She will discuss your expectations and needs in her free consultation and then advise you the best combination of treatments for immediate or long term results. Sitara has non-surgical Face Lift, PRP Deep skin Rejuvenation, under eye treatment, smoker's lines treatment. They also have very good chemical peels. They carry the excellent pharmaceutical-grade skincare products of iS Clinical. You can reach Sitara & Dr. Neeta Mitroo at 954-237-6646.



Fifteen minutes of walking after dinner may reduce diabetes risk

From the U.S. Department of Health and Human Services, I'm Ira Dreyfuss with HHS HealthBeat. A small study indicates that 15 minutes of moderate walking after dinner could help older people reduce their risk of getting diabetes. Researcher Loretta DiPietro of the George Washington University School of Public Health and Health Services saw this in 10 people ages 60 or older who had higher-than normal blood sugar and not enough exercise. The people walked 15 minutes after dinner, and 45 minutes around 10:30 a.m. and 4:30 p.m. She looked at their blood sugar, or glycemic control: The greatest improvements in glycemic control came from walking after the evening meal."

Reduce Hot Flashes, Naturally!

Consuming two servings of soy a day may help to ease hot flashes from menopause, according to a new review of studies. Researchers from the University of Delaware analyzed the results of 19 studies, which included 1,200 women, and found that soy isoflavones are linked with a decrease in hot flash severity. Women who consumed 54 milligrams of soy isoflavones -- which are found in soy, and are estrogen-like -- each day for anywhere from six months to a year experienced a 20.6 percent decrease in the frequency of their hot flashes, and a 26 percent decrease in the severity of their hot flashes. In particular, researchers found that supplements with at least 19 milligrams of genistein -- a kind of isoflavone -- seemed to be more effective at decreasing the number of hot flashes the women had. SOURCE: *Menopause*. 2012 Jul;19(7):776-90.

High Blood Sugar May Impair Memory

New research suggests that people with high blood sugar levels, even those who do not have diabetes, may have an increased risk for developing cognitive impairment. This is according to a study published in the journal *Neurology*. Previous research has shown that people with type 2 diabetes - a disorder that causes a person's blood sugar levels to become too high - may increase the risk of dementia. According to the Mayo Clinic, diabetes is considered a risk factor for vascular dementia as it can damage blood vessels in the brain. This form of dementia is often caused by reduced or blocked blood flow to the brain. But researchers from Germany now say that even those without diabetes who have high blood sugar levels may be at risk for impaired memory skills.

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• **IMMEDIATE RESULT** Treatments - Last 6-9 months.
BOTOX, RESTYLANE, JUVEDERM, RADIESSE & Chemical PEELS

All on special SALE - See below

• **LONG TERM RESULT** Treatments - Last 2-3 years!
o Non-surgical **FACE LIFT** - with **SCULPTRA** & other injectables, if needed.
o **PRP Deep skin Rejuvenation** - Using your **GROWTH FACTORS**.
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INDEPENDENCE DAY & LABOR DAY SPECIAL
UNTIL SEPTEMBER 15TH, 2015

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RADIESSE, RESTYLANE, JUVEDERM, BELOTERO \$399/ syringe (\$389 ea. for 3+ syringes)
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Please see our
article on page 26

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