

Lif**BROWARD**estyles

Volume 202, Issue 244

Front cover dish created by

Lenore Nolan-Lynn

World Class Catering
& Cooking School





The Amazing Ocean Manor Resort on the Galt Ocean Mile

By Victoria Hagendorf

I can't believe it has been 14 years that I have known Frank Talerico, owner, of this amazing resort. He has completely remodeled and continues to add beautiful, new exquisite touches to this place, making Ocean Manor Resort the number one resort on the Galt and then some! It seems every time I stop by, I experience a new update. The lobby is spectacular and dazzling, with high back white leather chairs, as well as a comfortable place to meet and greet, or just sit there and take in the awesome scenery. There is a small snack bar with beverages and sandwiches open 24/7.



The previous owners before Frank had really let the place go, so Frank had a challenging journey to update. Let's start with the Tiki Hut; he has made it a fun place to go to for lunch, dinner, or simply snacks with your favorite beverage. Today we stopped in because we were in need of some good food, and OMG...was the Grouper dinner spectacular. It came with honest to goodness real mashed potatoes and sautéed asparagus. The fish was fresh, tender, and seasoned perfectly. This was simply a fabulous meal. The best part was that all of this fine food was complimented by an ocean view with the waves rolling in under a magnificent painted sky provided by God for our dining pleasure.



Our server, Dan the man, is a steady faithful presence at Ocean Manor for over 12 years, and has known Frank since back in the days of Hungry Howies. We started with the Margarita flatbread, which comes with mozzarella cheese, sliced fresh tomatoes and fresh basil. It really makes a difference when the flatbread has all fresh ingredients--even their dough is made from scratch. Happy hour comes with drink specials and a unique menu for appetizers.



Frank has taken over the restaurant & lounge, naming it Casa Calabria, after his home town in Italy. This is so authentic, he even went the extra mile, by bringing in chefs from Calabria, Italy. The food here is truly amazing, providing one of the best places to go in SoFlo, for honest to goodness home-style cooking straight from Italy! They also have their special deli meats and cheeses, also imported from Italy, that you can purchase. At the Ocean Manor Resort there are units for sale, rent, as well as time-share. They are currently remodeling the Penthouses and enhancing the experience so when you schedule your stay at Ocean Manor Resort you will actually experience a dream come true. It is a beautiful magical place beginning and ending each day gazing and relaxing with fabulous ocean views.



Congratulations to Billy Sullo for opening up his second location in the lobby of the Galt Ocean Mile Hotel. He completely remodeled and expanded the salon which now looks super modern and very chic. Stop by, he will help you find the best style, cut, and color for your face.

Kudos to Frank Talerico for doing what no one before could accomplish. He has turned a failing resort into a magnificent hotel with exquisite food and fantastic service.

The Ocean Manor Resort is located at 4040 Galt Ocean Drive in The City of Fort Lauderdale, 954.566.7500 for more information.

Weekly Specials

Daily: Happy Hour & Tapas at the Tiki
M-F 4PM-7PM
HALF-PRICED SELECT DRINKS AND
HALF-PRICED SELECT APPETIZERS

Tuesday: \$2 Burger
7PM-2AM - LIMIT ONE PER PERSON
\$2 BURGER WITH THE PURCHASE OF AN
ALCOHOLIC BEVERAGE AT REGULAR PRICE

Tuesday: Local Late-Night Happy Hour
12AM-2AM
HALF-PRICED SELECT DRINKS AND
SELECT APPETIZERS (STARTING AT \$4)

Wednesday: Industry Appreciation
9PM-2AM
HALF-PRICED FOOD, DRINKS,
AND ROOMS (IF AVAILABLE)

Thursday: Ladies Night
9PM-2AM
LADIES DRINK HALF-PRICED WELL DRINKS,
DOMESTIC BEERS, AND HOUSE WINES

Facebook.com/BambooBeachTikiBar Instagram: @bamboobeachftl www.bamboobeachtikibar.com

Sunday Beach Brunch

Traditional Sunday Brunch Buffet With Our Italian Flair

Every Sunday 11:00am - 3:00pm
\$29 a person fall brunch special (plus tax and gratuity)

Unlimited Mimosas, Bellinis or Bloody Mary's for \$20

- Homemade Ravioli Station • Homemade Oversized Waffle Station • Meat & Cheese Boards •
- Omelette Station • Hot Italian Station • Dessert Bar • Live Music • Oceanview Seating Available •

For Reservations Call 954.982.2191

Facebook.com/CasaCalabriaFTL Instagram: @casacalabriaftl www.CasaCalabriaFTL.com



Located In Ocean Manor Beach Resort
4040 Galt Ocean Drive, Ft Lauderdale, FL 33308



Message from The Publisher

Victoria Hagendorf

What's Happening...

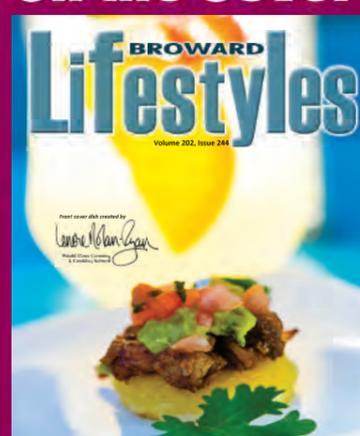
I have been ordering food from Umberto's Restaurant & Pizzeria, located on East Commercial Blvd. I rate it four stars, so far, I have had their meat lasagna which was excellent, the eggplant rollatini seems to be one of my favorites and their sauce is amazing. Their pizza is also a great choice. I prefer the crust to be extra crispy and they do that to perfection. You must try their desserts all priced around \$6 – including their tiramisu.

The Ocean Manor celebrated their 60th Anniversary Weekend, which was a huge success. The owner, Frank Talerico, looked dashing in his tux. Be sure to come to their Haunted Hotel, and enter their costume contest, for a chance to win \$1,000. Congratulations to Billy Sullo on the opening of his second salon in the lobby of the Ocean Manor hotel. I also want to congratulate Lenore Nolan Ryan on the opening of her new restaurant, cooking school, and catering. I have known Lenore for over 20 years, when she first moved to Lauderdale by the Sea and took over Gina's Pizza. The place she moved to is on A1A – just north of Oakland Park, across the street from that Greek restaurant. Her food is sensational, I attended an event, and the appetizers circulated were over the top. With the holidays coming, be sure to keep her place in mind for any celebration that you might have.

I also welcome the Water Taxi, which has been around for a very long time. Recently, I met their new director of marketing, Phil, who invited Yvette, Lifestyle's photographer and myself, to enjoy a ride in one of their newer, bigger boats, which has air conditioning, and bathrooms. They have initiated a New Happy Hour, which was quite fun, and I invite everyone who has not been on the Water Taxi for a while, to give it a whirl.

My last thank you goes out to Physical Therapy Group of S. Florida, where I tried one of the newest treatments for pain. Whole body cryotherapy sessions. Basically, your whole body temperature is reduced by extreme cold. It really works! Dr. Matroo is offering some very interesting treatments, using PRP for hair growth and facial rejuvenation, and has seen some incredible results. She is also combining it with Micro-needling, at the spa located on E. Commercial Blvd. in Ft. Lauderdale. They also offer PDO Thread treatment for sagging jawlines & skin folds.

On the Cover



LENORE NOLAN-RYAN
World-class Catering &
Cooking School
Page 16

LIFESTYLES

Since 1979
Issue 244(202)

Distribution

Ft. Lauderdale,
Wilton Manors
17th Street Cswy
Las Olas,
Lauderdale by the Sea,
Oakland Park,
Pompano Beach,
Lighthouse Point,
Deerfield Beach
Boca Raton

Credits

PUBLISHER - Victoria Hagendorf

CONTRIBUTING WRITERS

Dr. Neeta Mitroo, MD

Phil Boccichino – Travel & Entertainment

Broward Humane Society

Mike Carroll - S. Fla. Country Music

Deborah Denicola - Numerology

Jenni – Pet Psychic

Vyettee Quezada - Videography/Photography

LAYOUT DESIGN BY

Gary Lawrence

DISTRIBUTION BY

Rosa

Published by: Pembroke Times

Please send all correspondence to:

victoriahagendorf@gmail.com

Office: 954.771.4407 Cell: 754.246.7774

or email vickyh@bellsouth.net

www.browardlifestyles.com

LifeStyles, is published by Pembroke Times, and is an independent complimentary community publication covering a diverse range of topics to capture the color, personality and many moods of S. Florida and is distributed throughout Broward & Palm Beach Counties. Pembroke Times Inc. is not responsible for errors in advertising beyond the cost of the space occupied by the error, nor is it responsible for validity of claims made by advertisers. Nothing that appears in LifeStyles may be re-produced, either wholly, or in part without written permission from the publisher. We reserve the right to reject any copy or advertising



Water Taxi Survives the Hurricane & Hails December for the Holiday of Lights

Recently I had the pleasure of meeting Phil, the new marketing manager for the Water Taxi. He invited me to join them for a Happy Hour Cruise; so I brought Yvette, my friend and photojournalist. We had a fantastic time, taking advantage of their 2 4 1 drinks in their newly remodeled, air conditioned boat. It was sunset, so the sky was filled with spectacular colors, as we caught glimpses of all the beautiful homes along the intra-coastal.

On the Water Taxi Tour, there are 20 stops in Ft. Lauderdale where you can hop on and hop off, all day and evening, for one low price. You can also wave down a Water Taxi or call 954.467.6677 for more information. In December, they will start their Holiday Lights Christmas Tours. Just think, you can go up and down the intracoastal, sipping on your favorite cocktail, admiring the fabulous array of homes decorated for the Christmas season.

Think of the Water Taxi, as a trolley on the water, especially since Ft. Lauderdale is the "Venice of America," there is no better way to enjoy it, than by your water borne trolley. Cruise Ft. Lauderdale and Hollywood Beach to see the best sights, visit restaurants and hit the beach. The Water Taxi is so much more than just a boat ride. Tickets may also be purchased at the Las Olas Riverfront Garage, adjacent to Water Taxi Stop 1 at the Las Olas Riverfront. When you buy your Water Taxi ticket at the garage, you get a special deal of \$7.00 parking to make your day even more economical. Happy Hour is a great option if you are going to use the Water Taxi for the evening. Tickets are only \$16 after 5pm and they offer 2 for 1 drinks aboard select boats for a limited time. If you have any other questions or wish to make a reservation, call 954.467.6677 or check out their website www.watertaxi.com



Owner, Francesca Guerrero

15% OFF SPA SERVICES

impressed me about this remarkable place. Walking in, I immediately felt at peace. The outdoor covered area with pond and fountain adds just the right amount of tranquil ambience.

Now onto the spa experience and one of the best facials I have ever had. I was introduced to Camilla, the esthetician who would be doing my facial and followed her into the spa, a separate building through the beautiful courtyard. She started the service with a thorough cleansing of my skin followed by a skin analysis of my face looking for any impurities and areas needing attention. Camilla offered me several different facial treatment options and recommended I try a new procedure



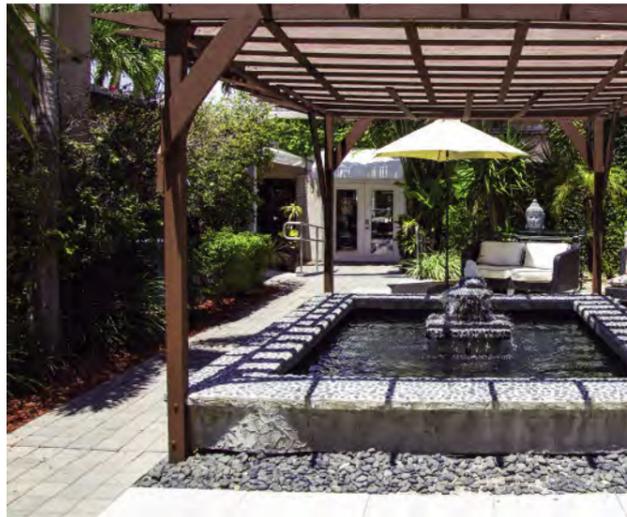
beauty and wellness. For over two decades Francesca has been in the beauty business as a makeup artist, boutique and spa owner, from Cape Cod to Fort Lauderdale and now her newest boutique in Santa Barbara, CA.

Francesca Guerrero Salon has many beauty professionals who offer a variety of services for any need. Francesca and her talented staff of estheticians, massage therapists, lash & nail techs and the best hair stylists in the area have years of experience in South Florida and beyond. I even ran in to Eldy, a hair-stylist, who I have known for over 20 years. What a small world. The salon features many top name beauty products for your hair, face & body; Living Proof, Ouidad, It's a 10, Caudalie, Image Skincare and Francesca's own line of cosmetics are just a sampling of the beauty lines available. I had an amazing day of beauty at Francesca Guerrero Salon & Spa!

Located at 2424 E. Las Olas Blvd., just before the Intracoastal Bridge; they have free parking in the back (East of Chima Restaurant) Call 954.523.2772 for an appointment.



francesca guerrera SALON & SPA



called Dermaplane*. It is an exfoliation treatment using a surgical scalpel to gently "shave" the skin's surface, removing the top-most layer of dead skin along with fine, vellus hair (aka peach fuzz). This facial left my skin feeling & looking fantastic which is kudos to Camilla and her gentle touch.

Camilla did an amazing job she is at the top of my list, an amazing esthetician!

I went back into the salon and had Francesca color and cut my hair and I have to say, it was one of the BEST haircuts I have ever had. Francesca and I spoke about the exciting new events and products the salon and spa will feature this Fall/Winter, promoting



**Huge Selection of Asian Cuisine in
Addition to Hibachi & Grilling**



10% Off Lunch & Dinner

Cannot Be Combined w/other Offers. not valid on holidays... exp. 11-15.17



**Featuring Over
100 DIFFERENT SUSHI, SASHIMI,
SPECIAL ROLLS & SALAD**



**HAPPY HOUR
Beer • Wine
• Sake
5:00 - 6:30
EVERYDAY**

**OPEN 7 DAYS A WEEK
Lunch-Mon-Sat. 11:30 - 3:30
Sunday noon - 3:30
Dinner Sun-Thurs. 5:00- 10:00
Fri & Sat 5:00 - 10:30**

954.783.8883

**1157 S. Federal Hwy.
Pompano Bch. 33062
Located in the Pompano Market Place
Next to Walmart
miyakobuffet.com**

Dinner Entrees from \$4.75
Gift certificates available

Buy 1 Dinner
At full price
Get 2nd dinner
At 1/2 Price
One coupon per table.
Valid every night with purchase of 2 beverages. Must present coupon. EXP. 12/15/17

Home of the 45 oz. Margarita

Happy Hour!
from 4-7pm
All Drinks Discounted & Appetizers 50% off
At The Bar

La Cantina
MEXICAN • AMERICAN • CAFE

Open 4pm - Midnight
954.565.3839
Fax: 954.568.0203
2870 E. Sunrise Blvd.
(After Intracoastal Bridge, next to Pizza Shack)

**IS BUSINESS A LITTLE SLOW?
INCREASE TRAFFIC FLOW.
CALL BROWARD LIFESTYLES
954.771.4407**

BARON EXPRESS

- On Time Delivery • Dependable
- Reliable Family Owned & Run

Delivering Lifestyles Magazine for the last 10 years

954.297.0731
baronexpress@yahoo.com

GRAPHICS & PRINTING
Advertising • Marketing

Daniel
561-322-5176

FREE
30 MINUTES OF DESIGN
when you purchase
1000 Full Color Business Cards
2 sided, 14pt,
UV Coating, Square Corners
\$28⁷⁵
Must mention this offer before work begins.



Juniper on the Water

By Victoria Hagendorf & Phil Boccachinno

My dining companion and myself have been looking forward to trying some new restaurants and it just so happened, that I got an email from “Juniper on the Water” in Hallandale, inviting us to come try their cuisine. When we headed out, it was a beautiful warm, balmy night, perfect for sitting outside to enjoy our waterfront dining experience. We were impressed with this hidden gem of a restaurant, located in the Hemispheres Condominium in

Hallandale. We started off with appetizers of steamed mussels, served in a warm delicious broth, with crispy French fries on the side. We also tried the steamed clams, Portuguese style, filled with chorizo sausage and other special seasonings. This was followed by one of my favorites, a Peruvian classic, Ceviche, a combination of shrimp, octopus, and mahi mahi marinated with their special blend of fresh citrus. Another sensational dish was the crispy fried calamari, served with a lemon aioli sauce for dipping. For our main course we tried the fresh caught snapper, which was grilled to perfection and served with roasted potatoes, tomatoes, capers, and kalamata olives. We both agreed on also trying their signature dish, a fall off the bone, lamb shank, which comes with creamy polenta, cranberry Demi and “not-mashed potatoes, and spinach. The meat was so tender and juicy, it just melted in our mouths. Desserts were a diversification of classic treats, from key lime pie, to an assortment of specialty chocolate and ganache cakes. There is a full liquor bar and you must try some of their original signature cocktails, such as a Juniper cucumber Martini or a Sunset Margarita made with blood orange and jalapeño infused tequila. You must make “Junipers on the Water” your next designation for a new adventure for an amazing dining experience. The food, service, and ambience was spectacular, a perfect place to come for a romantic dinner or to bring the whole family for their Sunday Brunch. This dining experience will blow you away!

“Juniper on the Water” is located at 1975 S. Ocean Drive, Hallandale 33009. You can come by Water Taxi – Stop H7. Call 954.544.3370 for reservations or more information, or visit them on the web at www.juniperonthewater.com.



Valentini's Salon & Spa

**Haircut
Specials
\$10***

1st time customers*

**3 Blow Drys
\$75.00**
3 Hair Blow Outs

**Keratin
Treatments
from \$99**

**Permanent
Make-Up
Microblading**

**Color
Starting at
\$35**

**Hair Extensions
Starting @ \$400**
Human Hair
KERATIN EXTENSIONS

2050 E. Oakland Park Blvd.- Just West of Federal Hwy. South Side

FREE CONSULTATION 954.568.9998

Manicures • Pedicures • Waxing • Facials • Permanent Make-Up
We Do Wedding Parties | Open Tuesday - Saturday



VALENTINI'S NAIL SALON

169 E. Oakland Park Blvd.
just east of Andrews, Oakland Park 33334
954.940.2282

MANI- PEDI SPECIAL
\$30
1st-time customers

Business is on the rise at
BROWARD LIFESTYLES...

**WE NEED GOOD
SALESPEOPLE**



Call: 954.771.4407

Call/Text
(954) 361-4132

FREE!
Social Media "Audit"



MarketingMadeOver.com

**MY SALON SUITE/Lauderhill/Sunrise &
Coming Soon...
MY SALON in Pompano Beach**



The salon industry continues to show substantial growth – with 1.1 million salon establishments, 1.2 million salon professionals and \$46 billion in sales. MY SALON Suite in Lauderhill/Sunrise along with it's members, and the beauty professionals who rent the salon suites, play an important role in this trending sector.

MY SALON Suite is raising the bar in luxury for salon entrepreneurs and consumers across South Florida and North America. Unlike traditional salons, where stylists work with clients in an open space with several stations, each stylist has her or his own space, giving their clients the luxury of exclusivity and privacy. Stylists still benefit from the synergy gained from working in close proximity to

other beauty professionals. MY SALON features 27 private suites, each fully equipped with a styling center, state-of-the-art security system and other amenities.

The MY SALON Suite in Lauderhill/Sunrise attracts and inspires experienced professionals from all facets of the health and beauty industry to individually own and operate their own businesses housed under one roof. The resources offered by MY SALON Suite empower entrepreneurs to achieve business ownership and presents them the opportunity be their own boss and realize their true potential with the potential to earn a six-figure income! They offer the opportunity for salon entrepreneurs to own their own business without the large upfront costs and risks associated with building and running a salon. The team at My Salon are available to assist you with setting up and running a successful salon business. For more information check out their website at: mysalonsuite.com



H SALON
Gayle Hansen

Hairstylist
Specializing in Extensions
Color, Cutting, & More

FREE GLAZE SHINE TREATMENT
(\$50 Value)...W/ any service
One Offer Per Person!
Please mention offer when making appointment

3313 NE 33rd Street, Galt Ocean Mile
Ft. Lauderdale, 33308
Facebook.com H Salon/Gayle Hansen
954.491.4871

MY SALON Suite

**FULLY EQUIPPED, MOVE-IN READY
PRIVATE SALON SUITES FOR LEASE**
available now!



HAIR · SKIN · NAILS · BEAUTY SERVICES

MY SALON Suite® of LAUDERHILL/SUNRISE
On N. University Drive just south of Commercial Blvd
and North of Joe's Crab Shack
4600 N. University Drive
Lauderhill, FL 33351

CALL FOR A TOUR 786-284-3139
ALL CALLS ARE CONFIDENTIAL. SE HABLA ESPAÑOL.
MYSALONSUITE.COM

LOVE THE Suite LIFE!™



About Sandra Gomez-Trainor, D.D.S

Dr. Gomez-Trainor attended San Martin University in Columbia, graduating in 1995, and started practicing dentistry, where she gained experience as a dental associate. She then qualified for the Advanced Standing Program for International Students, enrolling in the University of Illinois College of Dentistry, where she graduated with D.D.S. in 2003. After successfully passing her National Dental Board Exams in Florida and Illinois, she is qualified to practice dentistry in virtually every state. She decided to expand her knowledge through numerous courses, including the Advanced Functional Aesthetics and Occlusion for Progressive Practice. All of this was accomplished at one of the nation's most prestigious training facility for cosmetic and restorative dentistry,

the Las Vegas Institute for Advanced Dental Studies.

Dr. Gomez-Trainor gained experience and held several associate positions in Miami and Broward. Then to broaden her experience even more, she started working at the Health Department, as a Teaching Assistant to the hygiene students at BCC. While working here she gained a vast amount of knowledge further helping to advance her career.

In January 2007 the doctor moved her dental practice from Miami to Ft. Lauderdale. Then five years later, in 2012, she moved her practice to the newly renovated, state of the art office, located at her present location, 1740 East Commercial Blvd.

She now welcomes and provides general dentistry for adults, children, and seniors and is a proud member of American Dental Association. Among her services available are: Implants, Mercury FREE filling, Nitrous Sedation, Botox, Veneers ZOOM™ Whitening, Digital X-Rays, and Invisalign treatments. She also has affordable, in-house dental savings plan as well as financing through Care Credit

Dr. Gomez-Trainor, educates her patients about their dental conditions and her dental hygienists make sure that the patient has scheduled visits. You should go at least two times a year for a dental cleaning to keep on top of your dental hygiene. It's time to make that appointment ...call now 954.958.3584 ...visit her website www.gomezsmiles.com



GOT PAIN ?

WHOLE BODY CRYOTHERAPY
... is a 100% Natural non-invasive solution ...

This alternative treatment reduces inflammation and pain, aids healing and increases your quality of life.

What is Whole Body Cryotherapy? It is the general exposure of the body to subzero temperatures, triggering a systematic anti-inflammatory response.

How does it work? While you are inside the chamber (head is out), your body's surface skin temperature lowers to around 32°F; thermo-receptors in the skin send signals to the brain to release endorphins and beneficial biochemicals. In addition, your blood is optimally oxygenated and the toxins in your body are carried away through your vessels.

The Result? An energetic boost, skin rejuvenation due to the production of collagen, faster recovery from injuries and surgery, improve your quality of sleep, reduces stress, strengthen the immune system, boosts your metabolism and increases the daily caloric burn.

WHOLE BODY CRYOTHERAPY SESSION
\$25
LIMITED TIME OFFER

LET US HELP YOU GET BETTER, NO PILLS, NO SURGERY, JUST RESULTS!

Physical Therapy Group of Florida is a family-owned Physical Therapy clinic that cares for each individual. High-volume and chain clinics don't often provide both a high continuity of care by seeing the same therapist for every visit AND one-on-one treatment sessions with a licensed physical therapist, not an unlicensed aide. At Physical Therapy Group of Florida, your therapist will get to know your goals, lifestyle, and limits to develop and implement a plan catered to you. As your limitations reduce and pain resolves, the treatments advance until you transition to a realistic home maintenance or exercise program. If you, or someone you know is ready for a "tune up", we can't wait to get you better, faster.

We provide personalized physical therapy (PT) for all back, neck, shoulder, knee, hip, foot and ankle, toe, elbow and hand injuries. Patients can be seen pre-op, post-surgery, during pregnancy and post-partum or for injuries sustained from sports, work, car accidents, repetitive activity, running, falls, and neurologic conditions including stroke. We treat adults of every age and kids 12 years old and older.

Call today to schedule an evaluation! WE ACCEPT ALL MAJOR INSURANCES. Same day or next day appointments are available.

Contact Information:

Anthony Bullen, MSPT | Physical Therapist
Giovanna Bullen | Office Manager
2430 East Commercial Blvd,
Fort Lauderdale, FL 33308
Phone: 954-491-2021
Call or Text: 954-2531226
Fax: 954-622-9791
info@ptgroupofflorida.com
www.ptgroupofflorida.com



KURT M.

Anthony helped my neck and elbow from a car accident with expertise and knowledge that I needed and relieved the pain and impingement I had for months.... Thanks and great job!

TROY R.

I have had chronic lower back pain due to herniated discs and had tried many things to relieve the pain but nothing had worked...after my first session I had some major relief, as its improved my quality of life immensely.

Quality Dental Care for the entire family

Kind & caring dental professionals

Our services include:

- Implants • Mercury free fillings
- Offering Nitrous Sedation
- Botox • Veneers ZOOM™ Whitening
- Digital x-rays • Invisalign
- In-house Dental savings plan
- Financing available through Care Credit

KID'S SPECIAL \$55

- Exam (D0150)
- X-Rays (D0274)
- Cleaning (D1120) & Fluoride

NEW PATIENT SPECIAL \$69

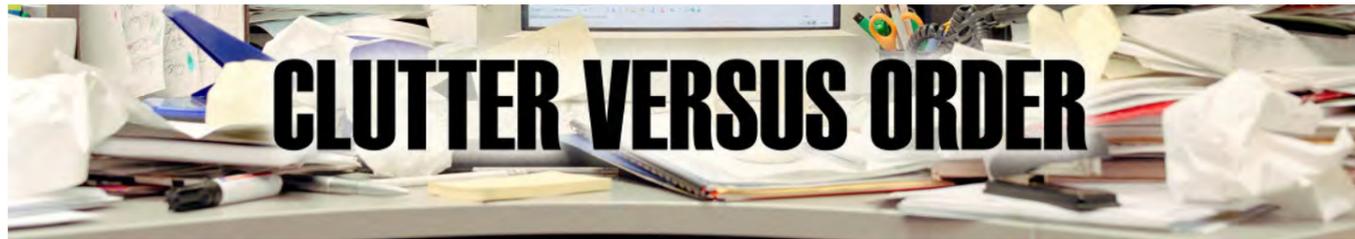
- Exam, (D0150)
- X-Rays (D0274) & Cleaning (D11110)

1740 E. Commercial Blvd., Ft. Lauderdale 33334
954.958.3584

www.gomezsmiles.com

MAJOR CREDIT CARDS ACCEPTED | MOST INSURANCES ACCEPTED | SE HABLA ESPANOL





Do you sometimes walk into your home, and sigh heavily at all the “stuff” cluttering your tables, chairs, shelves, corners, and counters? Do you often wish your “junk” would just magically organize itself? Well, you are not alone. Studies show we are a society of “too many things.” Whether it’s clothing, gadgets, furniture, papers, or decorative chachkies with no purpose, we tend to collect and hoard. How many times have you gone into your “junk drawer” unable to find a certain key, or that little magnifying glass for reading labels, or a tender hand-written card from a special friend?

Without household organization, we waste time and energy looking for things. We are creatures of habit and if there is a place for everything in your home even when you walk absentmindedly into a room wondering for a minute what it is you’re looking for, your body has memory and if you are organized it will at least will take you into the right room to find that missing item. A household of chaos is disconcerting. If it is indeed a reflection of your mind, then you are not operating effectively. In the busy-ness of contemporary life, we can’t afford to misplace things. Whether it’s a photo of your youngest child that you bought that frame for, or the deed to your property, knowing it has a place helps you avoid the daily stress and frustration of misplaced things.

Imagine having your closets in order. Rather than crawling along the floor with a flashlight looking for your left sneaker, visualize all your shoes nicely facing the same direction and grouped according to their utility. Many of us buy filing cabinets but never set up our labels for paid bills or important documents. Inefficiency can cost you money as well as time. Where is that cable TV bill that mistakenly overcharged you? The Asian art of Feng Shui has become popular in the west because research shows that the clutter in our homes reflects a cluttered mind. Our possessions don’t love us back but we can arrange them so as to bring greater pleasure, order and a sense of relief into our environment. Please Call Kimberly for a FREE consultation 954-380-1569.

QM
OCEAN MANOR
BEACH RESORT

THE OCEAN MANOR RESORT
IS HAPPY TO ANNOUNCE
BILLY SULLO SALON & SPA
IS NOW A MEMBER
OF THE RESORTS FAMILY.
LOCATED IN THE LOBBY.

billy sullo salon & spa

2709 E OAKLAND PARK BLVD FORT LAUDERDALE, FLORIDA (954) 652-0795
4040 GALT OCEAN DRIVE FORT LAUDERDALE, FLORIDA (954) 635-2151

**A-FRAME
SIDEWALK SIGNS**

Bring More Exposure To Your Business

Go To The Edge With Bold Color
**32pt Painted
EDGE cards**

- 32pt ultra thick cards
- Uncoated white stock
- Featuring pearlescent colored edges

Color variation may occur due to lighting, screen pixel and monitor color settings

GET STARTED NOW
CALL TODAY

SRM GRAPHICS & PRINTING
Advertising • Marketing

SEAN 954-867-6765

BAMBOO BEACH
TIKI BAR

SATURDAY
OCTOBER
28TH

VISIT THE
**HAUNTED
HOTEL**

COSTUME CONTEST
\$1000
GRAND PRIZE

THE FUN STARTS AT DUSK

Located behind the Ocean Manor Beach Resort
4040 Galt Ocean Drive, Ft Lauderdale, FL 33308

Facebook.com/BambooBeachTikiBar Instagram: @bamboobeachftl www.bamboobeachtikibar.com

Lenore Nolan Ryan

World Class CATERING
& COOKING SCHOOL

LENORE DU JOUR
CULINARY EVENTS
HANDS-ON COOKING CLASSES
TAPAS & WINE TASTINGS
POP-UP RESTAURANT
BUBBLES & BRUNCH
PARTY VENUE
CATERING

3311 North Ocean Boulevard
On The Galt Ocean Mile in Fort Lauderdale
954-491-2340 LenoreNolanRyan.com

"The Art of Entertaining is Knowing Who to Call!"

Celebrated chef Lenore Nolan Ryan has opened Lenore's, an inventive and inviting culinary destination, in a beautiful new location on the Galt Ocean Mile in Fort Lauderdale. This gifted and passionate chef is offering an enticing array of weekly themed pop-up dinners, Bubbles & Brunch on the weekends, happy hours with tapas and wine tastings, and hands-on cooking classes, at her new space. Chef Lenore will also be opening her doors to host private and corporate parties, along with off-premises catering services at clients' homes and businesses. *Lenore du Jour*, her impressive weekly calendar of offerings, will definitely appeal to her loyal client base, which is comprised of local residents and will entice a wide variety of visitors, as well.



"Live, Love, Laugh, Cook and Eat with Lenore on the Galt!"

LENORE DU JOUR

Autumn Calendar of Culinary Events

Larry's Private Car & Limo Service
Luxury Car Service At Less Than Taxi Rates!



Sedans, SUVs, Stretch Limos, Vans & Buses



Corporate Accounts Welcomed!

- 24 Hr. / 7 Days
- Airports
- Cruise Ports
- Flat Rates
- Hourly Rates
- Point to Point
- Meetings & Events
- Weddings/Special Occasions



10% OFF 1st Month's Billing on New Corporate Accounts

10% OFF Any Airport / Seaport Service

\$25 OFF Any Stretch Limo Service
5 hour minimum

BOOK A WEDDING AND RECEIVE A \$25 Gift Certificate for Bachelor / Bachelorette Party

Broward 954.473.6631 **Palm Beach** 561.361.7899 **Toll Free** 800.611.6631

VISIT US OR RESERVE ONLINE AT

LarrysLimo.com

ITEX
The Membership Trading Community
1-888-LUV-ITEX
561.731.3434
<http://305720.itex.com>

Tuesday October 10th / 6:30-8:30pm

Hands-On Cooking Class - \$55

Stir It Up! "Risotto"

Wild Mushroom Risotto / Basil Pesto Burrata Risotto / Shellfish Risotto
Butternut Squash Risotto

"Friday the 13th" of October / 5-8pm Happy Hour, Come Anytime!

"Treats & Tricks Wines & Tempting Tapas Tasting" \$25pp

Around the World with Bubbles / Whites / Reds
Luscious Tapas, Blind Tasting and Prize Give-a-ways

Sunday October 15th / 10:00am-3:00pm

Bubbles & Brunch "A Toast to Fall" - à la carte

Lenore Cooks!

Buttery Cinnamon Biscuits & Apple Butter Jam
Torta Milanese / Pumpkin French Toast / Honey Ham & Potato Gratin Benedict
Seafood Newburg Omelette / Grapefruit Mosa / Lenore's Sake Mary / Champagne

Sunday October 22nd / 5:00-9:00pm Reserve your place or come anytime!

Live 2 Travel and Love 2 Eat - \$22pp

Lenore Cooks! "California Wine Country"

"Mustards Grill Napa Valley" Fire Grilled Artichokes with Aioli / Grilled Garlic
Chicken & Roasted Forest Mushrooms & Crispy Buttermilk Onion Strings
Meyer Lemon Pudding Cake

Tuesday October 24th / 6:30-8:30pm

Hands-On Cooking Class - \$55

"Impromptu Dinner with Friends"

Pappardelle with Red & Gold Cherry Tomatoes / Salmon with Sriracha Lime Sauce /
Baked Goat Cheese, Roasted Garlic & Herb Salad / Blackberry Macaroon Torte

Friday October 27th / 7:30pm

Dining in the Dark \$65pp / Wine Flight - \$25pp

Blindfolded Dinner Event

Mix and Mingle 7:30-8:30 / 8:30pm 4 Course Dinner
Prizes for guessing each dish's ingredients!

Thursday November 2nd / 6:30-8:30pm

Hands-On Cooking Class - \$55

"Shrimp" Star of the Show!

New Orleans Barbecue Shrimp & Biscuits / Key West Salt Baked Shrimp
Shrimp Scampi Ciabatta / Provençal Lemon Shrimp

Saturday November 4th / 7:00-9:00pm

Hands-On Cooking Class - \$100 per couple

Date Night "Kissed on the Galt Riviera"

Hot Shrimp Cocktail / Crispy Chicken Picatta / Lemon & Sweet Pea Riso
Chocolate Espresso Mousse / Champagne Cocktail

Thursday November 9th / 6:30-8:30pm

Hands-On Cooking Class - \$55

"Scrumptious Soups"

Whiskey Crab Bisque / Roasted Corn Soup / Cauliflower Fuji Apple Soup
Roasted Tomato Basil Bisque / Cold Blueberry Soup

Friday November 10th / 7:00-9:00pm

Girl's Just Wanna Have Fun Night Out!

Appetizers, Laughter and Lively Libations!

Hands-On Cooking Class - \$55

Ginger Spritzer / Agave Rita / Lemon Cosmo / Crispy Flatbread Burrata
Sesame Ginger Tuna Skewers / Heirloom Tomato Avocado Tartine / Five Spice
Chicken Salad / Peaches & Raspberries with Burnt Caramel

Sunday November 12th / 10:00am-3:00pm

Bubbles and Brunch - à la carte

"Lenore Cooks"

Pumpkin Maple Pancakes / Smoked Salmon Benedict / Huevos Rancheros
Caramelized Onion & Goat Cheese Omelette / Red Wine Braised Beef Hash
Pomegranate Mimosa / Ramos Fizz / Sake Bloody Mary

Tuesday November 14th / 6:30-9:00pm

"My Favorite Traditional Thanksgiving with Twist"

Hands-On Cooking Class - \$65

Lemon Herb Roasted Turkey / Rosemary Molasses Gravy / Aromatic Vegetable
Stuffing / Raspberry Orange Cranberries / Sweet Potato Marshmallow Crumble
Wild Mushroom & Crispy Onion Green Beans

Thursday November 16th / 6:30-9:00pm

"Contemporary Thanksgiving Menu"

Hands-On Cooking Class - \$65

Five Spice Mandarin Duck Confit / Wild Mushroom Bread Pudding / Balsamic
Glazed Cipollini Onions / Roasted Brown Butter Squash / Truffled Potatoes

Friday November 17th / 7:00-9:00pm

"Falling For Lamb"

Hands-On Cooking Class - \$65

Rack of Lamb Provençal / Port Wine and Dijon Colorado Lamb Chops
Butterflied Lamb & Lemon Artichokes / Yukon Potatoes Gratin

Thursday November 30th / 6:30-8:30pm

"Perfect Party & Appetizers to Impress"

Hands-On Cooking Class - \$65

Cajun Crab Cakes Remoulade / Baked Feta & Tapenade / Port Figs & Prosciutto
Crostini / Caramelized Onion & Goat Cheese Tart / Chimichurri Chicken Phyllo
Holiday Hibiscus Sangria / Real EggNog

Lenore Nolan Ryan
World Class Catering & Cooking School

3311 North Ocean Boulevard, Fort Lauderdale ~ 954-491-2340 ~ LenoreNolanRyan.com

Health Tips for Your Pet

BE SURE TO GIVE YOUR PETS A HIGH QUALITY DIET. Pets fed a high quality diet have a shiny hair coat, healthy skin, and bright eyes. A good diet can help strengthen your pet's immune system and much more. DO NOT LET YOUR PET GET OVERWEIGHT

Pets that are overweight are at risk for health issues. Obesity is the number one disease seen in pets currently; studies have shown that overweight can shorten a dog or cat's life span by as much as two years. MAKE SURE YOU TAKE YOUR PETS TO THE VET All pets require regular veterinary care. A routine examination can uncover health issues that you are unaware of. In many cases, an early diagnosis improves the chances of successful treatment.

KEEP YOUR PET'S MOUTH CLEAN. A common problem among dogs and cats, dental disease and oral health issues can cause your pet pain, making it difficult for him or her to eat. If left untreated, oral health issues may even lead to heart and kidney disease.

DO NOT ALLOW YOUR PET TO ROAM UNSUPERVISED. Pets that roam freely are susceptible to many dangers, including automobile accidents, predation, exposure to contagious diseases, exposure to poisons, and more. Following these tips can go a long way towards providing a long, healthy and happy life for your pet.



Dee's STRESS-FREE PET SERVICES

- Teeth Cleaning
- Baths/Nail Trimming/Ear Cleaning
- Pet Sitting/Dog Walking
- Hospice Care/Fluids/Injections
- Pet Taxi
- Cremation

FREE House Call
1st time customers please

Experienced Veterinary Technician
954.614.3690

Through The Mystic's Eyes

By Jenny E. Weeks



I'm so excited to share my experiences in the realms beyond our physical sight and hearing and I hope I can offer you insights into your own intuitive gifts! My name is Jenny E. Weeks and I am an Intuitive Medium, which means I can communicate with those who've passed on. Everyone has their own unique way of coming through to me. I may feel how they passed- literally experience pain where they did. Sometimes, it's through sight, smell or even feeling a physical touch. I know many people don't believe in life after death or that someone could actually receive a message from "beyond," but I can tell you, once you experience it for yourself, you'll never doubt again! I also have the ability to communicate with animals, which is what brought me here to you. I've assisted in locating missing pets, in Scotland, here in the States, and right here in Broward County! A precious kitty named Bella, slipped out the door while company was visiting, ended up lost and unable to find her way back home. Her human mom contacted me and I "touched in" with Bella, who was very descriptive and vividly showed me her surroundings. I don't often receive names of streets or precise locations but I do see through their eyes so I can see, in detail, what the area they are in looks or smells like. I passed this information to Bella's mom and she was able to find the house as I described, right down to the sloping hill and manicured lawn. Bella had been seen there so she followed my instructions and the

next thing I knew, I received text messages with photos of Bella at home. It took just a few days. I wish they were all that easy or had happy endings. We can rejoice for those who do make it home and pray for those that don't. I can't explain how the communication happens. As a little girl, I always knew what my grandmother's dog was thinking or feeling. Imagine my surprise when I got to kindergarten and found out nobody else could speak to the dog!

What about you? Do you have dreams or visions that you ignore? Feelings you shrug off only to find out something awful has happened? We'll explore these things in greater detail in the coming issues. www.JennyWeeks.com
<https://www.thesun.co.uk/archives/news/752009/mystic-mutt/>



The Dolly's Dream Project was created in 2015 to help dispel the myths of bully breed dogs. The Boca Raton based foundation currently works with the Humane Society of Broward County (HSBC) in Fort Lauderdale, Peggy Adams Animal Rescue League in West Palm Beach and Furry Friends in Jupiter. Sadly, American Staffordshire terriers, American bulldogs, bull terriers, and mixes of these breeds are prevalent in shelters across the country. To reduce the number of these dogs being born and entering shelters, the Dolly's Dream project offers free spay or neuter for bully breeds residing in Broward and Palm

Beach Counties. Since the program began in 2015, 328 dogs have been sterilized at the HSBC and 147 dogs have been sterilized at Peggy Adams.

In March 2016, another facet was created to help the bully breed dogs in these shelters find homes. Dolly's Dream now underwrites the adoption fee and supplies for select dogs. In addition, the program will even cover the cost of obedience classes at the shelters for those adopted dogs. Since this exciting element has been added, 40 dogs have been placed.

In addition to spay/neuter and adoptions, the Dolly's Dream program provides a rescue stipend for bully breed dogs that are taken by reputable rescue organizations from Palm Beach County Animal Control. To date 50 dogs have been rescued as a result. The stipend helps cover the cost of food, veterinary care and other supplies. At the HSBC, 681 bully breed dogs have been helped through surrender prevention efforts thanks to Dolly's Dream. This includes vaccines, wound care, food assistance, x-rays, behavior assistance information, blood work and orthopedic surgery for several dogs that were transferred from Broward County Animal Care and Adoptions to the HSBC for care. Daniella Jordan, Director of the Dolly's Dream Project is thrilled with success of the adoption program. "This element of the program will hopefully allow potential adopters the opportunity to see what wonderful dogs they are. Each week two Dolly's Dream Dogs are featured at each of the participating shelters. These are dogs that may have been surrendered by their families or are transfers from animal control facilities. The one thing all the dogs have in common is that they all need a loving family." Dolly's Dream hopes to expand and work with other reputable shelters to help these often-misunderstood dogs.

Brought to you by the Humane Society of Broward County, 2070 Griffin Road Fort Lauderdale FL 33312
954-266-6831 humanebroward.com | Cherie Wachter, Vice President of Marketing

SHOWCASE YOUR BUSINESS!



**Biz
TO
Biz
EXPO
2017**



Monday October 23, 2017

Embassy Suites • 661 NW 53rd St. • Boca Raton • I-95 & Yamato Road
5PM - 8PM

FREE ADMISSION TO THE PUBLIC

This is a great opportunity to promote and showcase your business and products to hundreds!

Exhibitor Rates:

Single Show:	3 Shows Special:
6 ft Table: \$199	GREAT VALUE!!!
8 ft Table: \$285	6 ft Table: \$497
12 ft Table: \$365	8 ft Table: \$675

To Reserve your space:
www.biztobiznetworking.com
954.838.9644

3 Show VALUE PACKAGE!

Biz TO Biz NETWORKING

Numerology and You!

What would we do in a world without numbers? Numbers are everywhere, on our bank accounts, phones, addresses, lottery tickets, money, birthdays, measurements, social security cards, and we track ourselves through life with numbers. Numbers are indispensable and mysterious. The history of numerology goes back thousands of years to the time of Pythagoras, one of the earliest fathers of mathematics. Pythagoras felt that the universe was calculable by numbers. He associated them with the alphabet, so each letter has a corresponding number. Numerology gives us ideas about who we are because of our names, and our birthdates. From here we can figure out our Life Path Number, our Destiny Number, Soul Number and Personality Number and more. We can use numerology to guide us from year to year, month to month and even day to day. All we need to know is how to add. We keep reducing the numbers down to a single digit by continually adding them. Each signal number has a particular energy to it and signifies different characteristics and cycles. For example we are in the year 2017. To get the "vibration" of this particular year we add 2+0+1+7=10. We then add 1+0=1. So we are in a ONE cycle. It is a new beginning, the initiation, the start of a cycle of independence, new paths, breakthroughs, new purposes and goals. In a ONE cycle, there is no room for masks or lies. The truth will out. If A is 1, then B is two, etc. It is often easier to refer to the chart on the right:

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	X

Stay tuned for our continuing discussion next issue. If you would like a personal numerology analysis please email me at Deborah@intuitivegateways.com.

Keep Your Home Looking Like New.

Roof Doctor Dan Jones knows without the proper maintenance, "Your roof will leak sooner or later!" After 50 years atop SFL commercial and residential properties



can last a lifetime!! Not to mention you will spend about 1/2 the cost of roof replacement.

Keep your property in peak condition which allows you to be ready

Dan knows where to look, what to do and how to save you money!

when you want to sell or your mortgage or insurance company wants to inspect your roof. (They do so at least once in 10 years).

A roof coating can keep you from needing to replace your roof if proper maintenance is followed. Now is the time to call roof doctor Dan Jones of Transcontinental of USA for a FREE consultation. Make sure your property, (roof and walls for high-rises), is secure! Some coatings when applied professionally and with regular maintenance and

Dan Jones is a well respected man of knowledge, integrity, and an expert on roof coatings and roof repairs. Please visit www.waterproofroofer.net to see references, articles, photos and more. To reach Dan directly, call 954-763-7339 for your no obligation free inspection.

Taking you Above & Beyond Your Limits of Time & Space

How a Personal Concierge Can Help You Fully Enjoy the Fall Season

It is hard to believe that Fall is already here in SoFlo. It has been quite a month with hurricane prep, power outages, downed debris and unexpected evacuation trips. New school routines require managing your home for increased activity to get YOU and your kids out the door. Add to that increased levels of demands for homework, sports and clubs. At the end of these busy days everyone comes home hungry and tired. Fall is a popular time for house projects, maintenance/repairs, redecorating etc. This Fall, in SoFlo, we have added demands in meeting with contractors, arranging for property damage repairs, getting estimates etc. Also businesses use this season to think of ways to reward or thank their employees and customers. There is help! You don't have to manage this all alone. Above & Beyond Personal Concierge is here for you! We have pricing to fit your budget and save you time on: Shopping, meal planning, errands, scheduling appointments, meeting contractors and service professionals, streamlining gift giving, special office party event planning, decorating, and more. THOSE are the tasks that are worth outsourcing to someone else. Let's make Fall as carefree and easy as Summer.



Jan Lyon
Concierge Specialist



www.abpersonalconcierge.com or call Jan Lyon today at 954-818-9294.

ABPersonalConcierge@gmail.com



954.818.9294

Auto Tag Renewal - License Problems – Car, Homeowners, Motorcycle, RV, Boat, Commercial and General Liability Insurance

**Come to...Florida State Insurance & Auto Tags
A One Stop Shop . for All Your
Insurance Needs**

By Victoria Hagendorf



I am probably like everyone else, putting off to the last minute, of course not intentionally, but it happens... we have to meet a deadline, or in my case, a license renewal came up, and waiting in-line for 2 hours did not appeal to me! So, after some research, I found Florida State Insurance & Auto Tags, conveniently located on the corner of Sunrise Blvd. and Federal Hwy. -- Sears Shopping Center. They have been in business for over two decades; specializing in providing automobile, homeowners, business, motorcycle, commercial, commercial auto, general liability, RV, & boat insurance. Working with many different quality insurance companies they find the best coverage at the lowest possible price for all your insurance needs.

Florida State Insurance & Auto Tags offers one-day tag & title service... They can help you fix problems with your title, offering one day tag & title service Registering your vehicle or buying new tags doesn't have to be a chore... best of all, they service all of Broward, Palm Beach, & Dade counties. What I thought was really convenient was that they can handle everything for you in one place; you don't have to look to find the best insurance at the right price, because he takes care of that.

All I can say is CONVENIENCE – CONVENIENCE- CONVENIENCE –No Waiting...In and Out in no time, in fact he can even write you on the phone.

Save time and stress, Florida State Insurance & Auto Tags is a one-stop shop for all your insurance needs.

Call Scott Hoff, who is the owner & operator; he will personally take time to help you with any insurance problem you have. He says that he has the cheapest home owners insurance, with every company represented. His motto is "Where others have Branches –We have Roots" Call Scott today at 954.467.1938 located at 927A N. Federal Hwy. (Sunrise & Federal) Check out his website FloridaStateInsuranceandAutoTags.com

Intelligent Termite • Pest • Rodent Control

800-543-1319 or 954-429-9906

**We Beat Any Competitor's Price or It's Free
Once-A-Year Pest Control & Ant Specialists**



**Termite Control & Prevention, Rodent Control & Exclusion, Flea, Tick & Bedbug Elimination, Wholesale Fumigation Service Mold Inspection & Remediation
Lawn - Tree - Shrub - Plant Care**

**WDO Real estate
Inspections from \$35**

**Free Roof Inspection with any
Pest Control**

**Why Fumigate When You Can Terminate?
Visit our do-it-yourself store at
3256 W. Hillsboro Blvd., Deerfield Beach
954.429.3365**

ITEX
The Membership Trading Community
1-888-LUV-ITEX
954.337.2183
<http://305720.itex.com>

www.shipshapepestcontrol.com

**FLORIDA'S COUNTRY MUSIC SCENE
SCHEDULE OF NOV-FEB EVENTS!**

CONTRIBUTED BY SOUTH FLORIDA COUNTRY MUSIC
(FOR A COMPLETE VENUE/CONCERT LISTING, PLEASE VISIT WWW.SOUTHFLORIDACOUNTRYMUSIC.COM)

- | | |
|---|---|
| 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 |



Neeta Mitroo, MD
Board Certified in Anesthesiology
& Bariatric Medicine

PRP FOR HAIR GROWTH & FACIAL REJUVENATION

by Neeta Mitroo, MD
J.B. Matroo, MIE

These days, PRP, is one of the most popular and hottest treatment. Research at various university centers has shown it really does work.

WHAT IS PRP?

It stands for Platelet Rich Plasma. 20-40 cc of patient's blood is drawn and centrifuged. This separates blood into different layers. The layer of Concentrated Platelets, called PRP, is taken and injected into the Facial Skin or the Scalp.

Advantages: • Since PRP is from the patient's own blood, there are:

- No risks of disease transmission
- No allergies.

HAIR RESTORATION

PRP has been successful for both Male & Female pattern baldness and for spot hair loss. The Growth Factors from PRP, kick-start the dormant Hair Follicles and increased hair density and thickness. At least, 3 to 4 treatments are required, 4 to 5 weeks apart; to cover phased growth of hair follicles. Results start showing within 3 months and continue to improve for about a year. With proper maintenance, the results should last several years.



Advantages:

- For men, no long-term medication needed; like Finesteride, or Propecia. These have side effects and safety concerns.
- For women, thinning hair gradually improve. The need for wigs or hair enhancers is reduced.

FACIAL REJUVENATION



When Platelets are injected into the skin, they release various Growth Factors, which stimulate Stem Cells and Fibroblasts to increase Collagen, Fibrin and Elastin in the treated area.

Two to three treatments are given, 6 to 8 weeks apart and can be used for FACE, NECK & UNDER-EYE areas. It improves skin texture, acne scars, fine lines and crepey skin. For treating under-eye depressions, it can be combined with HA dermal fillers for enhanced result, as needed.

Selecting the right physician is important. Look for a well-established physician who has years of experience in a variety of aesthetic treatments, including PRP & Micro-needling. One such place in Ft. Lauderdale is Sitara Medi Spa. They have been in practice for over 16 years and Neeta Mitroo, MD has performed numerous PRP treatments, in addition to Botox, Xeomin and dermal filler treatments. They have also obtained excellent results with latest PDO Threads treatments for sagging jawlines & skin folds. **Give them a call at 954-649-2027.** They have weekend appointments!



"SITARA" means a bright star. We make you look & feel like a star!"

BEAUTIFUL FACE AND SKIN

All treatments by our Physician - over 16 years' experience

Injectable, Non-surgical, Treatments: Virtually PAINLESS
IMMEDIATE RESULTS and LONG-TERM RESULTS:

- WRINKLES & FOLDS • DEPRESSED CHEEKS • SUN DAMAGE
- DARK SPOTS • DULL, UNEVEN SKIN TONES
- UNDER-EYE (Dark circles & Tear troughs) • SMOKER'S LINES

- BOTOX DYSPORT XEOMIN RESTYLANE JUVEDERM RADIESSE BELOTERO
- RESTYLANE-Silk SCULPTRA CHEMICAL PEELS
- Highest pharmaceutical-grade **iS Clinical products ON SALE.**

We Also Offer:

NON-SURGICAL FACELIFT: Look & feel YEARS YOUNGER!

LIP ENHANCEMENT: Full & balanced lips, beautiful without looking like a duck!

Latest PDO Threads Technology: Face & Neck

MICRONEEDLING & PRP: For the Face, & HAIR GROWTH for Men & Women

OUR BEST EVER SALE PRICE OFFER

Get the below SALE prices between now & Nov. 30th, 2017 and we will give you the same low SALE prices every time you return to us within 9 months of the previous visit.

- XEOMIN, DYSPORT & BOTOX only \$199/ Area (Assured Quality; call about FREE touch up!)
- RESTYLANE, RADIESSE, or JUVEDERM only \$399/ syringe (+ upto \$50 gift for 3)
- SCULPTRA for Long term results only \$659/ vial. \$649 ea. for 2+ vials.
- VI Peel or Perfect Dermal Peel for clear glowing skin only \$225. only \$199 ea. for 3+
- PRP for Deep-skin Rejuvenation for Face Call us for FREE Consultation and Prices.
- HAIR GROWTH with PRP plus Micro-needling Call us for FREE Consultation and Prices.
- New Tech: PDO Threads for Face & Neck only \$399 & up. Call us

TREATMENTS BY APPOINTMENT

FREE CONSULTATIONS & FOLLOW UPS

Sitara Medi Spa

954-649-2027

Email: info@sitaramedispa.com

2461 East Commercial Blvd.

(Between Federal Highway & Bay View Drive - On North Side)

Ft. Lauderdale, FL 33308

Also see our ad on back cover

Disclaimer: The patient and any other person responsible for payment have the right to be reimbursed for payment of any other service, examination or treatment that is performed as a result of and, within seventy two (72) hours of, responding to the advertisement for the free, discounted fee, or reduced fee service, examination, or treatment.




From a car to a boat, a jet ski or RV.
Every vehicle makes a big difference.
Receive a tax deduction and help local families in their greatest time of need.
Just give us a call and we'll take care of the rest!
Free pickup.

888.885.3602 www.hpbcf.org




A COPY OF THE OFFICIAL REGISTRATION (#0419100) AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800) 435-7352 WITHIN THE STATE OF FLORIDA. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. HOSPICE OF PALM BEACH COUNTY FOUNDATION (EIN#20-3974070) IS A 501(C)(3) ORGANIZATION.

**HOSPICE OF PALM BEACH COUNTY
FOUNDATION – HOSPICE BY THE
SEA FOUNDATION RESALE SHOPS
EDITORIAL OCTOBER 2017**

This year, Hospice of Palm Beach County Foundation and Hospice by the Sea Foundation Resale Shops celebrated their 30th anniversary of providing fashionable finds, all while giving back to the community. The upscale shops offer designer fashions, home goods and furniture at a fraction of retail prices. Store locations are in Boca Raton, West Palm Beach and Juno Beach. Hospice of Palm Beach County and Hospice by the Sea Foundation Resale Shops have been an integral part of not only the communities that they serve, but in helping patients receive the hospice care that they deserve. The organization receives donations of all types from charitable community members, including vehicles through their Hospice Cars program, which are then sold to the public. The proceeds from the goods sold directly benefit hospice patients and their families, including extraordinary comfort care, music therapy and individual and family bereavement services provided by Trustbridge. Call (561) 494-6814 or visit hpbcf.org for more information.

LowTE Florida



Our mission at LowTE Florida is to enable men and women to live their best lives. As the years pass, we all slowly lose our ability to produce our own hormones and that limits our ability to live well. Our goal is to optimize your hormone balance so you can feel your best. Many times, a simple tweaking of your hormones can make all the difference in the world. LowTE Florida utilizes the scientifically proven BioTE® hormone pellet system.

Pellet therapy is not new; hormone pellets have been used with great success in the United States, Europe and Australia since 1939. More than 70 years of research has illustrated the benefits of pellet implants and administering hormones to both women and men. Our pellet therapy uses bio-identical, all-natural estrogen and testosterone, delivered by tiny pellets inserted just under the skin. Over the next several months, the pellets release the hormones and are eventually absorbed completely.

What makes us different? Our pellets are made from the highest quality plant-based materials and are compressed at hundreds of pounds of pressure – enabling them to deliver constant levels of hormone replacement for months at a time, 24 hours a day, 7 days a week. This prevents the roller-coaster ride of the other modes of delivery (pills, shots, patches, gels, creams, etc.).

In addition, our patented dosing system is exact. Through precise testing and proper consultation, the most accurate dose is prescribed for each patient's unique body chemistry. Your BioTE® pellets are inserted by only well-trained certified experts who have years of

hormone replacement therapy experience. Nurse Practitioner, Carolyn Zaumeyer, has been specializing in women's health (gynecology) for more than 20 years. After the Women's Health Initiative Trial in 2002 revealed that synthetic hormones could increase women's risk of breast cancer, heart attack, stroke, blood clots and Alzheimer's disease, Carolyn decided to devote her studies to Bio-Identical Hormones. She wanted to learn how to prescribe them safely and effectively. Carolyn has traveled throughout the United States and has studied under the most prominent experts in Bio-Identical Hormone Replacement Therapy. As a proud member of the Forever Health Practitioner Network, whose national spokesperson is Suzanne Somers; Carolyn has worked with Suzanne on several projects. Carolyn and Suzanne have a great rapport and are like-minded in their beliefs of healthy aging and BHRT.

Carolyn is currently providing BHRT to men and women, office gynecology and cosmetic injections at her Fort Lauderdale office located at 4540 N. Federal Highway (across from Holy Cross Hospital). More info is available at LowTEFlorida.com.

Book Now For Your Holiday Events!



Yvette Quezada
Ora Media Entertainment Group
954.309.8582
www.oraentertainment.com

Positive & Creative Energy from Within!



Specializing in
Videography • Photography
• Graphic & Web Design
• Advertising
• Visual Effects
& More

BOOK NOW!

FREE CONSULTATION
20% OFF
Mention this ad

**WE BRING SOME OF THE MOST CREATIVE IDEAS
TO EVERY PROJECT (IN AND OUT OF THE BOX THINKING)**

Weddings Corporate Events Fashion Portraits



**Tips by Geeky Madonna to Protect Your Data and Privacy!
Post Disaster Recovery Steps....
Having a Plan and Executing It.**

By Tamara

Have an expert that you can rely upon as a reliable source. I have over 25 years experience in the South Florida Tri-County Area. My experience has been from working with hardware and cable management to Website design. Currently I am working with Financial & Accounting Automation Solutions. Everyone needs a software solution, such as QuickBooks or Peachtree application, to manage their financial assets and liabilities.

The first step is to map out a plan of attack. Run systems updates with all current recommended computer patches. Must have a known Anti-virus and Malware software suite installed. Check your software is up-to-date. Password protect all computer systems with individual logon accounts. Change these passwords on a frequent schedule. I recommend every month, which can be managed through the computer policy configuration settings. Also, digitize all paper documents by using a software package to automate this process. Make backups of all drives and then keep this in another location from your business or home. One suggestion is to have a virtual drive such as 'Google Drive' or 'Microsoft One Drive'. It is possible to make DVD's or separate thumb drives. There are replication synch solutions that are cloud based and can be automate, (Carbonite.com). This cloud based systems does have a monthly cost just like website and internet store fronts. Last but not least, is to keep records and generate a document of all changes mad, and keep them in a secure & dry place. E-mail phishing is the most threat, to compromising your systems data. There is one way of detecting that the email you have a fake email, is by looking for the received email account in the from location. If the email address looks FAKE, it is! These recommendations are great and I practice them every day which needs to be executed on a regular schedule. I use a Microsoft product to run scans on enterprise networks to show exploits. These vulnerabilities are shown in a web-based report which explains in detail. This is a baseline to start with most small to medium size companies.



Love Sami Organization

Love Sami Organization is a very small grassroots nonprofit (501-3c), dedicated to suicide prevention, advocacy, awareness and education. Our top mission and priority is to help heal the loved ones of suicide survivors, individuals that have attempted suicide or are feeling suicidal. They also work with groups of individuals that are at high risk of suicide; veterans, police officers, firefighters and LGBT. They do healing programs to bring joy, hope and happiness into their lives... a reason for living. They want to help stop the stigma associated with suicides. Love Sami was founded by John Coburn and Dori Brenes, who are both suicide survivors. They primarily focus on programs in Broward, Palm Beach, Dade and Monroe counties, but have plans to expand to cover the entire U.S. in the future. Both John and Dori have suffered from suicides in their lives. John lost his daughter, Sami, at the age of 19, in August of 2014 and Dori lost her father, a veteran, in 2011. Dori also attempted suicide twice, first at the age of 15 and again at 23. Neither Dori nor John take any salaries out of Love Sami and all the work

they do is done straight from their hearts. They have both found it to be therapeutic and healing to give back and help others to heal. LoveSami.org offers many different programs, all at no charge to the participants. Recent examples include a shark tagging research trip with the Guy Harvey Ocean Foundation and Nova Southeastern University, paddle-boarding excursions, discovery diving programs and swimming with baby tigers and otters and interacting with baby animals at the conservation zoo Dade City's Wild Things. John and Dori hope that these excursions and programs will bring healing and hope to the participants. They have witnessed the changes that happen, right in front of their eyes as participants pet a baby tiger. They smile, because these people are responding by having a moment of joy in their lives again. They have noticed participants to be inspired and become involved in conservation, which gives them a new purpose, to be healthy, and focus an outlet for their grief.

If you, or any member of your family or circle of friends have suffered a loss from suicide, please call Dori at 954.822.6395 -her email is Doribrenes759@msn.com - check out their website Wwww.lovesami.org and lovesami.org on facebook



Are the Butterflies in Your Stomach Making You Feel Anxious & Stressed?

Build Hypnotic Self Confidence

By Robert Collier

You know that feeling in the pit of your stomach? Maybe you relate it to a feeling called anxious or nervous; left unresolved it becomes the basis for stress. Imagine feeling that way and immediately believing something marvelous was about to happen; a doorway to a great opportunity was about to open. All emotions and accompanying concerns are part of a cycle of experience, feeling and thought which create a mental imprint. Mental pathways created somewhere in the past and then strengthened over many years. Much like exercising physical muscles, each time we had a similar experience that imprint became reinforced, carved deeper into our subconscious. Each of us has a little voice deep inside explaining our feelings. If our emotional voice is heard as bad we fall back upon our basic fight or flight response; prepare for battle (fear, anger) or run from the situation (distract away with food or drink). But know now that we create new imprints every day of our life, new relationships between experiences, emotions and thinking; all we need to do is strengthen the beneficial ones and find the good in the

others. Every person that comes to see me fundamentally believes, though they might not realize it, that they can have a better outcome from their experiences; it's the reason they came in. Call it self-hypnosis or simply understand that since we usually get what we expect it is beneficial to expect the better. Hypnosis strives to enable us to learn the positive lessons of our experiences, to repair and rebuild negative mental imprints in order to create new ones that strengthen and empower. Whether at business or your personal relationships feel the butterflies and know that it's a signal that something great is about to happen. *Change your Thinking..... Change your Life.*

Robert Collier is a certified hypnotist at Psychotherapy and Hypnosis Services, located at 1400 E. Oakland Park Blvd, and has been providing hypnosis for nearly twenty years for a wide range of issues. He is certified by the National Guild of Hypnotists, Banyan Center for Training and the Omni Hypnosis Center. Free consultations are available, 954-938-8000 or see his website: www.hypnosisLLC.com., email: rcollier@hypnosisLLC.com Wellspring Hypnosis, LLC



(954) 579-0704

<http://www.CreditScoreBuilder.us>

Credit Score Builder, Inc. is a national credit repair corporation. Over the past five years our team has helped **thousands** nationwide get the credit needed for a better financial future. With **over 20 years** of combined experience, we believe that any **poor credit** score can be improved.

We Analyze Your Credit Score

Credit Consultants helps you understand and determine inconsistencies on your **credit report** that may affect your score.

Credit Coaching

Credit coaching service is provided to teach you all there is to know about achieving a great credit score.

Fraud Protection Insurance

We also provide a \$1 million dollar fraud theft Insurance policy to protect your personal identity, your credit cards and much more!

We Repair Credit

We enjoy a phenomenal reputation with all major financial institutions and the three major credit bureaus. We work to find negative, disputable information in your credit report and help improve your credit worthiness. We are dedicated to giving personal attention to all clients.

Your Satisfaction Is Our Top Priority

Our number one goal is to wipe out all **credit killers** on your credit report: late payments, collections, foreclosures, charge offs, incorrect balances, repossessions, tax liens, medical bills, garnishments, etc.

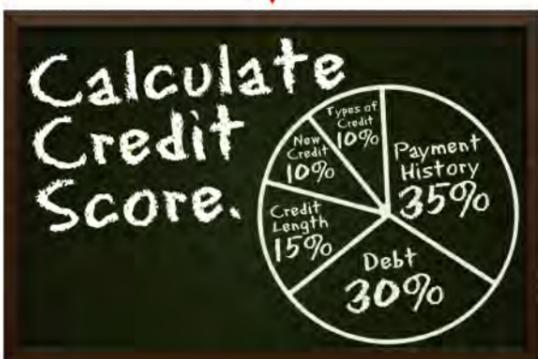
You will see an improvement in your credit score within 30-35 days instead of 6 months.

Business Credit Building

We establish solid business credit to ensure your company meets industry and credit compliance standards.

Personal Finance 101

A good credit score helps:





Sitara Medi Spa & Neeta Mitroo, MD
are pleased to introduce...



Neeta Mitroo, MD
Board Certified in
Anesthesiology
& Bariatric Medicine

"SITARA" means a bright star. We make you look & feel like a star!"

- **HAIR REJUVENATION & RE-GROWTH**
 - **DRAMATIC, CELLULAR LEVEL, SKIN REJUVENATION**
- Proven Technology, with Good Long-term Results: For Men & Women!**

- **Treatments may use one or both of the below Procedures:**
(1) PRP Treatment. (2) Micro-needling.
- **Non-surgical & virtually painless: Local anesthetic used.**



HAIR REJUVENATION & RE-GROWTH

- Thickens & Rejuvenates hair growth.
- Long-term results with 3 Treatments: Your own natural hair regrown!
- These cover all 3 stages of hair growth from same hair follicles.
- Each Treatment 4-5 weeks apart, coinciding with hair growth from the follicles.
- Results can last years with recommended maintenance.

TREATMENTS & PRICES

	Reg.	Intro. SALE
1 st Treatment – with PRP & Micro-Needling	\$1499.00	\$1099.00
2 nd Treatment – exactly same as the 1 st one	\$1199.00	\$899.00
3 rd Treatment – exactly same as the 1 st one	\$1199.00	\$899.00
		Total = \$2897.00

Very affordable compared to Transplants, etc. **Payment plans available.** Call for details.

DRAMATIC, DEEP-SKIN REJUVENATION

- Natural GROWTH FACTORS & PLATELETS from the PRP Treatment help generate more collagen & elastin to dramatically make your skin look years Younger & Fresher.
- Reduces Acne scars, sun damage & skin blemishes.



TREATMENTS & PRICES

	Reg.	Intro. SALE
1 st Treatment – with PRP & Micro-Needling	\$1199.00	\$999.00
2 nd Treatment – exactly same as the 1 st one	\$999.00	\$799.00
		Total = \$1798.00

"Beauty w/o Makeup!" - Long-term. **Payment plans available.** Call for details.

See our Ad on Page 27 for full range of our services & prices.

Sitara Medi Spa

2461 E. Commercial Blvd.
Ft. Lauderdale, FL 33308
(East of US-1, on North side, near Hot Legz)

954-649-2027
info@sitaramedispa.com