

#### TAXES TO DIP UNDER NEW LBTS BUDGET

by Mark Brown

The LBTS town commission has approved a fiscal 2008-09 budget which pretty much holds the line on new spending projects for next year and provides a modest tax cut for local residents. Most of the tax decrease is attributable to the reduction in property tax assessments caused by the slumping real estate market. In addition, taxes were lowered as a result of the referendum which Florida voters approved earlier this year which doubled the Save Our Homes tax exemption to \$50,000.

However, the commission also dipped into the town's general operating fund in order to lower the millage rate by an additional two-tenths of a point, from 4.1 to 3.99.

As a result, a resident of

LBTS who owns a home valued at \$275,000 and qualifies for the homestead exemption can expect to pay \$68.70 less in taxes this next year.

While the commission came through this year's budget process in good shape, Town Manager Esther Colon cautioned that the town may be facing some tougher times in the years ahead. She pointed out that the newly approved budget contains zero funding for capital improvement projects, which means that future infrastructure projects will be delayed indefinitely. In addition, she said, the town has less revenue coming in from property taxes, parking meters and other fees. "Next year we might be looking at a different picture, Colon said.

The total budget approved by the commission for fiscal year 2008-09 is \$17.7 million, which is down nearly \$12 million from the 2007-08 budget. Most of the savings comes from eliminating future capital improvement projects from the budget, including a \$2.8 million plan to bury the utility lines along El Mar Drive.

Another big area of savings is coming from the public safety budget, which accounts for a little more than one-third of the town's total spending. Colon said the town is saving \$1.3 million by replacing the Broward Sheriff's Office with the volunteer fire department. In addition, she said, the town saved \$351,000 by hiring American Medical Response, a private, for-profit ambulance service, to provide emergency medical services to the town instead of the BSO.

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# **VOLUNTEERS TO TAKE OVER FIRE SERVICE IN LBTS**

by Mark Brown

A new era will dawn in Lauderdale-By-The-Sea on October 1, when the volunteer fire department becomes the sole fire suppression service in town, replacing the professional Broward Sheriff's Office. At the same time, American Medical Response, a private, for-profit ambulance company, will become the town's sole provider of emergency medical services (EMS), also replacing the BSO. (See related editorial on page 2).

The final hurdle to the transition was cleared on September 10, when the BSO tied the radios and pagers which the volunteers and AMR use into Broward County's 911 dispatch system. This assures that local residents who experience a fire or medical emergency will still be able to call 911 for assistance.

The switch from BSO to the VFD and AMR caps a tumultuous two-year battle which sharply divided LBTS along north-south lines. The BSO had provided fire service to the north end of town, and EMS service to the entire town, for the last two decades.

When the north end of town was annexed into LBTS in 2001, the annexation agreement stipulated that BSO would continue to be the town's principal fire department, with the VFD serving as back-up until they were ready to take over the entire town, including the condos in the north.

The transition went smoothly at first, but things changed when now-Commissioner Jim Silverstone and Vice Mayor Jerry McIntee took over as chief and deputy chief of the VFD. They forced numerous confrontations with the BSO, finally leading to a controversial decision by the BSO to terminate its contract with the VFD for safety reasons. The VFD retaliated by suing the BSO and the town, seeking to be reinstated. The lawsuits never went anywhere, but the VFD prevailed in the end after Birute Clottey and Stuart Dodd were elected to the town commission in 2008, providing the crucial votes to dump the BSO and replace them with the VFD and AMR.

Town Manager Esther Colon has estimated that the switch will save the town \$1.8 million, or about \$30 a year per resident. However, those numbers could change as the town takes on new financial obligations related to the VFD, including renovations to the new \$2 million dormitory which the town purchased to house the volunteers and AMR, construction of a new fire station, purchase of a new fire truck and other equipment, and stipends paid to the volunteers for attending drills and responding to calls. There is no funding in the town's budget for a new fire station or other big-ticket purchases. In addition, the town has already spent \$40,000 to purchase two all-terrain vehicles for the VFD to patrol the beach.



The transition to the 911 dispatch system provided a final opportunity for McIntee to bash the BSO before they leave town. The BSO had committed to bring the VFD and AMR into the county's 911 system, just as it does in other towns which have their own fire or ambulance services. However, McIntee called a special town meeting on September 8 to accuse the BSO of dragging its feet--a charge which proved to be unfounded. The VFD has already begun working with the new dispatch system, in preparation for its takeover of town fire services on October 1.

# WHO WILL GUARD THE VFD WHILE THEY ARE GUARDING US?

For the past 20 years, the Broward Sheriff's Office has been the principal provider of fire and rescue services for the homes, businesses, residents and visitors in Lauderdale-By-The-Sea. The BSO has done a superb job over the years and we owe them a great debt of thanks. We always knew what we were getting with the BSO: professionals who were cross-trained as both firefighters and paramedics. They were stationed in town around the clock, trained constantly and had access to the most current equipment and technology. Just as importantly, they knew the town, knew the condos, knew the people and took great pride in performing their jobs.

Starting October 1, everything will be different in LBTS. The BSO will be out and the volunteer fire department will be in. Unlike the BSO, we don't know the VFD all that well. Despite promises of transparency by the town commission, there is no roster available. We don't know how many volunteers there are, where they live or work, how long it will take them to get to town if there is a fire, what their level of training, certification and experience is, or whether or not they have even been in a real fire before.

While the VFD has existed as an institution in LBTS for more than 60 years, this VFD was primarily assembled in the last year, with new leadership and lots of new faces. Despite that relatively short period to train and come together as a unit, the VFD will soon be out there all alone. If an alarm goes off, there will be no BSO to back them up, and no guarantees that any other professional fire departments in the area will back them up either. Hopefully, they will prove themselves capable of doing the job.

One of their first tests will come the first time they respond to a fire alarm, and they have to establish a chain of command and determine who takes charge at the scene. Commissioners Jim Silverstone and Jerry McIntee used to be the chief and deputy chief of the VFD, but they stepped down and are now just rank and file members. Robert Perkins is now the chief. Presumably, Chief Perkins will be in command at the scene, give the orders and the rank and file will carry But how likely is that to happen? McIntee is not exactly known for his willingness to respect authority or follow orders. In fact, one of the major reasons why there was so much friction between the BSO and the VFD while they worked together was McIntee's constant interference at fire scenes. According to BSO and VFD records, McIntee was warned repeatedly during 2005 that he was not allowed to function in any capacity at fire scenes because he was not a certified firefighter in Florida, but he consistently ignored those warnings. Finally, after an incident in which McIntee entered a fire scene at a condo and pulled the fire alarm, causing the building to be evacuated, the VFD itself banned McIntee from responding to fires until he got his certification.

The same concerns persist with Silverstone. In 2006, while he was chief of the VFD, he responded to an incident in town involving a reported gas leak. According to BSO records, Silverstone was observed "entering a potentially explosive environment wearing a T-shirt, shorts and deck shoes and carrying the

> department radio," while the BSO firefighters on the scene were dressed in full protective gear. Silverstone was ordered out of the building for his own personal safety, and subsequently was warned in writing that his actions "violated basic safety procedures and demonstrated a lack of understanding of incident procedures."

So just who is going to be in charge when the VFD takes over and there is a fire in LBTS--Chief Perkins, McIntee or Silverstone--and how will local residents know if the incident is being handled properly? Mayor Roseann Minnet has proposed that an independent fire review board be established to monitor the VFD. but that is not very likely to happen. The last thing in the world that McIntee and Silverstone want is someone who they can't control monitoring their actions at a fire scene and reporting to the public, especially if problems occur. Instead, we will have Commissioners McIntee and Silverstone sitting on the dais and assessing their own performance as firefighters. That's not very reassuring.

If an independent fire review board is out of the question, then it should be up to Town Manager Esther Colon to monitor the VFD, since their contract makes them accountable to her. But there is a problem with that too. The VFD may be accountable to the town manager, but the town manager is accountable to the town commission for her job, and guess who sits on the commission? McIntee and Silverstone. In other words, the town manager is in charge of monitoring the VFD, but the two most dominant members of the VFD sit on the commission and have the power to vote to fire her. That's not very reassuring either.

If the town manager is taken out of the equation, then it will be up to the VFD to police itself. After all, the burden of protecting the town is now exclusively on them, and they have to perform with very little margin for error. If McIntee or Silverstone try to seize control from Chief Perkins at the scene of a fire, or otherwise refuse to follow orders or proper procedures, and public safety is put at risk, the VFD is going to have to dismiss them or find some other way to control them, but that is not very likely either. Like the town manager, the VFD depends on the town commission for its funding and its very authority to exist, and guess who sits on the commission? McIntee and Silverstone.

So here's the situation that our forward-thinking town commission has created: as of October 1, LBTS will be in the hands of a volunteer fire department that is hired, trained and run by McIntee and Silverstone, funded by McIntee and Silverstone, critically evaluated by McIntee and Silverstone and held accountable for its performance by McIntee and Silverstone. That's not very reassuring. It's no wonder the Florida Ethics Commission found probable cause that McIntee and Silverstone had a recurring conflict of interest.

McIntee and Silverstone have made a career out of blaming the BSO for everything that goes wrong in town. If something goes wrong now on a fire or ambulance call, they won't have the BSO to kick around any more. Every resident in town will know exactly who is responsible--McIntee and Silverstone.

# **WHATEVER HAPPENED TO COMMON SENSE?**

by Cindy Geesey

I understand that unfortunately many of our current elected officials have never served on any Town committees or boards and have very little sense of the history that has made this town the place they claim they love.

So if they don't have experience, we could at least hope there's some common sense somewhere.

Just some thoughts.....

I don't care what mini-upgrades you do to Town Hall/ Jarvis Hall - you can't make a silk purse out of a sow's ear. Buying the adjacent hotel for the "McIntee Complex" (don't you just know he loves that name!) only exacerbates the problem. How much time did we really take to look into grants, e.g. FEMA? So maybe a razing and rebuild was out of the question, especially once the CRA was dead. But certainly competitive and creative architects could have come up with some ideas to consider in order to update what we already owned to a full service facility to address all needs. It seems we put more thought into the beach pavilion than we did into what to do for our government buildings. For instance, could the Jarvis Hall portico been enclosed, the entire hall converted to modern

commission chambers, and a second story added over the old porch area for commissioner offices? Perhaps the lovely trailer and surrounding area could have been replaced by a complete fire house with access to and from both sides of the complex. Yes, the federal government is in fiscal trouble, but there are funds earmarked for just this type of project. Ask yourself wouldn't you have put more effort into designing a home for yourself than some of our commissioners did in spending your tax dollars?

Commissioner McIntee touted his idea of a Doggy Beach during his election - it seemed to be the foundation of his campaign, besides bashing the incumbents and calling names. He thought it would sail through the approval process because it was "the will of the people." At the commission meeting when it was discussed, I invited an LBTS citizen who is a very prominent veterinarian to come speak. I told the doctor that I didn't want to know his feelings beforehand, I just wanted him to give his expert opinion to the commissioners. He carefully and professionally explained the many bulletins he receives from the Center for Disease Control regarding disease transmission to humans from animal waste

and recommended

against the Doggy

Beach. The vote

was 3 to 2 against

McIntee's idea.

McIntee pitched a fit that I'd invited the veterinarian, ignoring the fact that he was a resident perfectly entitled to speak, as well as a professional with exceptional credentials. I have to wonder why no one thought to invite an expert this go-round. I'd love for LBTS dogs and their owners to be able to enjoy the beach, but I just don't feel we have enough beach to spare like Fort Lauderdale does. Three years ago when I spoke to the woman who worked with the Fort Lauderdale Doggy Beach, she told me, "I wouldn't put my towel down on the sand there." So let's explore a Doggy Park as an alternative. Check out some other parks in the area and come up with some options for

Does it make any common sense that we want to be the party center for Broward County? Even when I co-chaired the 4th of July event for three years, I wasn't 100% pleased that it kept growing in scope. This year the festivities were terrific, but also terrifically expensive. It used to be great fun at the Halloween parties (we used to have an adult costume party!), the Valentine Dance, and other events

to see neighbors, meet new residents, and

talk positively about how great LBTS was

and how much fun we had together. Let's think about scaling down the 4th of July extravaganza and perhaps adding smaller hometown events geared toward our own residents and visitors. This might also encourage our residents in the north beach area to participate more if events are locally oriented. For instance, the Chamber of Commerce Fish Fry is always a well attended, friendly, local celebration of our history. Let's think about an annual birthday party for LBTS and choose whichever date of incorporation offers the cooler weather! The Property Owners

Association has a small but very fun OKTOBERFEST party - let's make that town-wide like St. Patrick's Day. While we're at it, add a Mardi Gras celebration. Residents will have fun together and these events will generate income for our businesses.

And because I'm a bit obsessive compulsive about details, the name of this town is Lauderdale-By-The-Sea.

Do you think it could at least be correct on the town banners on the light poles? And the Citizens Initiative Committee, the political action committee masquerading as a civic organization, doesn't even know the correct name of the town!

We all, especially elected officials, need to do necessary homework, ask opinions from various sources, check the town history, and use good old-fashioned common sense.

# TheSeaFuture

Michael Arker

JMF Multimedia, Inc.

**EXECUTIVE EDITORS** Mark Brown **Cindy Geesey** 

**EDITORIAL BOARD** Michael Arker James Fletcher

DISTRIBUTION **Ron Piersante** 

STAFF PHOTOGRAPHER Sunny Veil Eckhardt

**COVER PHOTO: Mark Brown** 

ByTheSeaFuture, Inc. 4737 N Ocean Drive, Suite #139 Lauderdale-By-The-Sea, FL 33308 ByTheSeaFuture.com | newspaper@bytheseafuture.com 1-888-771-LBTS (5287)



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#### ATTEND ALL TOWN MEETINGS

The CIC (Citizens Initiative Committee) old-fashioned Town Hall Meeting on September 21 in Jarvis Hall drew a good size group, perhaps 60 or more citizens, about half of whom seemed to be members. The format afforded all attendees time to address their concerns with their elected officials.

During the first half of the meeting, Commissioner Clottey, followed by Vice Mayor McIntee, made presentations and then answered questions from the audience. The presentations offered nothing new for those who attend regular commission meetings in Jarvis Hall. Both presenters used generalizations about the status of the town and offered vague comments with respect to questions asked by the citizens.

The main topic addressed was, predictably, the Volunteer Fire Department. As the VFD is our de facto fire suppression service as of October 1, the time devoted to this topic was rather excessive – rather like beating a dead horse. We all need to accept their services and wish them well. After all is said and done, our lives depend on it!

Other topics of citizen concern during the first half of the program included the doggie beach, resident permit parking, additional beach access for people who didn't buy property on the beach, the new "safety building sleeping quarters" purchased by the town, overlay districts and site plan familiarization by the VFD of all businesses and condo buildings in LBTS.

This meeting offered townspeople a great chance to express to our elected officials the areas that matter to them. These public officials were elected to govern our town and spend our tax dollars. Hearing what citizens want can only help them do their job.

It is your tax dollar. Attend the next commission meeting and speak up if you are concerned about how things are done. If any town organization hosts a meeting about town issues...attend. Show that you want representation for your values and concerns, and insist on factual information, not just self-serving comments from elected officials.

Joyce Murray, LBTS Resident

#### **CALYPSO CONTROVERSY**

I want to commend *ByTheSeaFuture* for its comprehensive coverage over the past six months or so of the proposed Calypso Deepwater Port and Pipeline. At a time when the local dailies have presented only the most cursory coverage of this ill-conceived and dangerous project, BTSF has helped to fill the gap with its intelligent, responsible and in-depth reporting.

There are many reasons to oppose Calypso including safety and security concerns, its projected harmful effect on our ocean environment, and its potential for a negative impact on tourism and our economy. These and other concerns are extremely important but no more so than that Calypso will add to our dependence on foreign fossil fuels.

Hopefully, this country will embark on a high priority energy plan and program to replace fossil fuels with renewable energy in the near future. If we need natural gas as an interim fuel until the renewable sources of energy are in use, then we should access and use the abundant American sources of natural gas located off our shores and in shale beds beneath twenty or so of our own states. The last thing we should do is issue a license to Suez, a foreign company and the sponsor of Calypso, to import liquefied natural gas for the next twenty-five years from foreign suppliers such as Libya, Qatar, Trinidad, Russia and Iran when we have enough natural gas here in our own country!

Please continue your excellent coverage of the Calypso controversy and continue to ask your readers to contact Governor Crist to urge him not to approve this project that is actually unpatriotic as well as unwanted.

Bill Claire, Ft. Lauderdale

# **GO GREEN SOURCES, NO TO LNG**

No Calypso! First I want to thank *By the Sea Future* for your coverage in your newspaper concerning the Liquefied Natural Deepwater Port called Calypso. You have consistently represented the views of the community.

Suez, the foreign gas company who is behind the Calypso project, will be the importer of Liquefied Natural Gas that we don't need. Do we really want to become dependent on another foreign fossil fuel source? We all know how bad an idea that is! The lease for the Deepwater Port is 25 years. We need to develop green energy sources for our needs like Hydro, Wind, and Solar and we have all three on our beach. Tell Governor Crist to reject this 25 year lease on Foreign Energy.

Linda Eidinger, Ft. Lauderdale

### **MARSHALL PLAN: STOP FIREBALLS**

We live in this beautiful community on or near the ocean and the Suez Company tells us we are in no danger from the Calypso deepwater port. They say should there be an accident, a fireball would go no farther than three miles from the site of the accident. How can they guarantee this when we all know there are no scientific studies that completely prove this assertion?

We cannot understand how anyone could be for the Calypso Project. The dangers are so immense and the advantages so minimal why would anyone want to accept the risk? We would like to commend your editor Mark Brown for his farsighted and knowing approach to the problem. His writings are succinct and to the point. We are lucky to have him on our side!

Dr. and Mrs. David Marshall, Ft. Lauderdale

### **WAITING FOR CRIST TO SAVE US**

The beach community has yet to hear how Governor Crist will respond to the public outcry against the "Calypso" Project that would bring a liquefied natural gas (LNG) deepwater port within 10 miles of our shore. The presence of an LNG depot so near land would pose an unnecessary danger to residents, and the perceived danger and the damage to marine life and environment would be devastating to the tourism that is the mainstay of our economy.

The environmental impact statement indicates that there is a low density of marine life in the area. The implication is that, while marine life would be destroyed, the impact would be minimal. Despite what scientists might consider low density, marine life in our area is a valuable economic resource, and the impact would be significant. And despite what scientists may assess as acceptable environmental impact, those of us who live, work and vacation here do not think the resulting decline in our quality of life and property values would be acceptable. Recreational use of the ocean would be impaired in many ways as the temperature of our ocean waters would be lowered by using the ocean to raise the temperature of the LNG from almost three hundred degrees below zero back into gas to transport to Port Everglades by pipeline. The environmental impact on a resort community cannot be assessed under the same standards as the environmental impact on areas where the natural environment is not the primary attraction.

More important, residents along the beach from Pompano Beach to Hollywood and for several miles inland have good cause to be gravely concerned about the risk of accidents or terrorist attack. The Coast Guard is demonstrably inadequately staffed to assure the safety and security both of Port Everglades and the proposed deepwater port. Accidents have happened, and there is little question that anti-American terrorists are looking for vulnerable targets. In such a densely populated area, an accident or attack could be catastrophic. It is an unacceptable risk.

Whatever the probability of an accident or attack, the risk is unnecessarily high, "unnecessarily" because importing LNG is not a long-term solution to Florida's energy needs. First, the price of LNG has risen sharply around the world, and LNG imports to Florida most likely would either be inadequate because of price competition from abroad or prohibitively expensive. Second, the long-term solution to Florida's energy needs must come from sustainable energy sources, not continued reliance on fossil fuels from foreign sources. There are adequate domestic natural gas resources to sustain us for a sufficient time to develop alternative renewable, energy sources. Governor Crist should both disapprove the Calypso Project and commit to vigorously pursuing development of a renewable energy supply, which is the only way to assure adequate energy for Florida 's future and energy independence for our nation.

Gwen Thayer Handelman, Ft. Lauderdale

# **20 BILLION GALLONS TOO MANY**

I want to applaud *By The Sea Future* for its excellent coverage of the attempt to put gas ports off our beaches. Your information about the Calypso project that would have liquefied natural gas (LNG) ports 8 and 10 miles out in our ocean has raised all the issues and concerns that every citizen should have. However, I want to reemphasize the safety concerns.

One liquefied tank (3 footballs fields long and 17 stories high), when breached by accident or a terrorist attack, can release 20 billion gallons of natural gas, creating a vapor cloud capable of traveling onshore. This cloud would have the force of a small nuclear explosion. Ignited from a single spark, it would become a fireball, which fire departments have no way to extinguish or control. Such a fireball is not survivable!

I didn't make up this information. It comes from a General Accounting Office (GAO) report to Congress. That report also confirms that the US Coast Guard "has insufficient resources to meet its own self-imposed security standards." Two Coast Guard Rear Admirals testified to this as well as the fact that there are an estimated four maritime terrorist attacks around the country EACH WEEK.

Finally, who is to provide the safety for these gas ports? The Coast Guard says it doesn't have the resources. The GAO says it will be local police and firefighters. At a recent meeting of the Broward County legislative delegation, Sheriff Al Lamberti said he was never contacted by the company wanting to build the Calypso project and has no idea where he would get the funds necessary for additional security at the Port Everglades or to respond to an incident 8-10 miles off shore.

Calypso is bad for our community and our country. Calypso cannot guarantee our safety, cannot protect against terrorists, will leave our beaches, environment and tourism at risk, and continue our dependence on foreign energy sources. That's a lot of risk for a project we don't need.

Our safety concerns are real. While Calypso says there's nothing to worry about – it's safe – how many times have you heard companies say this, only to find out too late that it wasn't safe and we suffer yet another disaster. I ask Governor Crist to STOP CALYPSO with his veto pen. He has that power.

Fred Nesbitt, Ft. Lauderdale

# **MCINTEE & SILVERSTONE LIED**

At the most recent commission meeting, Commissioner McIntee made the statement that no one ever lost their life in a fire in LBTS. Commissioner Silverstone has also said the same words at other times. It's a lie! They should do their homework! Unfortunately, in a house fire on the south side of Commercial Blvd., a life was lost, an animal perished, and the house was destroyed. We tried our best as volunteers. Of course, we all hope this never happens again.

Regis Brady, Resident/Retired Volunteer Fireman in LBTS

# WE MUST STOP CALYPSO.

Take action now at STOPCALYPSO.COM!

Calypso cannot protect against terrorist attacks.
Calypso is bad for our community and our country.
Calypso cannot guarantee safety of our coastal residents.
Calypso will leave our beaches, environment, and tourism at risk.
Calypso will continue our dependence on foreign energy sources.



Clip and Mail this Petition to Governor Crist.

Dear Governor Crist:

CALYPSO is bad for our community and our country, cannot guarantee safety of our coastal residents, cannot protect against terrorist attacks, will leave our beaches, environment, and tourism at risk and will continue our dependence on foreign energy sources.

That's a lot of risk for a project we don't need!

Please **VETO** the CALYPSO Deepwater Port Off Our Beach.

Name:\_\_\_\_\_\_Address:\_\_\_\_\_\_City, ST, Zip:\_\_\_\_\_

#### MAIL THIS FORM TODAY TO:

Office of Governor Charlie Crist State of Florida PL-05 The Capitol Tallahassee, FL 32399-0001

# **SOME GOOD PUBLICITY FOR LBTS**

Lauderdale-By-The-Sea has received some positive publicity for a change. On September 11, Broward County Sheriff Al Lamberti hosted a ceremony to announce plans to construct a permanent memorial to honor the memory of the many firefighters, police and private citizens who died in the World Trade Center collapse in 2001. The ceremony was attended by many firefighters, police and dignitaries from throughout the county, as well as the local press.

As part of the ceremony, LBTS Mayor Roseann Minnet presented a painting to the BSO on behalf of the town and ByTheSeaFuture newspaper. The painting will be made a part of the county's 9/11 memorial, along with a piece of steel from the World Trade Center.

The painting, by reknowned artist Michael Israel, is titled "Hero." It is a striking portrait of a New York City fireman rescuing a child from the rubble of the World Trade Center. "We wouldn't be here if it weren't for the men and women who give their service," Minnet told the audience. Minnet's presentation of the painting to the BSO was well received by the crowd and was featured on the local CBS news that evening. CBS may run a clip of the mayor's presentation during an upcoming interview with Israel on "The Early Show."

While Minnet's presentation generated an appreciative response at the ceremony, the reaction was not quite as positive at home. At the LBTS town commission meeting the following evening, Commissioner Jim Silverstone sharply criticized Minnet for attending the ceremony and presenting the painting without the advance approval of the commission.

Silverstone was joined in his criticism by Vice Mayor Jerry McIntee, who called the mayor's action "an abuse of authority." "It is not reasonable for the mayor to go to a public function and make a presentation on behalf of the town and a private corporation," McIntee said.

Once the mayor-bashing was over, the commission accepted a second copy of the painting which was donated to the town by the artist, Michael Israel. Michael Arker, a local resort owner and publisher of ByTheSeaFuture newspaper, had originally attempted to purchase the two paintings, but Israel donated them instead. Arker said he wanted to present a copy of "Hero" to the town in honor of McIntee, who spent a week digging for bodies at the World Trade Center.

In presenting the painting to the town, Arker asked that the commission consider passing a referendum which would make September 11 a town holiday in honor of the many police and firefighters who died in the terrorist attack. Arker said he also plans to purchase and donate a third copy of the painting which is to be signed by the LBTS firefighters and returned to Israel for display on his own memorial to the victims of September 11.



Broward County Sheriff Al Lamberti is presented the "Hero" painting by Lauderdale-By-The-Sea Mayor Roseann Minnet.



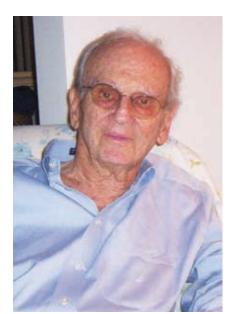
The "Hero" painting is placed alongside a piece of the World Trade Center.

## **IN MEMORY OF SAUL RUBINOFF**

Well known local resident Saul Rubinoff passed away at the age of 91 on September 16, 2008. He was born in Pittsburgh where he grew up in a close family and then attended the University of Pittsburgh before World War II interrupted his plans.

Saul enlisted in the Marine Corps where he saw active service in the south Pacific theater at Guadalcanal, Bougainville and Okinawa. He spent much of his time "in the trenches," but he also served as a Japanese translator. During his time at Guadalcanal, he saw exemplary service in which the members of his unit were awarded silver stars.

After Saul was discharged in 1945, he returned to his studies at the University of Pittsburgh, founded his first business, and (most importantly) met Anne Wilkins who became his wife of 61 years. Saul founded Baker Brands in 1948 and was President for 27 years.



**LBTS Resident Saul Rubinoff** 

Saul and Anne lived and raised their three daughters, Donna, Jeanne and Janet, in Whitehall, Edgewood and Mt. Lebanon. Saul served as a member of the Optimist Club during which he "discovered" the famous actress Shirley Jones. Saul's Florida years started in the mid '60's when he acquired the Premier Hotel in Fort Lauderdale.

The Rubinoffs moved to Florida in 1975 where Saul began his second career in Commercial real estate and brokerage. Saul was an active and influential member of the LBTS planning and developing community and was devoted to the

Saul and Anne were avid and adventurous travelers, with Anne pursuing her Francophile studies in Paris and Saul being captivated by Israel. A steadfast Zionist, he visited Israel many times, volunteered to join the Israeli Army, and several times commandeered a military jeep to take him to the Golan Heights.

Saul Rubinoff was one of the oldest living Marines in the U.S. He had the distinction of being honored at four Marine Corps birthday parties as the oldest Marine present, and he and Anne were the guests of honor at the 225th anniversary celebration in France where he helped cut the birthday cake. The Rubinoffs were invited back for the next two years as well.

We extend our sympathy to the family and friends of Saul Rubinoff. The town of Lauderdale-By-The-Sea was privileged to have him as a resident and contribu-

#### NAVY COUPLE VACATIONS IN LBTS

Thanks once again to the generosity of the LBTS business community and residents, another serviceman returning from Iraq and his wife were recipients of a free weekend here.

US Navy Petty Officer James Perry and his wife Holly arrived on September 12 for a stay at the High Noon Resort, courtesy of Paul Novak. They were treated to breakfast by Chuck and Bonnie Clark at Country Ham



Jim and Holly Perry at High Noon with Paul Novak

'N Eggs, enjoyed flowers from Garden of Love, feasted on chocolates from Jan's Homemade Candies, picked up munchies at Winn Dixie, and had ice cream at Kilwins. According to Holly, "We so appreciated all the businesses giving us gift certificates, but we didn't use everything because we were so relaxed just being around the pool!"

Jim and Holly did enjoy pizza at Carina's Stone Fired Pizza where they met Mayor Roseann Minnet, Senator Jeff Atwater, residents Bonnie Myers and Buster Celestino and Ron Piersante, and the owner's son Ron Schwarby. There was no question that the LBTS community appreciates the service of these two fine young Americans.

Holly and Jim grew up in Georgia and are stationed at Kings Bay Naval Base in Georgia. Both of Jim's parents served in the Navy and his dad now works for NASA. He has 2 years remaining on this term of service and has already reenlisted for an additional six years. After that he may stay in the Navy or take advantage of the GI Bill to further his education. Holly is in school now, working perhaps toward a major in business.

Jim and Holly had already planned to marry, but when Jim got his orders to deploy to Iraq, they moved up the wedding a bit. Jim had volunteered to serve in Irag but will probably not have to return for a second tour. Jim served as a guard of detainees at Camp Bucca in Iraq for almost a year, and this offer of a weekend in LBTS was made to Holly before his return. She didn't hesitate to accept the trip and told Jim about it when he was in Kuwait on his way home.

Since Jim and Holly had been married for less than a month before he left for Iraq, this trip was both a reunion and a honeymoon. Holly said, "We were just so thrilled to be chosen," and Jim added, "Thank you for the invitation to vacation in this beautiful place."

According to Chuck Clark who spent some time with the Perrys, "This is a wonderful young couple in their early twenties whom we can all be proud of and who make great good will ambassadors for the United States."

#### **BEACH TRENCHES CAN BE DEADLY**

by BSO Lt. Allan London

Is there anything more enjoyable than watching children play on the beach? Just give them a couple of plastic shovels and buckets and they can entertain themselves for hours building sand castles or digging in the sand. While digging on the beach can be great fun, it can also be a deadly experience for children, even if they are carefully supervised. As a member of the Broward Sheriff Office's Technical Rescue Team, I've seen this all too often. Here is one incident to think about the next time you take your kids to the beach.

April 18, 2000 had been a routine day at Broward Sheriff Special Operations Station 20. During the shift we had completed the required two hours of Technical Rescue Team(TRT) training, in addition to our regular fire training and other related duties. It was "B" shift and this writer was at the tail-end of a 48-hour tour of duty, and happy to be winding down from the previous day's activities.

"A" Shift had passed quickly, as we had been called into action rescuing seven puppies from a locked vehicle which was not running. The day culminated in a daring rescue of two baby birds trapped in a homeowner's attic, feverishly trying to escape but having no success. With thousands of hours of training under our belts, and hundred of thousands of dollars worth of specialized equipment, these types of alarms occasionally received are a welcome sight compared to the tragedy usually witnessed both on fire and technical rescues.

Doubling-over on "B" shift, both Lt. John Monti and I were looking forward to dinner. Our resident chef and fellow TRT member, Lt. Marc Hubschman, was just about finished with dinner preparations when we received a Mutual Aid request for a trench rescue from the City of Deerfield Beach Fire Rescue Department. We knew immediately that dinner was going to be late that night.

It was almost 6 p.m. and unusual to have a trench collapse with victims this time of day, as construction work is normally completed by three or four o'clock. Further checking the data from our Computer Aided Dispatch (CAD) system revealed that we had a child trapped in the sand directly on Deerfield Beach. TRT 20 along with Support 20, which pulls our Trench/Structural collapse unit (which since this time has been replaced by our TRT Tractor/Trailer which now carries all our heavy specialized equipment and is 71 feet long), was en route in just a few minutes, accompanied by Battalion Chief Tim Keefe (now Division Chief).

While en route we tried to get as much information as possible to ascertain if any other resources were needed. While making radio contact with the Deerfield Beach Incident Commander, we were advised that we had a 14-year old boy trapped beneath the sand. He was in a hole that was at least six feet below ground level. And to make matters worse he was trapped only 20 feet from the shoreline.

We then had quick decisions to make. The teen was conscious and speaking to the Deerfield Beach firefighters, but reportedly had slight difficulty breathing at that moment. Our response time was going to be at least 15 minutes, therefore we had to get working on scene stabilization before we arrived. I made sure the Incident Commander set up a Hot Zone and roped and taped off the area. One of the biggest problems in a standard trench rescue is an imminent secondary collapse, and maybe more. It was imperative we remove any bystanders or workers from the immediate area until we determined the best course of further action.

A very unusual threat to a successful trench rescue operation was going to be the Atlantic Ocean, only 20 feet away. We had the Communications Center check with the Deerfield Beach Pier, as well as the US Coast Guard, to establish the time of the next high-tide. If we were moving into a low-tide situation we would be OK, at least as far as the water was concerned. However, since this was no ordinary trench collapse, as fate would have it, high tide was less than two hours away and rapidly approaching. The Incident Commander was notified to have dive-gear brought to the scene immediately, in case we needed time to get the teen comfortable with using a dive regulator long before he might be covered with water. It was critical to plan for the worst case scenario, having everything in place if needed.

The Deerfield Beach Incident Commander was very helpful in providing much needed information, which afforded the opportunity to advise of precautions to be taken until our arrival and on scene evaluation. He advised that a back hoe had been called for. However, I cautioned him to keep all equipment, unnecessary people and vehicles well clear of the area. Any vibration of the beach sand would surely cause a secondary collapse. Upon arrival both Chief Keefe and I met with Incident Command. We also encountered at least 100 bystanders in the immediate area now transforming into a HOT zone. Broward Sheriff's Office deputies were very effective in evacuating those people immediately. We only allowed the victim's mother to stay in the Cold zone well away from the Hot zone.

We found exactly what Deerfield Beach had told us. A young man (whose head was the only body part visible) at least six feet below the surface. He had been in a semi-standing position when the collapse occurred, and his legs, arms and torso were completely covered. Rescue workers in his immediate proximity offered reassurance and worked to keep him calm. The Deerfield Beach firefighters had been feverishly attempting to dig him out and the ocean water was now at his chest line and closing in.

The available crew from Squad 20, Lts. Bob Johnsen and Marc Hubschman, along with Deerfield Beach firefighters, were deployed to transport our very heavy TRT collapse/ shoring equipment from US Highway A1A all the way down to the rescue site. A priority is to remove all rescuers from the Trench/Collapse



Young man in deep trench on cover: Dylan Machado of Hillsboro Beach

Zone to enable the placement of Ground Pads. These are sections of plywood placed around the lip of the trench to evenly disperse the weight of the rescue workers.

Of further priority was to clear the sand from around the boy's chest and back. Each cubic foot of this type of sand exerts 100 pounds of weight on the victim's body. Thus the cumulative weight being brought to bear upon a victim can guickly and easily exceed 1,000 pounds. The type of soil/sand in this region is Type C that is loose running and highly saturated with water. This type of soil is the very worst to deal with. The loose running and saturated sand at the beach is just as bad.

Now we faced another challenge. Even if the victim's face and airway are clear, as long as the chest or back are covered with soil or sand, the victim's breathing will be further compromised. It's very similar to the grip of a constrictor snake. With each of the victim's breathing contractions, soil/sand will begin to occupy the area surrounding the chest. Eventually, the weight of the soil will continue to compact the chest, prohibiting expansion/contraction of the Intercostal muscles, terminating in suffocation. Now remember, as stated each cubic foot weighs 100 pounds. What if there is much more?

An additional consideration was hypothermia. At the time of the incident the sun was on its way down, and the victim was now getting very cold. All things considered, we had to work fast. At this point the Deerfield Beach firefighters had done an amazing job of clearing an enormous amount of sand from around the victim. Still, his head was the only body part to be seen. We had a problem in that much of the sand being removed from the ever-enlarging hole was rolling back in. A technique employed in such situations is termed "Digging to the angle of Repose." That is, the maximum angle we can excavate outwards--forming an ever increasing slope without any of the Spoil Pile sliding back in. Our plan was to slope to Angle of Repose and extricate the victim. However, due to

the unique situation the plan was amended to shore in front and behind him using our Fin Form (shoring material used on the side of a trench wall), providing an additional margin of safety and removal of additional highly saturated sand.

As a victim is extricated from a sand collapse incident, buckets have to be lowered into the hole and sand removed a little at a time. Since the Deerfield Beach firefighters had already moved so much sand this went relatively quickly. Now Lt. John Monti went into the excavation and dug the remaining parts of the victim free. The victim was then able to be removed from the hole and medically evaluated. He was in good spirits, cold, but breathing a lot easier.

A traditional trench collapse happens in the blink of an eye, and the average extrication time is approximately six to eight hours. This victim was very fortunate. When Lt. John Monti asked him how he dug such a deep hole by himself, he said he did it with a small pail and shovel. It just goes to show that digging in the sand can have serious repercussions, and that it only takes a few seconds for a sand castle to become a sand dungeon. The next time a person tries to go to the land under by digging a hole on the beach, I hope they will fly Quantas.

Lt. Allan London is employed by the Special Operations/Technical Rescue unit of the Broward Sheriff's Office, Department of Fire Rescue and Emergency Services, and is assigned to Lauderdale-By-The-Sea.

# **WATER SCARE IN LBTS**

Some residents of LBTS were unable to drink or use their tapwater on September 23 after a small amount of industrial oil was inadvertently spilled into Fort Lauderdale's water supply. The drinking water was cleared for consumption the following day by the Florida Department of Health which was a relief for local residents to hear.

The temporary water ban only affected residents of the south end of Lauderdale-By-The-Sea who get their water from Ft. Lauderdale. The north end of town is served by Pompano Beach, which was unaffected by the spill.

# **HIGH NOON TO RENOVATE**

One of LBTS's premier boutique oceanfront hotels, the High Noon Resort owned by Paul Novak, will undergo exterior renovations that will take approximately two months. Aron & Associates, an LBTS Chamber member and commercial/hospitality contracting company, was chosen by Novak because "they've done a great job for me in the past as well as at Bill Davis' Away Inn."



#### NHERE DO YOUR TOWN COMMISSIONERS STAND?

In each of our issues, ByTheSeaFuture publishes a list of the major votes taken by the LBTS Town Commission and a breakdown of how Mayor Roseann Minnet and Commissioners Stuart Dodd, Jerry McIntee, Birute Clottey and Jim Silverstone voted on each issue. Here is how they voted on September 12, 2008. Read the full commission meeting report below for details about how it all went down.

ITEM VOTED ON:	Minnet	McIntee	Silverstone	Clottey	Dodd
motion to allow Commissioner Jim Silverstone to install 5-foot fence on his property	Υ	Υ	no vote	Υ	Υ
motion to refund Silverstone's \$350 variance application fee	N	Υ	no vote	Υ	Υ
amended motion to require a 4-foot fence and no refund to Silverstone	Υ	N	no vote	Υ	Υ
motion to cut funding for area non-profit organizations by 25%	N	Υ	Υ	N	N
motion to cut funding for LBTS Chamber of Commerce by 25%	Υ	Υ	Υ	Υ	Υ
award contract to volunteer fire department to provide fire protection	Υ	Υ	Υ	Υ	Υ
award contract to American Medical Response to provide ambulance service	N	Υ	Υ	Υ	Υ
ordinance to establish fixed application fees for variances and permits	Υ	Υ	Υ	Υ	Υ
ordinance requiring that beach equipment be removed from the beach each night	Υ	Υ	Υ	Υ	Υ
ordinance amending the town's comprehensive plan	Υ	Υ	Υ	Υ	Υ
award contract for \$63,180 to clean storm drains in town	Υ	Υ	Υ	Υ	Υ
approve \$4,000 for town's annual Halloween party for kids	Υ	Υ	Υ	Υ	Υ
approve \$4,500 to purchase flags to decorate town's north and south entryways	Υ	Υ	Υ	Υ	Υ
hire Sal's Towing as the town's tow truck operator	Υ	Υ	Υ	Υ	Υ
appoint Mayor Minnet to Broward Water Resource Task Force	Υ	Υ	Υ	Υ	Υ

# **OMMISSION MEETING REPORT - 9/12/08**

There's nothing like being a member of the LBTS town commission when it comes to getting special treatment on permit or variance issues. Two years ago Commissioner Jerry McIntee was granted a variance to build a non-conforming garage on his property, even though he did not meet the town's hardship requirements. This time the beneficiary was Commissioner Jim Silverstone. Unlike McIntee, however, Silverstone's victory was only short-lived.

At its September 12 meeting, the town commission considered a request by Silverstone for a variance to install a fence around the jacuzzi outside the home he recently purchased in town. The Board of Adjustment had granted Silverstone a variance to build a five-foot fence inside the landscaping on his property, and required that it be constructed out of some material other than wood. Unsatisfied with the board's ruling, Silverstone appealed to the town commission for permission to build a four-foot, wooden fence, and place it inside the shrubbery so he would not have to see it from his house.

Joe Couriel, chairman of the LBTS Board of Adjustment, told the commission that the board sympathized with Silverstone, but felt they had to apply the town's rules equally to everyone, so they denied his request for a lower fence. The town commission then voted 4-0 to grant the variance as proposed by the Board of Adjustment. The commission went a step further by voting 3-1 to refund to Silverstone the \$350 which he had paid to appeal his request for a variance, with Mayor Roseann Minnet voting no.

Clearly flustered by the commission's action, Silverstone asked for reconsideration, saying that a fourfoot fence would be more aesthetically pleasing to the neighborhood than a five-foot fence. That prompted

Waste Management will have a recycling container available for residents to drop off electronics such

as computers, TV, printers and fax machines. Please

come out and meet your neighbors and enjoy the day

polishing-up your community. Also on hand will be lo-

cal artist, Sharon Huff, who will be teaching kids of all

McIntee to offer a motion to allow Silverstone to build whatever kind of fence he wants at whatever height he wants, and place it wherever he wants on his property. "I have zero problem with giving Mr. Silverstone his variance," McIntee said. His motion passed 4-0.

Unfortunately for Silverstone, the commission did not complete its agenda that night and reconvened on September 15 to finish its work. With some extra time over the weekend to think about what they had done, Commissioner Stuart Dodd moved to reconsider Silverstone's variance. "I think we made a big mistake," Dodd said, noting that the commission had just forced another town resident to live with the Board of Adjustment's decision.

Dodd offered a motion to require Silverstone to abide by the recommendations of the Board of Adjustment. McIntee tried to amend Dodd's motion to allow Silverstone to keep the \$350 refund of his application fee, but his amendment died for lack of a second. McIntee then offered a motion to table the issue, saying "you're being a little picayune, Mr. Dodd." McIntee won the vote of Commissioner Birute Clottey, but Dodd and Minnet voted no so the motion to table failed. The commission then voted 3-1 to accept Dodd's motion, with McIntee voting no, so Silverstone will be required to install a five-foot fence after all.

While McIntee was anxious to give the town's money back to Silverstone, he was not quite as generous when it came to the non-profit organizations which the commission has traditionally supported in Broward County. During debate on the town's budget, McIntee offered a motion to cut the town's annual donations to the Boy Scouts, Agency on Aging, Women in Distress, Kids Voting and the Broward Coalition for the Homeless by 25%. McIntee's motion would have saved the town about \$12,000, but it was defeated 2-3. Minnet, Clottey and Dodd voted to fully fund the non-profits, while McIntee and Silverstone voted for the cuts.

One organization which did not escape the commission's axe was the LBTS Chamber of Commerce. The commission voted to cut the amount of money it provides to the chamber to run the town's visitors center by 25% to about \$26,000. However, the commission also agreed to allow the chamber to continue to operate out of the visitors center for one more year, heading off a proposal by McIntee to force the chamber to relocate to a storefront on Commercial Boulevard.

Sticking with the money theme, the commission passed an ordinance on first reading which sets a flat fee of \$350 for all residential permit and variance applications, and \$900 for all commercial applications. They also approved several other ordinances which revise the process for reviewing and approving variance requests. The commission also approved a \$63,180 contract to clean 163 storm drains in town, \$4,000 to pay for the town's annual Halloween party for kids, and about \$4,500 to purchase flags to decorate the town's entryways.

The commission formally approved the contracts for the volunteer fire department and American Medical Response, which will be taking over the town's fire protection and emergency medical services on October 1. They hired Sal's Towing as the new tow truck operator in town. They voted to charge a refundable, \$100 fee for local organizations which want to use Jarvis Hall, and to send information regarding rip currents to every hotel and condo in town. Finally, they passed a motion which will once again allow citizens to refer to commissioners by name when they speak at public comments during commission meetings.

### LBTS MAYOR'S COMMENT



**Mayor Roseann Minnet** 

town cleanup.

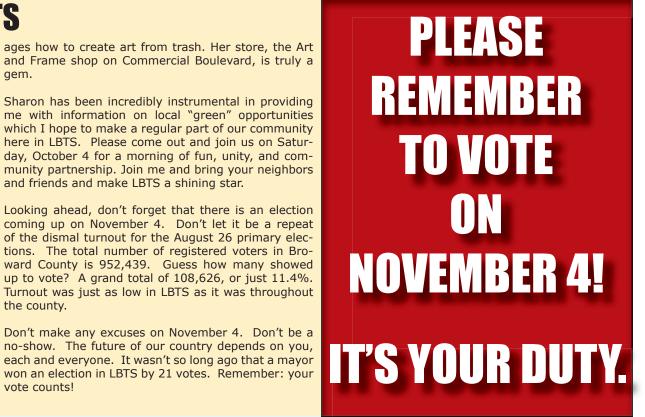
available for Lauderdale-By-The-Sea's first annual October Greenfest, beginning at 9 a.m. at both Jarvis Hall and El Prado park. This is the kick-off celebration for the Adopt-a-Street program for our town, and also an opportunity for residents to drop off old computers, electronics and other hardto-dispose-of items for recycling. The Adopta-Street volunteers will be on hand with gloves and bags for a beach and

Keep October 4, 2008

day, October 4 for a morning of fun, unity, and community partnership. Join me and bring your neighbors and friends and make LBTS a shining star. Looking ahead, don't forget that there is an election

coming up on November 4. Don't let it be a repeat of the dismal turnout for the August 26 primary elections. The total number of registered voters in Broward County is 952,439. Guess how many showed up to vote? A grand total of 108,626, or just 11.4%. Turnout was just as low in LBTS as it was throughout the county.

Don't make any excuses on November 4. Don't be a no-show. The future of our country depends on you, each and everyone. It wasn't so long ago that a mayor won an election in LBTS by 21 votes. Remember: your vote counts!



If you need assistance or simply wish to convey your thoughts to your local, state or federal representatives, here are their telephone numbers and email addresses:

Mayor Roseann Minnet: 954-801-6747 - roseannminnet@lauderdalebythesea-fl.gov | Vice Mayor Jerry McIntee: 716-868-3333 - jerrymcintee@lauderdalebythesea-fl.gov Commissioner Jim Silverstone: 954-232-8340 - jimsilverstone@lauderdalebythesea-fl.gov | Commissioner Birute Ann Clottey: 954-895-6595 - biruteannclottey@lauderdalebythesea-fl.gov Commissioner Stuart Dodd: 954-612-1600 - stuartdodd@lauderdalebythesea-fl.gov | Esther Colon, Town Manager: 954-776-0576 - estherc@lauderdalebythesea-fl.gov John Olinzock, LBTS Citizen Contact Coordinator: 965-775-0576 - johno@lauderdalebythesea-fl.gov | U.S. Representative Ron Klein: 954-522-4579 - felicia.goldstein@mail.house.gov State Senator Jeff Atwater: 954-847-3518 - atwater.jeff@web@flsenate.gov | State Representative Ellyn Bogdanoff: 954-762-3757 - ellyn.bogdanoff@myfloridahouse.gov

# ByTheSeaFuture LBTS LIFESTYLES

# LBTS GROWTH AND CENSUS FIGURES

by Frank J. Cavaioli, Ph. D.

The official 1970 United Census population count for Lauderdale-By-The-Sea registered 2,879 people. Ten years later in 1980 the count came to 2,639. In 1990 the Census recorded 2,990 people. The last official Census report in 2002 counted 2,563 people in Lauderdale-By-The-Sea. It is important to learn of these population trends because it reflects the growth or stability of a community. Federal and



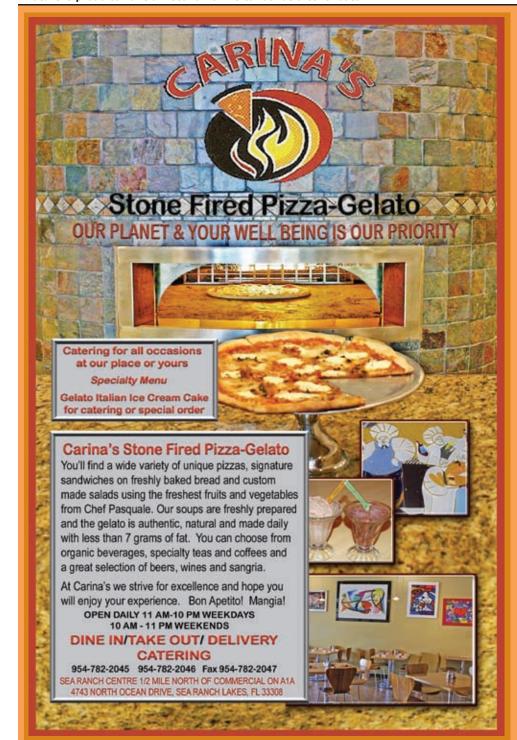
state aid must also be considered as an important factor for financial assistance. Some local officials have questioned these population figures as being too low. Remember, too, that the overall population increases during the winter season.

However, the newly annexed area (known as unincorporated Pompano Beach in Broward County) was added to the original community and did increase the population. The new area to the north of the original town included high-rise condominiums, the Bel Air community, and part of Terra Mar Island. As a sign of further growth, and to the chagrin of many townspeople, the 23-story condominium Aqauzul, on the ocean and adjacent to the Ocean Colony condominium, replaced the popular Trader's Motel and Restaurant. Other luxury condominiums, such as the Cristelle Cay and Europa, contributed to the changing face of the town. Thus, acknowledging all these changes, the present population is approximately 7,000. The next official U. S. Census population count will take place in 2010.

Lauderdale-By-The-Sea continues to describe itself as a small intimate town that prides itself on its close neighborly relations. Because of its geographical limits, its future population growth is insignificant. In fact, in 1972 the town was zoned to height limits of three residential stories, or thirty-three feet. This intimate town by the sea retains its position as a tourist destination.

The opening of the Commercial Boulevard Bridge on October 16, 1965, did provide easy access to the town and accelerated commercial development, but its population has remained stable. (In 1927 there were 70 people living in the town.) Lauderdale-By-The-Sea continues to be noted for its beach and tourist activities, pier, living reef system, family-oriented lifestyle, and small businesses. In contrast, its neighbor to the north, the City of Pompano Beach, has grown from a population of 269 in 1910 to a population of 101,103 in 2008.

Dr. Cavaioli's definitive history of LBTS, published in 2003, is available at area bookstores and at The Village Market. His latest book Pompano Beach, A History was written as a Centennial history of Pompano Beach and is also available in area bookstores. By The Sea Future is proud to have a historian of his caliber as a contributor.

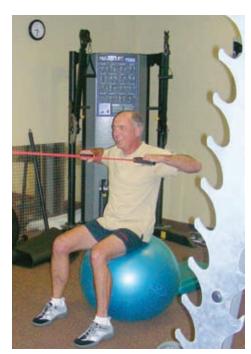


# **WORKING OUT AT ANY AGE**

by Wendy Tarlow

Working out for only the young, buff-guys/gals or working out for the rest of us who would still like to look like one of them? Exercise does more than make you look great in your clothes or on the beach. It is one of the main ways of protecting your health, your heart, of lowering your cholesterol and of raising those endorphins that everyone's talking about. "Fitness is absolutely the most powerful predictor of deaths from heart disease and other causes", says Rita Redberg, MD, a cardiologist from the University of California at San Francisco, and the science advisor for the American Heart Association Choose to Move program.

Regular exercisers have proven to have up to a 50% lower chance of having a heart attack or chest pain and a lower risk of other diseases as well. People who exercise regularly from three to five times a week live longer, feel better and of



Local Dr. Mike Bauerschmidt works out regularly at Fitness Together.

course look better. Even smokers improve their overall health by exercising.

A recent study published in the Journal of the American Medical Association found that when it comes to protection from heart disease, being fit might be more important than being thin, particularly for women. In a recent project conducted by the University of Florida and Cedars Sinai Medical Center in Los Angeles, research on some 900 women revealed that those who were at least moderately active were less likely to develop heart disease and related illnesses than women who were less active -- regardless of their weight.

We all know that not working out is extremely damaging. There are a number of obvious benefits to exercise:

- -- weight loss or weight maintenance;
- -- the lowering of blood pressure and cholesterol; and
- -- heart rate reduction which reduces the overall demand on the heart

Exercise is the single best prescription a doctor can give you once they have given you the green light to take on an exercise routine. Exercise influences your total health profile, not just your cardiovascular health.

The most recent government guidelines recommend 60 minutes of physical activity daily, but just getting started for most people is the hard part. 10, 20, 30 minutes is not a bad place to start. It is never too late to start exercising, no matter how old or deconditioned. If you have not seen a doctor for a while then be smart about how you approach a new exercise program. Get cleared by your physician.

I love that the majority of the new clients that I am seeing start out by saying that they want to feel better. Yes, weight loss is still the main goal but people nowadays seem to recognize that quality of life is the most important benefit to gain from a high quality exercise program.

Wendy Tarlow is owner of Fitness Together located at 1759 East Commercial Blvd. in Ft. Lauderdale. Call 954-491-7988 to set up your first session.

# PIER COFFEE SHOP FAMILY RETURNS

by Cindy Geesey



Locals and visitors alike were upset when the Pier Coffee Shop closed at the end of January, especially because of the mutual affection between the long-time employees ("the Family") and the diners.

Great news! When it officially opens its doors on Wednesday, October 15, By The Sea Diner at 215 Commercial Boulevard will bring back the "Family" -- Fuji O'Neill, "Little" Nancy Pisarzewski, Arlene Hames, and Madeline Maiman. Little Nancy is calling her phone list of about 300 customers to assure them that "we'll offer the same friendly service and the same excellent food." She says that "many of the menu items will return, including the house specialty, Texas French Toast."

Co-owner Bill Sand said, "We're very excited and look forward to serving the community," and his partner LBTS local Bill Davis added, "The ladies are a great team and we're really happy to have them. I'll see you there at the Grand Opening on October 15!"

# **LBTS: CLEAN, GREEN & LITTER FREE**

Our town is a new participant in the Broward County Adopt-A-Street program that is a litter prevention and removal program that works with local volunteers to beautify neighborhoods. It's easy, not too time-consuming, and sets a great example for the youngsters and visitors. Just adopt a street, it will be identified with your name, and you'll be provided with the materials to clean up the debris four times a year.

LBTS will also hold its first October Greenfest in conjunction with the Adopt-A-Street cleanup kick-off on Saturday, October 4 from 9 a.m. until noon. Volunteers can register starting at 8:30 AM or beforehand by phone, 954-474-1835.

Bring a friend, neighbor, family member to Jarvis Hall and El Prado Park and be ready for some fun and satisfying community service!



# CHARITY DAY AT JO-AN'S PAPEI

The latest Christopher Radko collectibles will be available at Jo-An's Papers at 236 Commercial Boulevard on Wednesday, October 15 from 10 a.m. to 7 p.m. during their annual "Day for Charity."

Barbara Winston promises that a portion of the day's sales will be donated to the Humane Society of Broward. Why? "Be-paws we love them!"

A spectacular \$3000 Christopher Radko holiday wreath and many valuable gifts from vendors will be raffled, and there will be a wide variety of holiday gifts perfect to help with your shopping list.

It's also the perfect time to order your holiday cards and party invitations. Thanks to Jo-An's Papers for giving back to our community.

Merry Christmas!

### **WELLNESS CENTER DEBUTS**

The former Light Therapy Institute at 4342 Tradewinds Avenue is changing its name to The Center for Integrative Wellness. Dr. Bret Hoffer will be the primary physician and wellness expert with over 12 years of experience in nutrition, chiropractic, homeopathy and fitness. Anna Racicot brings experience and passion to her work as the massage therapist. Hydro-massage and laser therapy will continue to be offered. Under the direction of Sofiya Johnson, the center remains dedicated to the elimination of pain, the restoration of mobility, and the improvement of the quality of life. Call 954-491-4103 for more information.

# **ROYALTY REIGNS IN LBTS**

It was official last week - local Janell Duritsa was crowned "Queen" by KISS Country Radio

During the "Coffee in the Morning" early show, the two hosts daily pit man against woman in a "Battle of the Sexes." woman is asked trivia questions more likely known to a man, and vice versa.

Janell walks more than three miles on most mornings and listens to the show for entertainment. She called from her cell when the daily "Battle of the Sexes" was announced, and to her shock her call went right through to the hosts. She answered more questions correctly than did the reigning King, so she was dubbed "Queen Janell of Lauderdale-By-The-Sea."

> After dethroning the King, Janell went on to win for three more mornings - a Jessica Simpson CD and fragrance, KISS tshirts and six tickets to Brad Paisley at the Cruzan Ampitheater.

Perhaps the funniest question that was a tie breaker one morning was, "What percentage of men had mullets in the '70's - '80's?" The man guessed 40%, the Queen said 41%, and the actual answer was a whopping and scary 73% so she was the winner again.

On the fifth morning, Queen Janell finally lost her crown to a man and was forced to sing a chorus of "Macho, Macho Man."

If you happen to see former Oueen Janell on her early morning walks throughout our fairy tale seaside hamlet, a curtsy would be most appropriate!

# **LOCAL DONATES "LOCKS OF L**





Marcel Rasa - AFTER

Exercise Physiologist Marcel Rasa is a familiar figure at the Zachariah Family Wellness Pavilion, but recently there's been a transformation. His long, luxurious, curly dark hair held back in a ponytail is gone, replaced by a conservative and stylish cut.

When asked what led to the change, he simply replied, "I grew it for three years to donate to Locks of Love and it finally reached the minimum length of twelve inches." His inspiration was a former girlfriend who donated her hair.

Locks of Love is a ten-year old public non-profit group that provides hair pieces to financially disadvantaged kids in the U.S. and Canada who are 18 or younger and who are suffering from long-term medical hair loss. According to the organization, "The hairpieces help to restore their self-esteem and their confidence, enabling them to face the world and their peers." 80% of the donors of the hair are actually children as well, eager to help other kids in need.

Local stylist Sherri Guidish of Hair For All Salon generously cut and styled Marcel's hair at no charge. She said, "Marcel is a wonderful person all around, and the fact that he wanted to donate his hair to such a great cause was beautiful."

LBTS resident Tom Carr works out at the Wellness Center and knows Marcel. When asked what he thought, Tom said, " It's nice that people who grow their hair are willing to give it up for such a great cause. Marcel is a very caring individual." Coincidentally, Tom and Marilyn Carr's daughter Carrie has actually donated to Locks of Love twice over the years.

For more information on Locks of Love visit LocksOfLove.org





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# 10 SEASHELL SHUTTERBUG Vol. 2, Issue 14 | September 26, 2008 10



Florida Senator Jeff Atwater, ByTheSeaFuture Publisher Michael Arker and LBTS Mary Minnet, Mayor Roseann Minnet and Bob Wolfe enjoy balmy weather and Mayor Roseann Minnet welcome Holly and Jim Perry of the US Navy at a special good company at a recent fund raising party for State Senator Jeff Atwater. event hosted by Carina's Stone Fired Pizza-Gelato in Sea Ranch Center.



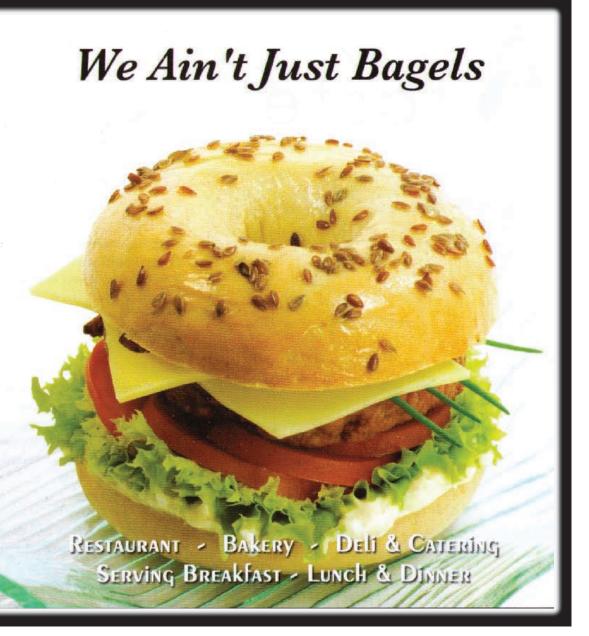


US Navy Petty Officer James Perry, his wife Holly with Mayor Roseann Minnet and Ron Piersante at Carina's Stone Fired Pizza-Gelato where the recent USO welcoming party was held.



Chamber Member Linda Collins, LBTS Chamber Employee Owen Jones and Chamber Executive Director Judy Swaggerty at a recent Business-After Business event held at Shooters on the Intracoastal Waterway





#### **CALENDAR OF EVENTS**

\* Televised on Channel 78

October 1, Wednesday: The Lions Club meets at 7:30 a.m. at Damons. Call Mike San Miguel at 954-647-7752.

October 2, Thursday: Bulk trash pick-up south of Commercial.

October 3, Friday: Bulk trash pick-up north of Commercial.

October 3, Friday: Jazz on the Square resumes!

October 4, Saturday: Meet at Jarvis Hall/El Prado Park at 9:00 a.m. for the Adopt-A-Street Kick-Off Event and Oktober Greenfest.

October 11, Saturday: Bring a covered dish and join the Property Owners Association at Jarvis Hall at 6:00 p.m. for the annual OKTOBERFEST celebration. Call Cindy Geesey at 954-776-5974.

October 13, Monday: The LBTS Garden Club meets at 9:30 a.m. at Jarvis Hall. Call Kit Cashman at 954-642-8785.

October 14, Tuesday: Town Commission Meeting starts at Jarvis Hall at 7:00 p.m. \*

October 14, Tuesday: Our Art-by-the-Sea meets at the Community Church at 7:00 p.m. to discuss the upcoming Art Show. Call Arnie Regan at 954-782-0945.

October 15, Wednesday: The Lions Club meets at 7:30 a.m. at Damons. Call Mike San Miguel at 954-647-7752.

October 15, Wednesday: The 7th Annual Fish Fry sponsored by the LBTS Chamber of Commerce starts at 5:00 p.m. Call 954-776-1000 for more information.

October 15, Wednesday: Planning & Zoning Board meets at 6:30 p.m. at Jarvis Hall. Call 954-776-3611 to confirm. \*

October 18, Saturday: Congregational Breakfast at the Community Church begins at 9:00 a.m.

October 21, Tuesday: Master Plan Steering Committee meets at Jarvis Hall at 7:00 p.m.

October 28, Tuesday: Town Commission Meeting starts at Jarvis Hall at 7:00 p.m. \*

October 30, Thursday: LBTS Woman's Club meets at 11:00 a.m. at the Clubhouse. Call Linda Collins at 954-234-6662.

October 31, Friday: Happy Halloween!

# TAXES DIP UNDER NEW BUDGET

Continued from Page 1

Colon said the town also took some other steps to save money next year. She said there has been some governmental reorganization and that eight town employees have had their work hours reduced by 25%, saving the town \$400,000. In addition, the town made a one-time sale of its water system to Ft. Lauderdale at a cost of \$350,000. The sale also freed up \$1 million in reserves which the town had been required to keep for maintenance purposes.

Colon said the town has three major capital improvement projects underway at this time which will carry over to the next fiscal year and be completed. They are: the road and sidewalk improvement project along Sea Grape and Washingtonia Ave., construction of the new pavilion along the beach on Commercial Boulevard, and a reef and marine habitat restoration program. The total cost to finish these projects is about \$680,000. In addition, the new budget provides funding to repair the bridge leading into Terra Mar Island (\$125,000), make entryway improvements at the north and south ends of town (\$160,000), purchase new bus shelters (\$85,000) and make landscaping improvements along A1A (\$58,000). There is no money in the budget for future capital improvement projects beyond these.

The town saved \$3.5 million this past year by cancelling the sewer project which had been approved at the Palm Club, but much of that money was used to purchase a motel next door to town hall which is being converted into a dormitory and public safety complex. Another \$3 million in debt was retired this year. The town has put a warehouse which it owns in Ft. Lauderdale on the market for \$2 million, but Colon said it has not attracted any serious buyers yet.

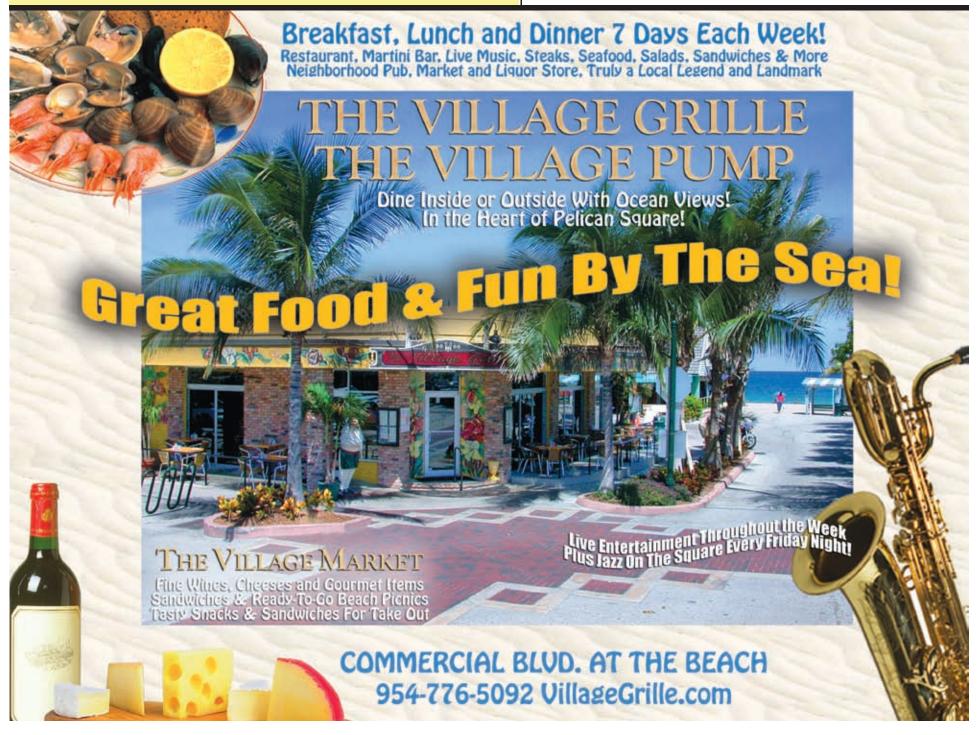
Last year the town spent \$50,000 to hire a consultant who recommended that the fire assessment be based on property value, rather than a flat fee shared equally by all residents. However, that recommendation was not adopted as part of the new budget, and the fire assessment will remain the same at \$130 per year. The new budget also includes a \$2.3 million emergency reserve fund.

#### **OKTOBERFEST REMINDER**



The annual LBTS celebration of OKTOBERFEST is planned for Saturday, October 11, starting at 6:00 p.m. at Jarvis Hall. Each partier is asked to bring a covered dish with a German flair to share. There will be live music and a Chinese auction with some fun items. The sponsors, the LBTS Property Owners Association, invite all members, guests and others looking for a good time to attend. Beverages will be available for a small donation courtesy of Lenore Nolan-Ryan Catering. For more information or to get an idea of what food to bring, please call POA president Cindy Geesey at 954-776-5974.

Prost!



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