

Regency Lakes Newsletter

NOVEMBER 2006

Published monthly

A Letter From Your President

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Words To The Wise

In order to keep a true perspective of one's importance, everyone should have a dog that will worship him and a cat that will ignore him.

Dereke Bruce

If you have weird vegetarian friends it is best not to invite them to a barbecue.

Scott Adam



The Times, They are A-changin'

Sure, these words are taken from a famous Bob Dylan tune from many years ago, but they also could be the new mantra for Coconut Creek and our Regency Lakes community.

The city of Coconut Creek no longer is the sleepy little town situated in the north end of the County that housed lots of small horse farms, trailer parks, Butterfly World, and row after row of auto dealerships. Today we are a vibrant, active city that has grown substantially. The horse farms have been transformed into lovely housing developments, the trailer parks are slowly fading away as the city landscape continues to change. The growth and construction persists: new homes, schools, industrial parks, shopping centers, even a gaming Mecca as the Coconut Creek Casino expansion project is underway. A super Wal-Mart store will be erected at the corner of Hillsboro Blvd. and State Road 7, creating more traffic on our already swelling roads.

As our community has evolved – so has Regency Lakes. Approximately 11 years ago when our first homes were built, vacant land and trees surrounded us. There was no need for a traffic light at our front entryway. Now our Regency Lakes Blvd. front entrance serves as the inroad to schools, a park, gas stations and two shopping centers as well as our homes. Additionally, our children gather near the guardhouse to await pick-up from school buses. This has become a very congested area with heavy traffic that promises to become only worse. As more stores open in the new center, we anticipate a problem as shoppers use Regency Lakes Blvd. as their entry and exit point. Soon the hustle and bustle of the holiday season starts, we stress to you to please, please, exercise caution when you drive through this area.

Keeping in stride with the changes that encircle us and their effects to our community, our Safety & Security Committee recommended that we modify our gate access



system. After much discussion and deliberation, the Board of Directors accepted the committee's proposal that a new design be put into place. Work is currently under way to upgrade the system and it should be finished shortly. You will be notified when the work is completed and advised of the proper procedure to obtain your new access equipment. Your present entry cards or remotes will no longer function, and you will require new ones to gain entry. This modification is being done to improve the safety and security of all residents.

Again, we remind you that you **MUST** obtain approval from both your subdivision and the master association ACC Committee before proceeding with any work or improvements on the exterior of the home. This includes painting, tree planting, installation of fences, pools or patios. Anything that is done on the outside of your home affects the community and you must submit an application, receive written approval before starting any improvements. In the future, violators will be fined, without exception.

Construction is forthcoming at the rear of our complex behind Fairmont. There will be a town home development built by Lennar Homes. Just south of our front entrance, Shelby Homes will construct a warehouse park containing retail showrooms, not stores, and storage rental units. The city of Coconut Creek is moving forward on the design of a downtown area that will include restaurants, stores, movies, even a hotel.

This is progress, this is commerce and business, this is enterprise. It will all have an effect on our Regency Lakes community. Dylan's words never rang truer. "The times, they are a changin', my friend."

Joyce M. Karney, President
Regency Lakes

News Bits For You

Hello, Captain Steve Galvacky

We have a new addition to our Regency Lakes family. Captain Steve Galvacky from Wackenhut Security has been with us for over a month now. Residents agree he is an asset, helpful, reliable and courteous. Welcome, Captain Galvacky!

Mallards Landing Residents

Remember to check out your new web site created by George Hegedus at <http://www.mallardslandinghoa.com/>.

Swans Landing News

We are going to have our community

pool remarcited with Diamond Brite in January, 2007. The pool will be closed for approximately one week.

Some residents have tried to change the pool water temperature, not realizing it takes 24 hours before all the water passes through the heater and increases to the desired temperature. The pool heater control is now locked. Our pool service provider pointed out that if the outside temperature is in the 50s or below, the heater can not heat to its usual high temperature.

Finally, a committee has selected a broader range of paint colors for Swans homes. If you are thinking about painting

your home, call me at 954-725-9331 to access this new palette.

Beverly Baran, Secretary

Important November Board Meeting

On Monday, November 27, 2006, at 7:00 p. m. the Master Board will meet to discuss the 2007 budget. Please, directors, plan to attend.

Free CPR Classes

The Coconut Creek Fire Rescue Division offers FREE CPR CLASSES the 1st Thursday of every month. For advanced registration, call 954-956-1534.

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Personally Yours

Happy Birthday to Fina Accurso, Mindy Alfasa, Alessandra Barreiro, Katherine Bedard, Kim Tipton, Marie Boccagno, Erik Day, Chris Giglio, Al Grillo, Michael Guziejewski, Alan Hartstein, Judith Hartstein, Olivia Hernandez, James Hyatt, Nauman Khan, Matthew Kreichman, Nanci Lifschutz, Kerri Lucia, Shannon Manuel, Art McCarthy, Shelly Minuskin, Kyle Parker, Tillie Portner, Kevin Simon, Julianna Sepulveda, Jeff Weissman, Rose Zizzo and Richard Zizzo.

Special Birthday Wishes to Francheska DeJesus, Kellie Drexl, Sarah Singley, Kaylie Wrayt and Kelsey Wrayt.

Happy Anniversary to Ellen and Rick Blackburn, Elvira and Angel Cartagui, Nona and Richard Chaiet, Denise and


James Engel, Stella and Peter Fasitta, Cheryl and James Hyatt, Meline' and Berge Markarian, Tina and Jay Silverman, Blanca and Erin Steinberg, Jennifer and Scott Tribbey and Joyce and Murray Weinstein.

Speedy Recovery to Maj Johnson who recently had surgery.

Congratulations to new grandparents Fina and Santos Accurso on the October 24 arrival of Thomas who weighed in at 8 pounds, 6 ounces.

Call Greta at (954) 725-0321 to include your family dates and news. Thank you!





*Our thoughts and
deepest condolences
to ...*

- Sandpiper Landing neighbor Bill McCaffery and his family on the death of his wife Joann.*
- Cambridge Park neighbor Rose Jacono and her children on the death of her husband Joe.*
- Swans Landing neighbors Fina and Santos Accurso on the death of her brother, Frank.*

From The Dog House

Daycare and Dog Parks

Most homes today consist of two adults who work full time or single people who may work one or two jobs to make ends meet. In almost sixty million of these homes you will find at least one companion animal. Many of them spend endless hours waiting by the door for their human friends to come home.

Well now there is a solution to this pervasive problem—Doggie Daycare. These centers are popping up all over the country and have become very popular with the baby boomer generation.

Activities include group play, agility and behavior training, grooming, nap time, videos, swimming, massages and, of course, snack time. Some facilities even offer a special doggie school bus to transport the lucky canines. The daycare centers usually offer overnight boarding, as well. Most daycare centers require up to date vaccinations, flea, tick and heartworm prevention, and spayed and neutered dogs only. Daycare centers that

have received good reviews are **Pompano Pet Lodge**, **Pet Lovers Central** located in Boca Raton, **Coral Springs Pet Resort** and **Petropolis** (formally known as Dog Spot) located in Hollywood. **Bed and Biscuit** located in Coconut Creek caters to small dogs only.

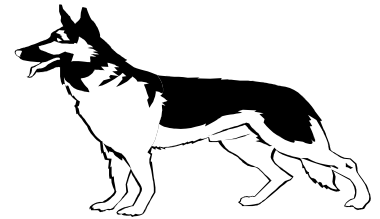
Sending your dog to daycare helps with socialization skills, promotes physical exercise and provides mental stimulation. There are also pet sitting services, if you want someone to come to your house to walk your dogs, and other people who will stay at your house while you are away. There is a central agency called Pet Sitters International (www.petsit.com). Costs for either private pet sitters or daycare centers vary.

For some great exercise for you and your companion animal and a place where you can really bond, there are several parks where you can take your dog for fun in the sun. Most of these parks have separate facilities for small dogs. Your dog should be non-aggressive, be up-to-date on shots, and possess a current rabies

license. Spayed and neutered dogs are preferred, and a female dog in heat is prohibited.

Human guardians are expected to clean up after their dog. It's not advisable to bring in any food, either human or canine. Local dog parks include **Dr. Paul's Dog Park** in Coral Springs, **Happy Tails Park** in Plantation, **Snyder's Bark Park** in Ft. Lauderdale, and **Lake Ida Dog Park**, in Delray Beach. **Quiet Waters** in Deerfield Beach and **Tradewinds Parks** in Coconut Creek allow dogs on leashes, but do not have separate areas specifically for dogs.

Have fun,
Love, Chloe and Snuggles



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ABC REMINDERS:

ALWAYS leash your dogs, supervise their walks and pick up any messes. Violators can be cited by Animal Control.

BE considerate of neighbors. Turn down the volume on your car radio when you enter Regency Lakes.

CHILDREN are not permitted in the fitness room unless they are supervised by an adult.

REMINDER

**Clean or replace
your air conditioner filter
every month to trim cooling costs
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Through The Kids' Eyes

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. The various appliances of old age, particularly the canes, walkers and wheelchairs, unfailingly intrigued her. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

A little boy opened the big family bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed inbetween the pages. "Mama, look what I found", the boy called out. "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

A Thanksgiving Prayer, Any Year USA

Oh Lord, we were all together on Thanksgiving. My loved ones sat around the dining room table "oohing and aahing" at the beautiful repast I spread before them, a little pot-luck dinner I managed to whip up in only 29 hours. I heard the family marvel at the expertise of Herb as he carved the turkey. Bless them, Lord, for not one made a sarcastic comment about his carved thumb.

I saw the children, the future of our world, looking like angels, dressed in their cleanest jeans and least ragged shirts. Our contributions to the world's overpopulation sat quietly, did not fight over the drumsticks and for a change kept their blasted hands where they belonged.

Except for nephew Bruce. Will that kid ever learn to eat like a human being? Did you see him pick the raisins out of the noodle pudding and pop them into his mouth. Did he touch one bite of the 14 courses I prepared? Did he have to have a tantrum and smash his little fist into the three tiered gelatin mold? Like mother, like son. Right, Lord?

Uncle Henry was soused to his sideburns, as usual, but this year he behaved beautifully. I know, I should only have his

joie de vivre when I'm his age. I just wish he'd stop trying to goose Aunt Matty in front of my son's future in-laws.

I was thankful that cousins Bernard and Spenser, enemies though they be, left their grudges behind. What a pleasure it was to see them sit side by side and smile at each other through loving blackened eyes and split lips. Who would have believed we had to separate those two animals between the appetizers and the entrée?

Yes Lord, my blessing were many.

My heart beat with relief that Cousin Mime didn't let it slip to her grandmother that she and Don are bedded, not wedded. May she continue to keep her mouth shut.

Aunt Suzette deserves so much credit for mentioning her weight loss only four times and the dangers of high cholesterol only once. For that everyone was grateful.

The girls, Bobbi, Becky and Dawn showed such constraint. Bless them! Not a word did I hear about abortion, Iran, Iraq, war, silicon implants, natural resources, global warming, crooked politicians or FCATs. They certainly used their common sense in avoiding controversial issues. That

was evident, wasn't it, when they slipped away to share a joint?

I was delighted that Uncle Charlie made it to our family gathering. You know the poor dear does have his problems. But he came prepared with antacid tablets, cold pills, sinus spray, cough drops, tranquilizers, sleeping pills and bronchodilator. Nothing keeps that boy down for long!

I bless my microwave, garbage disposal, paper plates, napkins and cups. I doff my wig in appreciation to Pepperidge Farm for stuffing and rolls, to Sara Lee for pies, to Armour for Butterball birds and to Haig and Haig for support.

I know I'm fortunate. I know I'm blessed. How wonderful it was to be together on this holiday. May we have a repeat next year. May each of us have 12 months of health and happiness, interrupted by the minimal of small problems.

Do I count my blessings? Sure I do. Oh Lord, am I thankful this holiday comes but once a year.

Greta Silver
Kvetch 22

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Regency Lakes

All Active Listings

October 28, 2006

	Address	Beds	Fba	Hba	SqFt	Gar	Pool	Lake	List \$
1	5801 EAGLE CAY LN	3	2	0	1584	1	N	N	\$296,900
2	5805 EAGLE CAY LN	3	2	0		1	N	N	313,900
3	4946 EGRET PL	3	2	0	1555	1	N	N	349,000
4	5841 EAGLE CAY CR	3	2	1	1750	2	N	N	355,000
5	5030 IBIS PL	3	2	0	1588	2	N	N	374,900
6	5847 EAGLE CAY TE	3	2	1	1698	2	N	N	384,999
7	4979 PELICAN ST	3	2	1	1776	2	N	N	387,000
8	6504 PELICAN AV	3	2	0	1441	1	N	Y	390,000
9	6500 IBIS WY	3	2	0	1797	2	N	Y	390,000
10	4935 PELICAN ST	3	2	1	2254	2	N	N	390,000
11	4946 PELICAN ST	3	2	1	1776	2	N	N	395,000
12	5827 EAGLE CAY TE	4	2	1	2036	2	N	N	399,000
13	5024 IBIS CT	3	2	0	1511	2	N	N	399,000
14	5822 EAGLE CAY LN	3	2	1	1624	2	N	N	399,000
15	6213 OSPREY TE	3	2	0	1588	2	N	N	399,000
16	5033 IBIS	3	2	0	1611	2	N	N	399,900
17	5337 FLAMINGO PL	3	2	0	0	2	N	N	399,900
18	5224 EAGLE CAY WY	3	2	1	1797	2	N	Y	399,999
19	4956 EGRET PL	3	2	0	1555	1	N	N	400,000
20	5200 EAGLE CAY WY	3	2	1	1652	1	N	Y	400,900
21	5140 HERON PL	4	2	1	2115	2	N	N	414,000
22	5515 LAKE TERN CT	4	2	1	2066	2	N	N	415,000
23	6203 OSPREY TE	4	2	1	2075	2	N	N	419,900
24	5835 EAGLE CAY	4	2	1	1919	2	N	N	422,000
25	5107 HERON	4	2	1	2122	2	N	N	422,000
26	5017 HERON PL	4	2	1	2212	2	N	N	422,900
27	5104 HERON PL	5	2	1	2085	2	N	N	429,900
28	5201 EAGLE CAY MN	4	3	1	1912	2	N	N	430,000
29	5854 EAGLE CAY	4	3	1	1912	2	N	Y	434,499
30	5007 HERON CT	4	2	1	2071	2	N	N	434,900
31	5152 HERON	3	2	1	2211	2	N	N	435,000
32	5036 HERON PL	3	2	0	1563	2	N	N	439,000
33	5009 HERON PLACE	3	2	0	1681	2	N	N	442,711
34	5103 HERON CT	4	2	1	2318	2	N	N	464,900
35	6410 MALLARDS LN	4	3	0	2814	3	N	Y	499,900
36	4961 EGRET PL	4	2	1	2264	2	N	Y	499,955
37	4968 EGRET	4	2	1	2280	2	N	N	529,900
38	5032 MALLARDS PL	4	3	0	2672	3	N	Y	589,000

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Information deemed reliable from M.L.S. Disregard if already listed.

Classified Ads

FOR SALE: Area rug, 100% wool, 5' X 8', black background, floral design, brand new. Orig. \$249. Sacrifice \$125. Call 954-427-8920.

FOR SALE: 2004 Infinity FX-35. 32K miles, leather seats w/ memory settings, Bose 6-CD/cassette stereo, sun/moon roof. New tires, fully-maintained, recently detailed. Good to excellent condition. Priced to sell: \$25,000. Call 808-281-0285 or 954-249-2913.

Mother's Helper Needed: I work from home & need a helper with my 2 children. Teens ok, flex times, mostly afternoons. Call Stacie at 954-444-9249.

Hollywood Harmonies

Steven Spielberg was holding a very special meeting where he discussed his new project, an action biopic about famous composers starring top movie stars. Sylvester Stallone, Bruce Willis, and Arnold Schwarzenegger were all present.

Spielberg needed the box office 'oomph' of these superstars, so he was prepared to allow them to select whatever composers they would portray.

"Chopin has always been my favorite, and my image would improve if people saw me playing the piano," said Willis. "I'll play him."

"I've always been partial to Strauss and his waltzes," said Stallone. "I'd like to play him."

Spielberg was very pleased with these choices. "Sounds splendid." Then, looking at Schwarzenegger, he asked, "Who do you want to be, Arnold?"

Arnold replied, "I'll be Bach."


Joke Of The Day



VETERANS DAY

FRIDAY

NOVEMBER 10



Regency Lakes November / December 2006




Sun	Mon	Tue	Wed	Thu	Fri	Sat
MEETING DATES MAY BE INACCURATE! CHECK WITH REPS.		Cribbage 1:30 PM Game Nite 6:30 PM	1	2 Cribbage 1:30 PM	3	4
5	6 Sandpiper 7 PM	7 Election Day Cribbage 1:30 PM Game Nite 6:30 PM	8	9 Cribbage 1:30 PM Swans 7:30 PM	10 VETERANS DAY	11
12	13	14 Cribbage 1:30 PM Game Nite 6:30 PM	15	16 Cribbage 1:30 PM Fairmont 7:PM	17	18
19 Brittany 10:30 AM	20	21 Cribbage 1:30 PM Game Nite 6:30 PM	22	23 THANKSGIVING	24	25
26	27 Board Meeting 7PM	28 Cribbage 1:30 PM Game Nite 6:30 PM	29 Mallard 7 PM	30 Cribbage 1:30 PM	DECEMBER 1	2
3	4 Sandpiper 7 PM	5 Cribbage 1:30 PM Game Nite 6:30 PM	6	7 Pearl Harbor Cribbage 1:30 PM Swans 7:30 PM	8	9
10	11	12 Cribbage 1:30 PM Game Nite 6:30 PM	13	14 Cribbage 1:30 PM	15	16 Hanukkah

Reps, please contact me if you wish to have your subdivision meeting posted in the monthly calendar. Many thanks, Greta (954-725-0321)

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Guidelines For Life

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: Respect for self, Respect for others, Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Remember that silence is sometimes the best answer.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.

8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Learn the rules so you know how to break them properly.

D. Sorensen, Joke of the Day

Desert Island Survival Tips...

John and Mary are flying to Australia for a two-week vacation to celebrate their 40th anniversary.

Suddenly, over the public address system, the Captain announces, "Ladies and Gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives!"

Thanks to the skill of the flight crew, the plane lands safely on the island.

An hour later John turns to his wife and asks, "Mary, did we pay our \$5,000 PBS pledge check yet?"

"No, sweetheart," she responds.

John, still shaken from the crash landing, then asks, "Mary, did we pay our American Express card yet?"

"Oh, no! I'm sorry. I forgot to send the check," she says.

"One last thing, Mary. Did you remember to send checks for the Visa and MasterCard this month?" he asks.

"Oh, forgive me, John," begged Mary. "I didn't send those, either."

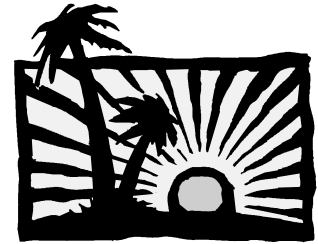
John grabs her and gives her the big-

gest kiss in 40 years.

Mary pulls away and asks him, "So, why did you kiss me?" to which John responds,

"They'll find us!"

Joke of the Day



*Wishing all
Regency Lakes
Friends and Neighbors
a
Happy and Peaceful
Thanksgiving*

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Whom Do I Call When ... ? ? ?

Call Campbell at 954-427-8770 ...

Maintenance payment problems
To report violations
Common Area lawns & sprinklers
Lake Conditions & problems
To appeal a violation
Pool/Fitness Center/Clubhouse/Tennis Court/Repairs
And any common area problems
Satellite Pools
Lawn Service
Home Sprinklers
Construction Debris
Adding/Changing Info at gate house

But for the following, call ...

Water pressure—Water Dept., 954-761-5150
Street light out—FPL, 954-797-5000, ext 53
Info for Newsletter—Greta Silver, 954-725-0321
Home Addition Approval, Etc.—Your rep + ACC Committee
Security Problem—Gate attendant, 954-426-0670 & Brian Tight 954-427-8770
Clubhouse Rentals—Joe Daesch, 954-725-9548 & Herb Silver 954-725-0321

Who Is My Main Representative?

Brittany Park—Art McCarthy, 954-426-1959
Cambridge Park—Joyce Karney, 954-571-8765
Eagle's Cay—Sharon Owens, 954-426-6619
Essex Park—Kathryn Bedard, 954-596-9905
Fairmont—Robert Hollander, 954-571-7210
Mallard's Landing—George Hegedus, 954-725-9988
Osprey Pointe—Dave Cooper, 954-698-6605
Sandpiper Landing—Gary Blum, 954-698-6355
Swan's Landing—Jeff Newman, 954-360-0640

Who Are Committee Chairpersons?

Architectural Control—Antoinette Palazzolo, 954-571-9305; George Hegedus, 954-725-9988; Suzanne Aberdale, 954-596-9905, Ann McCarthy, 954-426-1959
Clubhouse—Joe Daesch, 954-725-9548
Newsletter—Greta Silver, 954-725-0321
Lake Maintenance—Irene Marun, 954-725-9071 and Betty Alley, 954-481-8796

Other Handy Information

All-Service Refuse (garbage pick-up) 954-583-1830
Animal Control (to report an injured animal)
Broward County—954-765-4700
Humane Society—954-482-8110
Automobile Registration—954-765-5050
Bell South—customer service-1-888-757-6500
Broward County School District—Dr. Bob Parks—954-321-2007

Robin Batlemann, 754-321-2009; Darla Carter, 754-321-2008
Broward County Commissioner Kristin Jacobs—954-357-7002
Broward Recycling—hazardous waste depot—2780 N Powerline, Pompano Beach—954-974-7500, 954-765-4999
Comcast Cable Television—954-252-1937, 1-800-568-1212
Campbell Property Management
1215 E. Hillsboro, Deerfield Beach, FL, 33441
Brian Tight and Heidi Watson—954-427-8770
Coconut Creek Government Building
4800 Copans Road—954-973-6770
Mayor: James Waldman; Vice Mayor: Becky Tooley; Commissioners: Marilyn Gerber, Leonard Freund and Lou Sarbone.
Coconut Creek Code Enforcement—(report unleashed dogs, illegal parking, etc.) 954-973-6752
Coconut Creek Medical Center
1487 Lyons Road—954-973-9222
Cypress Trace Security—954-344-6444, 954-755-1432
Drivers License—954-765-5050, 497-1570
FPL—954-797-5000
Info/Referral/Crisis Line
First call for help—954-467-6333
Seniors—954-522-5220
Teen Line—954-467-8336
Victims Rights—954-467-8347
Habitat for Humanity Pick-Up—954-763-7771
Lyonsboro Postal Service
4233 W. Hillsboro Blvd.—954-428-9846
Parks/Recreation—954-574-1460
C. C. Recreational Complex, 4455 Sol Press Blvd.—954-956-1580
George S. Gerber Park, 4715 NW 30th St.
Hosford Park, 4422 Coconut Creek Blvd.
Rowe Community Center, 900 N.W. 43rd Ave.—954-956-1418
Sabal Pines Park, 5005 NW 39th Ave.—954-418-7984
Ted Thomas Act. Cen., 1044 N.W. 45th Ave.—954-956-1420
Windmill Park, 700 Lyons Road—954-956-1423
Police/Fire/Medical
Emergency—911
Non-emergency—954-973-6700
Voters Registration—954-831-0460

Compiled by Kathy Zizzo

State & U.S. Government Officials
President George Bush-202-456-1111
president@whitehouse.gov
Vice President Dick Cheney-202-456-1111
vice-president@whitehouse.gov
Governor Jeb Bush-850-488-4441. jeb@myflorida.com
Senator Mel Martinez-202-224-3041, Russell Senate Office Bldg. Washington, DC 20510,
Senator Bill Nelson-1-888-671-4091, 716 Hart Senate Bldg., Washington, D.C. 20515. www.billnelson.senate.gov
Congressman E. Clay Shaw-#22-954-522-1800, 2408 Rayburn House Bldg., Washington, D.C., 20515. www.house.gov/shaw
Senator Ron Klein-#30-561-274-4777. Klein.ron.web@flsenate.gov
Representative Irving Slosberg-#90-561-637-7097. slosberg. irving@leg.state.fl.us

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Letters to the editor are personal opinion pieces only, reflecting the author's view. Submitted material is welcome and must be addressed to "Letter to the Editor" and signed by the writer.

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Next Deadline: November 27, 2006
Please limit submissions to 150 words



Gate House
(954) 426-0670

Please use your Access Pin # and inform the attendant if you change your phone number or want to add to or remove people from your permanent guest list!

Super Food, Super Fruit, The Super Lemon

Lemons are the most widely grown species of citrus fruit. Actually number three in amount, they are grown around the world in more geographic areas than other citrus fruits.

Lemons have been used throughout history for health and well being, and have been considered super food as far back as written history goes. Extremely beneficial, their therapeutic properties have been used, appreciated and remembered down through the ages.

Their astringent nature makes lemons good for problems like acne and boils. They clean greasy skin. They are one of the most powerful natural styptics and can be used on cuts to stop bleeding.

They are high in Vitamins C, Bs and antioxidants. The leaves, skin, membranes and fruit are all beneficial, and many cultures even utilize the dried peel.

Lemons are great for cleansing the liver, gallbladder and kidneys. Fresh lemon juice in warm or hot water, perhaps with a little honey and a touch of sesame or olive oil first thing in the morning will clean the

digestive system of fats, help purify the blood and expel toxins, even built-up toxins. Lemon juice in hot water can be used before bed to ease the stomach and relieve cramps and restless leg syndrome. Perhaps leg syndrome is related to indigestion and eating too many fats and greasy foods!

Lemons help strengthen the immune system, relieve cold, flu and other respiratory infections. They are also good for bladder and kidney infections. Lemons stimulate the body's defenses to fight inflammations, diseased gums, acne, sore throat, bronchitis, infections in general and more.

They benefit circulation, high blood pressure, arthritis, digestion and contain certain antioxidants that may block cancer.

What else? Oh yes, they benefit hemorrhoids, kidney stones and varicose veins. Lemons are a cleanser for people who have eaten high fat, high protein diets.

They are even good for hangovers if you add the juice to a hot bath. You can put pure lemon juice on wasp and hornet stings for some relief, and utilize them as a natural insecticide for mosquitoes and flies.

There are only a couple of contraindications when you should not use lemons. They can irritate sensitive skin and should not be used as a skin cleanser before you spend time in the sun as they clear off protective oils and bacteria. They may also irritate ulcers.

Other than the two *caveats* above, the natural uses for lemons are almost endless. They are safe, good for man and good for the earth. Not only are they good for the body, they even help the mind. Lemons or juice can benefit depression and indecision by clearing out fats that will cause confusion.

With Thanksgiving around the corner, chances are you are already thinking about your holiday dinner. Why not do yourself a favor and end your dinner having a cup of hot tea...with a slice of lemon? As the saying goes, "It can't hurt!"

Steven Seligman,
Certified Whole Health Educator,
TaiChi Instructor,
Financial Advisor

Broward County Commission Update

County Commissioner Kristin Jacobs says that on average it costs \$8,000 per year to fuel, insure and service a car. "Imagine how much income could be freed up to buy a home or pay for college if each household could get around with one less car. Today, we are making plans to move people—not cars—by improving our transportation system. The County created Transit Oriented Development areas along major transportation corridors. Live-work-play projects will be congregated where a transit system will offer transportation options."

As a director for the Florida Associa-

tion of Counties, Jacobs was recently chosen to serve on a statewide panel to fight for legislation to lessen the property tax burden to renters, home, and business owners.

Jacobs clarified that Broward County taxes are not determined by the County Commission. There are 48 separate taxing authorities in Broward and combined, they control 61 different tax rates. Your taxes are set by 31 cities, the School Board and the County, plus 15 special districts, such as the North Broward Hospital District. What you don't see listed on your bill are taxes collected for the Property Appraiser, Sheriff,

Clerk of Courts and Supervisor of Elections. That's because State law allows their expenditures to be tucked out of sight inside the County Commission's budget. Commissioners have no legal control over how these officials spend your tax dollars. Over the last ten years, the four constitutional officers' budget share has grown from 44% in 1996 to 48% in FY '07. Yet last year the County Commission dropped its tax rate lower than any other Florida county. This year they did it again, dropping our millage rate by 10.66%.

Excerpted from Broward County Commission Update

Same Reminders

Reminder!!

A subdivision swimming pool is private and can be used only by residents living in that subdivision.

Reminder!!

If you see a speeder, write down the license number and relay it to the security officer.

Reminder!!

Obey the speed limit! Don't Speed The seconds you save aren't worth anything compared to the regret you'll feel if you injure or kill someone in your foolish rush to speed through Regency Lakes. .

Reminder!!

You have to go to the gatehouse to verify the identity and approve the entry of a guest who does not have photo ID. You will be called, so stay off the phone or computer!

Reminder!!

Use unbreakable plastic containers only at swimming pool picnic areas and clean up thoroughly . Thank you!

Regency Lakes Homeowners Association
c/o Campbell Management
1215 E. Hillsboro
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