

Boca Isles South

Spring 2012

Message from the Board

Everyone should be aware we experienced a serious break in one of the water drainage pipes connected to our lakes system. This resulted in a significant loss of water from lakes located within Boca Isles South, Boca Isles North and Boca Greens. We would like to take this opportunity to provide some history and explain what happened and action taken.

Lennar Builders constructed one community with one lake system that was later divided into three communities. As part of the South Florida Water Management District (SFWMD), the lake system was built to meet the requirements of LWDD and SFWMD and requires overflow protection to reduce risk of flooding to our homes. One piece of that protection is provided by an underground pipe connecting the Lake Worth Drainage District (LWDD) drainage canal to the lake system and that connection is in one of our lakes. The pipe extends into the lake near its bottom and turns upward to protrude above water level. The top of the pipe, or stack, has a 6' opening with a grate cover to prevent entry. Additionally, piping connects one lake to another throughout the system to allow water to move between lakes and help prevent any individual lake from flooding.

During significant rain events, e.g. a hurricane or tropical disturbance, water levels may rise to the top of the overflow stack, where water from the lakes can drain through the top of the pipe and underground to the LWDD canal, avoiding flooding our homes. The problem occurred when the pipe broke at the entry point into the lake and water immediately began flowing into the drainage canal. On Friday morning, March 23rd, lake levels were observed to have lowered considerably from the previous afternoon. BIS made an inspection and found the overflow pipe break.

Immediate contact was made with the LWDD and the company that manages our lakes. A repair crew began

work to seal off all lakes connected to the lake where the break occurred to stop water loss. This work was completed by Friday evening and they returned Saturday morning to make sure temporary dams were holding and to reduce seepage as much as possible.

Our adjacent communities were advised of the break and kept current on progress. The Board made a decision to stop all watering in the community until water loss could be contained and an evaluation made of the situation. Until coordination with LWDD and SFWMD regarding possible impacts to local groundwater levels, restrictions include homes not using water from the lakes. On Tuesday, March 27, we determined water levels had stabilized enough to allow watering once a week, on Fridays. We will coordinate with adjacent communities and personnel from LWDD and SFWMD to establish a future watering schedule to ensure we have enough water in to sustain until rains can replenish our lakes. We appreciate your patience and understanding as we make every effort to return our lake system to normal.

You can go to our Web page at www.bisboca.org for the latest information. Thank you.



HOMework

MATT Takes It Seriously!

During Past 12 Months (3/1/2001-2/29/2012)
MATT SOLD The 4 Highest Price Boca Isles Listings (No Agent or Team Sold Any Higher)

Model	List Price	SOLD Price	Market Days
Palm Beacher	\$589,000	\$550,000	50
Grand CaymanV	\$539,000	\$535,000	56
Ocean Grand (Expanded)	\$549,000	\$535,000	65
Scottsdale	\$549,000	\$535,000	74

During Past 12 Months
(3/1/2001-2/29/2012)
2 Agents sold 2 Or More
Houses In BOCA Isles
(No Other Agent Sold More Than One)

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16
Houses

#2

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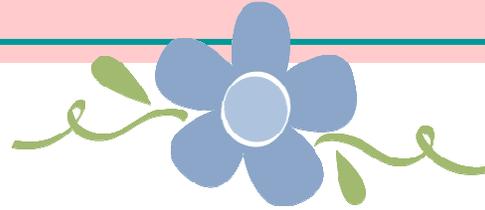
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*Note: This information is compiled from RMLS, Inc., for the period 07/07/1998-02/29/2012. This representation is based in whole or part on data supplied by the various participants of RMLS, Inc. RMLS, Inc does not guarantee or is not in any way responsible for its accuracy. Data maintained by RMLS may not reflect all real estate activity in the market.



From the Office

Why the Payment Change?

A few of you have inquired about the reason for the assessment mailing address change. The bank charges us per check deposited through the lockbox. Eliminating this service will result in a savings on bank charges. We appreciate your cooperation.

Do You Pay BIS Online?

If you make your payments online to Boca Isles South, either automatically or manually, the vendor address will need to be changed. Some banks will allow you to edit your vendor information while others (Wells Fargo and possibly others) will require you to set up a new vendor. Do not delete the other vendor; you do not want to lose your history. Use a slight variation in name when setting up the new vendor by adding or deleting POA after Boca Isles South. If you send your payments automatically remember to check the auto settings after you have made the address change, it will sometimes revert to manual. If you have any problems please call me in the office and I will be happy to assist.

Do You Mail or Drop Off Your Payment?

If you mail your payments the only change necessary is the address. Please make sure to send it to: 19951 Ocean Key Drive, Boca Raton, FL 33498. You may place a blank label over the window on the current envelopes and write the new address on the label. I will have preprinted labels available in the office if you would like to stop by and pick some up. For the convenience of those dropping off their payments at the office we have installed a mail slot in the office door. There is a mailbox behind the door collecting the payments.

Inspection Focus

This quarter please check your driveways.

Driveways are in constant need of attention. Our cars leave residue on them, our trees drop seeds on them and weeds grow in them. You should plan on pressure washing your driveway at least once a year if it is not sealed. If you are experiencing several of the items mentioned above you may want to look into having your driveway sealed (painting is not permitted) to prolong its life and appearance as well as save you time in the future.

*Thank you for your assistance in keeping
Boca Isles South a beautiful place to live.*





College Rankings for your Information

As we embark upon the 2012 educational school year, we can observe a clear and steady increase in college tuition prices, and a similar accountability increase for students. However, with the increase cost, comes the imperative ranking and rating of colleges that parents invest their money. The US NEWS and WORLD REPORT magazine annually publishes a list of top colleges and rankings for parent perusal. In honor of the ever increasing college age student resident in Boca Isles, we would like to provide informative data to assist our community in their college choice selection. We will provide the list of top 50 colleges, plus a mention of other noteworthy popular institutions of higher learning in Florida. The list is as follows:

Harvard; 1. Princeton; 3. Yale; 4. Columbia; 5. Cal Tech; MIT; U Penn; Stanford; University of Chicago; 10. Duke; 11. Dartmouth 12. Northwestern; 13. Johns Hopkins; 14. Washington University in St. Louis; 15. Brown; 16. Cornell; 17. Rice; 18. Vanderbilt; 19. Notre Dame; 20. Emory; 21. U Cal. at Berkley; 22. Georgetown; 23. Carnegie Mellon; 24. USC; 25. UCLA; UVA; Wake Forest; 28. Michigan 29. Tufts; UNC; 31. BC; Brandeis; 33. William and Mary; NYU; 35. University of Rochester; 36. GIT; 37. U Cal at San Diego; 38; University of Miami; Lehigh University; Case Western; U Cal-Davis; 42. U Cal-Santa Barbara; University of Washington; University of Wisconsin; 45. U Cal-Irvine; Penn State; University of Illinois; University of Texas; Yeshiva; 50. George Washington

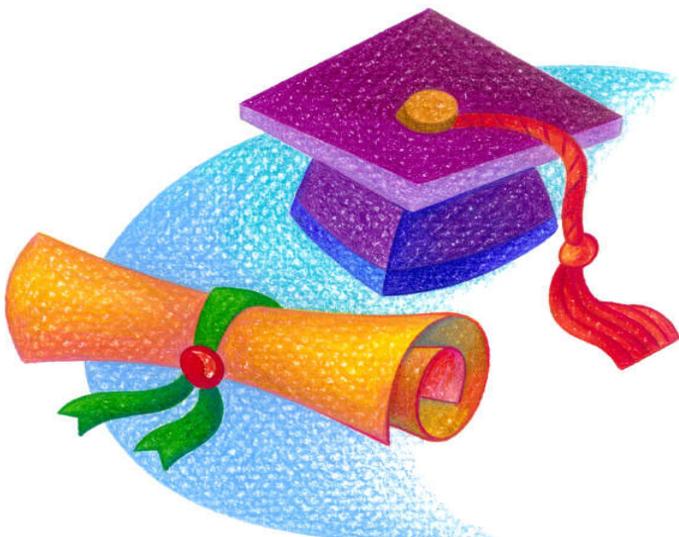
Other Florida state college rankings of note are as follows: 52; UF (Gainesville); 109; FSU (Tallahassee); 159; FIT; 179. UCF; 183; USF (Tampa); 192; Barry (Miami); 198; FAMU; 199; FAU; 200; FIU. These rankings are online as well for further information about all colleges in the United States. We recommend campus visits prior to investing in any college.

Florida also offers state colleges that have been recognized as giving quality education for a more inexpensive cost. The University of Florida and FSU were both rated highly in this arena. USF, and UCF were also recognized as top 100 bargain colleges. Rollins College and Stetson University were also lauded for programmatic excellence. This may all change however, as a bill introduced in the Florida legislature is now being considered that would allow state colleges meeting research and quality requirements to significantly increase their tuition. Stay tuned for the upcoming final results of this bill and its ramifications.

College admittance is becoming even more competitive and selective at present as the economy continues to stagnate, and more students of all ages are struggling to attain new careers. College admission recruiters are looking at the following cogent criteria and areas of evaluation in order of importance as follows: 1. SAT/ACT scores (requirements and minimal scores are climbing steadily); 2. Grade Point Average in a college prep and rigorous curriculum; 3. Advanced Placement course exam passing rates (not just taking the course, but passing the national exam); 4. Clear career choice; 5. Creative and original community service project or projects especially related to career path; 6. Evidence of overcoming personal adversity; 7. Evidence of Leadership skills; 8. Extra and co-curricular involvement (i.e. debate, athletics, music, art, computers, journalism, yearbook, drama, career academy recognition). Special, unique talents in any of the previously mentioned areas can also facilitate college entrance and scholarship offers. Colleges and universities are seeking well rounded holistic students that offer a multi-faceted, diversified individual with potential to contribute to the overall university milieu and surrounding community. It is important to reiterate however, that the SAT/ACT scores must be established prior to other factors becoming increasingly relevant.

In the future, presentations regarding college choices, scholarships, and the college preparation process may offered free of charge for Boca Isles South residents. If you are interested, please notify the Board. Please check this newsletter for times and dates. If you have any questions, my e-mail address is jjkmnk7@aol.com.

By Dr. Michael Kesselman, PhD in Educational Leadership, Curriculum, and Instruction K-12 University of Miami; Florida Supreme Court Certified Family Mediator



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SOLD

Exquisite former modd 6BR, 6.5BA, 3CG estate pool home with magnificent lake view. Custom details throughout. Must see to appreciate!!!

BROKEN SOUND \$249,000

3BR, 2.5BA, 2CG townhome on lake. Wonderful views of lake and golf course. Kitchen upgraded with S/S appliances, granite counters & woods cabinets. Master upstairs.

WOODFIELD C C HAMPTONS \$875,000

4BR, 3BA, 2 CG on lake w/pool. Completely remodeled home, gourmet kitchen, fireplace separate children's wing. Accordion shutters with marble and hardwood flooring.

OCEAN REEF TOWERS \$450,000

UNDER CONTRACT

3BR, 3BA 5th floor condo with ocean & ICW views. New high impact windows & balconies. Great value for ocean front property.

HIGHLAND PLACE \$549,000

2BR, 2.5 BA plus den condo with Ocean and Intra-coastal views. Large balconies. Unit has 2 covered parking spaces. Bright and immaculate unit on 3rd floor. Steps to the beach!!! Location, Location!!

TIMBERCREEK \$259,900

UNDER CONTRACT

SHORT SALE 3BR, 2.5BA, 2CG pool home, accordion shutters in back, impact windows in front, corner lot. Low HOA.

PLATINA \$110,000

UNDER CONTRACT

3BR, 2BA, condo with water view, glass enclosed patio, tile thru out w/carpet in master. Elevator building. All ages welcomed!!!

MISSION BAY \$315,000

4BR, 2.5BA, 2CG Completely redone pool home w/stainless steel appliances. Roof recently replaced.

BOCA ISLES NORTH \$514,900

4BR, 3BA, 3CG Mar-A-Lago w/pool on lake. Custom upgraded kitchen, custom bathrooms, natural pecan hardwood floors in LR, DR, kitchen, family room and stairs. Don't miss this one!!!

GLENEAGLES \$241,000

3BR, 3BA, 2CG Sanders Model w/great golf views, roof replaced 2008, kitchen cabinets upgraded. Nice open floor plan. Priced for quick sale.

FAIRFIELD \$289,000

3BR, 2.1BA, 2CG home centrally located. Marble flooring in living & dining room, wood floor in kitchen & loft, very bright & open!!

Do you want to really kick up your workouts and burn fat fast? Try some High Intensity Interval Training.

HIIT training is all about speed. Speed during exercises - it's intense. Speed during workouts - usually they last less than 20 minutes - an HIIT workout will lose up to 9 times more fat than a similar cardio workout. It is mostly used for individuals trying to lose weight but the rate at which it can make you fitter makes it valuable for all types of exercise. In a nutshell HIIT training consists of alternating bouts of high speed intense exercises with less intense periods of recovery. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

Here's how to do it:

1. Get a good warm up for 10-15 minutes that gets your heart rate up.
2. Sprint for 1 minute at near maximal intensity and then jog lightly at 50% intensity for 30 seconds, for a 2:1 work to rest ratio. Do 6-10 cycles of this.

If you can't sprint for 1 minute then cut the time in half and work your way up. This part should last at least 15 minutes but no longer than 20 minutes.

3. Cool down for 10 minutes

The example above was for sprint interval but this method can be utilized with many types of exercise. I will warn you that it is not easy at first, but then again nothing worth doing ever is. Depending on your fitness level you may want to slowly incorporate HIIT training into your routine. But if you are bored with logging hours doing cardio or want great results in less time, try HIIT training 3-4 days per week in between strength training days. It will leave you gasping and sweating but the results are well worth it.

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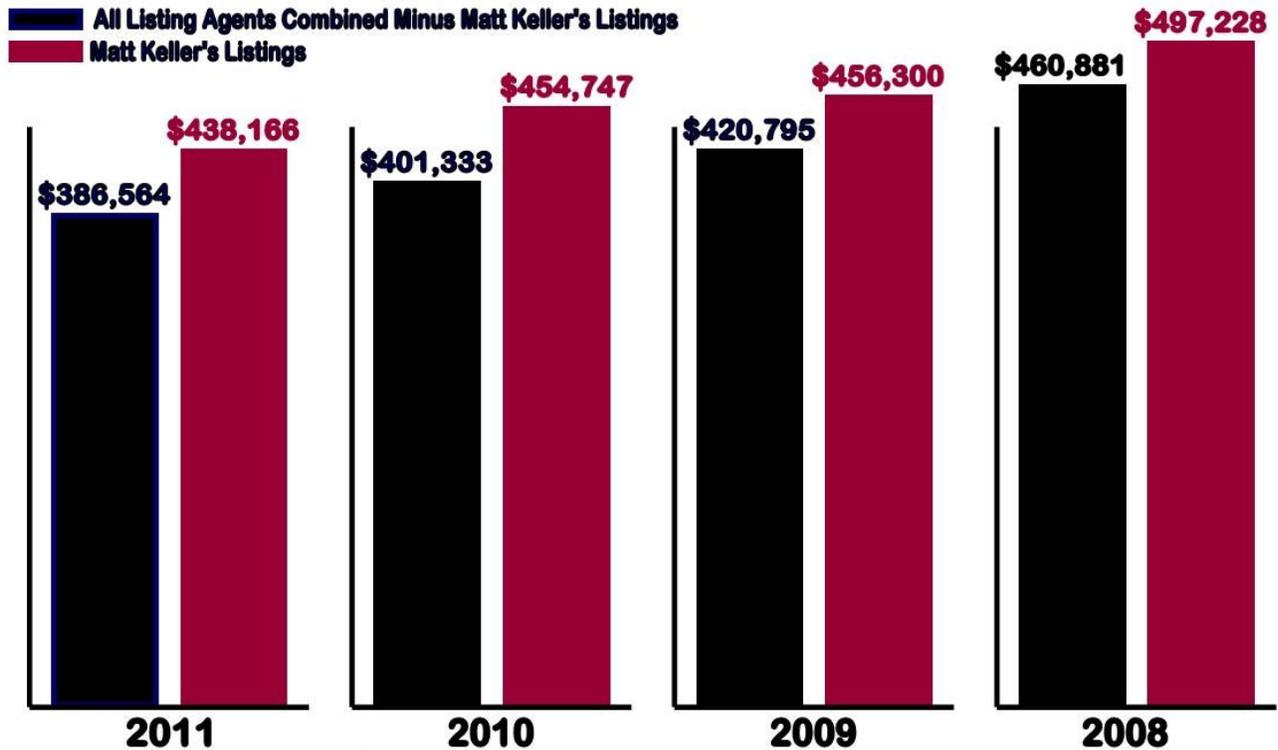
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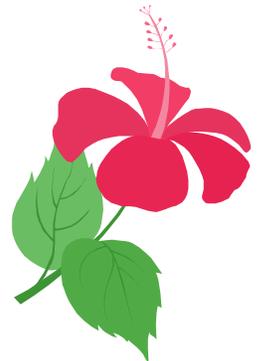
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Guess this otter hasn't read our "no fishing" regulation!

Just a reminder not to feed the wild animals. They can obviously take care of themselves and can be dangerous. Please do not let your small dogs or children unattended by the lake.

Photo courtesy of Manuel Garcia.

LIFE IS WILD AT BOCA ISLES SOUTH!



Iggy has taken to getting in shape for the spring season.

Residents have been fascinated with both Iggy and Ziggy as they hang out by the pool and spa.

Photo courtesy of Arnie Miller



By Bill Scott, PGA Director of Instruction DLGA at Osprey Point GC

“Buried Lie in the Bunker”

The next time you hit your ball in the bunker and find your lie buried...don't hesitate to close the clubface. The Sand Wedge is designed to bounce off of the bunkers sandy surface and prevent you from letting your club dig too far beneath your ball – this bounce is increased when you open the clubface. This is great if you have a good lie in the bunker, however, not very beneficial for a buried lie. The bounce will in reality become counter-productive, possibly making you hit the ball thin and not to mention losing control of the distance you hit the ball. By closing the clubface (Picture 2) you will create a digger sole (instead of a bounce sole) which will dig into the sand beneath the golf balls plugged lie, freeing it from the buried lie without swinging recklessly.

Follow these easy steps to greater efficiency for a buried greenside bunker lie:

- Take your normal grip.
- Play the ball in the middle of your stance.
- Put your weight on your target side foot (right foot for lefties or left foot for righties).
- Close the clubface (Picture 2): This allows your club to dig the ball out without sacrificing control.



Picture 1: Above is a square clubface (leading edge = red horizontal line) with an arrow indicating the target-line. Note: The horizontal line



Picture 2: Above is a closed clubface (red horizontal line = new imaginary leading edge) with an arrow indicating the target-line.

- Close your stance (align to the right for righties and left for lefties): This will help offset the closed face.
- Make sure the NEW imaginary leading edge (Picture 2) points where you want the ball to go.
- Lean the shaft toward the target.
- Plan to hit 2-3 inches into the sand behind the ball.
- Swing with ease and relax your hands. You do not need to swing any harder than a normal bunker shot.

In order to get used to a new shot, I highly recommend practicing this at the range prior to trying this on the course. You will be amazed at the accuracy and ease of this shot. If you have not already done so, stop by and see the practice facility at DLGA @Osprey Point GC. Double ended range, two practice putting greens, and two pitching and bunker practice greens.

Bill Scott is a PGA Member, the Director of Instruction at the Don Law Golf Academy at Osprey Point Golf Course located in South County Regional Park. Read more about the Don Law Golf Academy and their programming at Osprey Point GC go to www.donlawgolfacademy.com or call 561-451-1128 or 561-482-2868.



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DON LAW GOLF ACADEMY



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<p style="text-align: center;">Adult Group Classes Only \$99 for 5 one hour classes 6:1 student to teacher ratio Bring a friend and form your own class</p>	<p style="text-align: center;">Spring 2012 Issue ** SAVINGS** Sign up for one full week of Junior Summer Golf Camp (9:00am-1:00pm M-F) and receive Extended Day from 1:00 pm-3:30pm complimentary for the same week \$125 value in savings Call office at 561-451-1128 to take advantage of the savings Must book before June 1, 2012 **Offer expires 8 August 31, 2012</p>

To sign up or get additional information call 561.451.1128

www.donlawgolfacademy.com or www.pbcgolf.com



Landscape Tips

Spring is a time for watering your lawn twice a week – even if it rains! Allow the water to run 20 – 25 minutes on each zone saturating the ground at least 2 inches underground. If not watered deeply the roots will grow upward in search of water causing them to get too close to the surface and burn.

If you have recently replaced any plants, flowers or sod water this area for at least 30 - 45 minutes.

It's time to fertilize! Our gardeners recommend Scott's Bonus S.

Watch for White Fly! There is a new strain moving into the area. Be vigilant about inspecting your plants and hedges, treat at the earliest sign of infestation. If your hedge has died off, please replace it. Podocarpus or Coco Plum are the suggested replacements.

Thanks to Stimmler Landscaping for these tips.

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- Learn to minimize risks both in & out of the water
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A common sense approach to starting swim lessons

AAP CHANGES POSITION ON SWIMMING INSTRUCTION FOR CHILDREN AGES 1-3

One of the more contentious issues in teaching children to swim has been when to start. The American Academy of Pediatrics (AAP) has been recommending most children age 4 and older should learn to swim. However, some believe that delaying formal instruction could contribute to drowning, the number one cause of death for children under 5. In the interest of protecting children, new studies presented in the June 2011 issue of Pediatrics have prompted the AAP to urge parents to consider a "layered approach" to water safety for children ages 1 – 3. Increased vigilance, restricting access to water and formal instruction are now seen as three layers that could help save a young child's life. Even with this change, the AAP continues to focus on caretakers that leave young children unattended near water hazards and more importantly, parents that might become less vigilant because their child has had swimming lessons. Still, when all else fails, formal swimming instruction in basic survival skills could save a toddler that happens to discover the pool man didn't reconnect the safety fence correctly. Even for parents that take all the proper precautions, bad things can and do happen. As a final layer of defense, a child that knows how to swim to the side of the pool and crawl hand over hand to the stairs, stands a much better chance than one who has never practiced those skills.



Boca Isles South Email List

Join our e-blast list to receive important updates from Boca Isles South and surrounding areas.

Email Terrie at BISManager@HotwireMail.net to be added.

Information will not be shared, for BIS use only.



Boca Isles

REAL ESTATE NEWS

March 2012



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Mark and Samantha Cole

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- ◆ *Two Agents Working For You.*
- ◆ *Two Agents with Over 40+ Years of Real Estate Experience.*
- ◆ *Two Agents Providing The Service You Need and Deserve.*
- ◆ *Two Experienced Agents For The Price Of One.*

JUST LISTED \$439,900

FOR SALE \$539,000

SOLD \$505,000



Boca Isles South



Grand Cayman V



Grand Cayman V

*If your home is presently listed for sale with a REALTOR® this is not meant as a solicitation

The Beacon Cheapskate

by Stan Newman

Great New Restaurant to Try

Welcome back, penny pinchers.

If you've read my previous columns on eating out, you may remember my three simple requirements for adding a restaurant to my list of regulars: great food, large portions, and low prices. For some reason, a new restaurant doesn't get added to my list very often.

But just recently, my wife and I ate at the Muscle Maker Grill in Deerfield Beach (230 S. Federal Highway, 954-429-1818) for the first time, and it punched all the buttons, plus one more: a thoughtfully prepared menu that keeps the calories and saturated fat to a minimum.

This healthful food doesn't taste anything like "health food." The varied menu includes appetizers, salads, wraps, burgers, sandwiches, pasta, chicken, and chili. The calorie count is listed next to each menu item, and a separate Nutrition Facts and Dietary Guide lists the serving size, carbs, protein, sodium, saturated fat and total fat for each menu item.

Between the two of us, we ordered two soups, a cheeseburger with baked potato, and a Cajun Chicken & Penne platter. Everything tasted great, we needed doggie bags for the leftovers, and the total cost for the two of us was less than \$30, plus tip.

If you prefer your eat-out dinners fancy, this place won't be for you. The furnishings are basic--tables and chairs with wide-screen TVs on the walls, and the cooks do double duty as servers. But for a great quality-and-quantity dining experience that is unique to this area, give this place a try. More info can be found at www.musclemakergrill.com.

P.S. Since the last "Cheapskate," I've become a member of the BIS Board of Directors. In the candidate statement I wrote for the election, I decided to end the "Mr. E. mystery" and reveal my identity, so residents would be aware of the various things I've been doing for the community since I moved here in 2006. In addition to seven previous editions of this column, these have included purchasing stamps regularly for the Property Manager's office at less than face value via eBay, and donating a brand-new STOP sign to the community, to replace the worn one that used to be at the corner of Dinner Key and St. Thomas. I found it at a yard sale for \$5.

Now I'll be spending more of my time working with the rest of the Board to find new ways to save us all some money. First completed assignment: finding the best price for the new folding tables, now being used in the clubhouse.

But I'll still be writing Beacon Cheapskate to share my favorite family-budget tips with you.

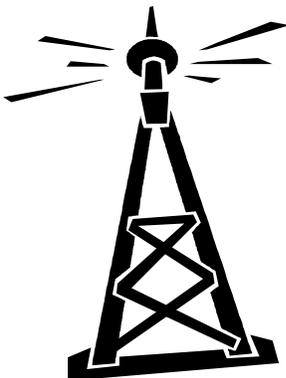




TV Freezing or Pixilation?

Are you still experiencing intermittent freezing of your picture or seeing pixilation (picture distortion that looks like groups of small blocks) on your television sets? **We are asking you to send an email to bismanager@hotwiremail.net to advise the office of your problems so we can identify how many of you are experiencing these issues. Once you have done so, you do not need to report each instance to the office – just email us if your problem has been resolved to your satisfaction and we will remove your name from the freezing/pixilation list.**

It is important for you to contact Hotwire Customer Service (CSR) at 1-800-355-5668 to report the problem and, if the problem returns/continues after CSR responds, please contact CSR for each instance. We know many of you have had freezing and/or pixilation for some time, may have contacted Hotwire previously, and may not have resolution to the problems; however, if you are still experiencing them, it is important to report all of these problems to Hotwire until a final resolution is reached.



Thank you, Boca Isles South Board of Directors



Emergency Contact Information

Our recent lake experience has reinforced the necessity for an emergency email contact list. During an emergency it is imperative that we get vital information out to our residents in a quick and efficient manner. For this reason we are compiling a community email list. Please take the time to contact the office with your information. It is as easy as sending an email to BISManager@HotwireMail.net; include your name and address. There is no limit to the number of email contacts per residence.

This information will NOT be shared, it is for Boca Isles South use only.

Thank you for your cooperation with this important matter.

Your Hotwire Representatives will be available to answer your questions and address your concerns in the Clubhouse

Tuesdays from
11 am to 1 pm.



**We are on the
web...**

www.bisboca.org