

the Parklander

Parkland's Only NewsMagazine Since 1991

Enduring love

Through 134 years of marriage, two Aston Gardens couples are still thriving.

– Page 24

Father's day

Parkland's Randy Rosen is profiled in a book on outstanding Jewish fathers.

– Page 4

*Happy
Valentine's
Day*

February 2005

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What a Year it's Been!

By Jack Kornreich

Here we are, the newest kid on the block but the oldest resident of the neighborhood. We have just completed our first year of publishing *the Parklander* and what a year it's been. The learning curve is starting to flatten, but we are not stopping in our quest to keep *the Parklander* the preeminent magazine in the area.

We have the professionalism, cooperation, support and encouragement received from Craig Swill of *Our Town News*, Linda Behmoiras of *The Boca Observer*, Brigitte Baroukh of *City Smart* and Dennis Chen of *Neighborhood News*. They have really been very helpful to us and, we hope in our way and to the best of our ability, we have reciprocated.

We can't thank our contributing writers and photographers enough. They are helping us reach our goals and providing our readers with the material, information and pictures that allow them to enjoy our magazine month after month.

To our readers, we pledge to continue to shape and grow *the Parklander* so that our publication will continue, after serving Parkland and Coral Springs for almost 14 years, to keep you informed and entertained. We also thank you for supporting our advertisers, without whom this publication would not be possible.

To my wife, and to all sweethearts and lovers,
Happy Valentine's Day.

Correction:

The January 2005 front cover was photographed by Steven Shires

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Publisher Sharon and Jack Kornreich

Managing Editor Rick Adelman

Design Editors K. B. Dalzell, Cynthia Gerula,
Michele McCann

Advertising Manager Sue DiPetrillo

Contributing Writers and Columnists

Dr. Howard J. Brenker, Fred Diekmann, Marcy DiMare,
Alice Reiter Feld, Esq., Kelly Ferrara, Ricky Gordon,
Eddie Grosman, Dr. Glenn Kallick, Joyce Kaufman,
Jeanne Korn, Ph.D., Robert Loewendick, Richard Lucas,
Lois Malachowsky, Lou Musmeci, Jeb Niewood,
Stephanie Pollin, Pina Rodriguez, Jim Roeck,
Dan Smithyman, Mona Steinberg, Dylan Tillman.

Cover Photograph: Steven Shires

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the Parklander NewsMagazine: direct mailed monthly
9381 W. Sample Road, Suite 203 • Coral Springs, FL 33065
Phone: 954-755-9800 / Fax: 954-755-2082

E-mail: publisher@theparklander.com

www.theparklander.com

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A Healing Journey

Parkland's Hofmann In The Business Of Helping People

By Rick Adelman

Dr. Bruce Hofmann remembers the exact day and moment when his life changed.

A highly successful chiropractor, Hofmann was performing a manipulation on his 68th patient of the day. It was May 23, 1988. The patient, being treated for a lower back injury, shifted as Hofmann applied pressure, resulting in Hofmann badly injuring his shoulder and herniating a disk in his neck.

"Tears were coming out of my eyes," the 16-year Parkland resident recalled. "I was hurt."

Several months later, suffering extreme pain and unable to work, Hofmann went to see a neurologist, who performed a two-hour test, left the room for 20 minutes and returned with a proclamation that shook Hofmann to his very core.

"He said, 'You're damaged goods. You'll never be the same'" Hofman recalled. "That's how it was handled. I cried like a baby on his table."

A pivotal moment

In retrospect, with the benefit of insight, perspective, and education, Hofmann said he sees God's hand in the ordeal. But for a high-energy individual with hundreds of patients who had a radio show, was a corporate business consultant and also served as a doctor for the U.S.

Olympic Diving Team, the injury was catastrophic. It was also what Hofmann likes to refer to as a "pivotal moment," those times when an individual's life changes dramatically.

Hofmann's journey of self-discovery over the last 15 years has included the study of yoga, acupuncture, nutrition and, most significantly, he said, Neuro Emotional Technique (N.E.T.), a methodology which deals with the balancing of the neuromuscular and biochemical systems and emotional components.

Hofmann, who lives in Cypress Head with his wife, Ellen, a Pilates instructor, and their son, Josh, a high school senior, believes that through his experiences he can help people transform their existences. Hofmann teaches people how to perform at peak levels by understanding and overcoming the obstacles standing in their way of happiness. N.E.T., founded by Dr. Scott Walker of California around 20 years ago, is the key, Hofmann explained.

"My clients are primarily of two modes," said Hofmann, one of only a handful of certified N.E.T. practitioners in Florida. "They're sick and tired of being sick and tired. These are smart intelligent people. They're just in a broken mode and they realize that something in their life is not working and they can't fix it. And this is not something you can power your way through."

"What N.E.T. allows us to do is go in and find and identify the underlying angst — which is called the neuroemotional component where that trauma, that history, took

place and then with a physical correction turn the circuit breaker back on.

"The other group of people understand the winning edge. These are high-powered business people, athletes who understand that races are won by fractions of a second and that it's crucial to be at a high level of peak performance."

Driven to succeed

The Bruce Hofmann that sees clients, conducts seminars and serves as a keynote speaker these days is not the same person whose drive to succeed was once overwhelming. Growing up in New Jersey in a working class environment where money was always tight, Hofmann was motivated from a very early age.

"I made a decision that I was going to become financially independent," Hofmann said.

He had two paper routes, worked at a local sub shop, sold produce to a Chinese restaurant and when he was 18 started his own lawn care business. Eventually, Hofmann had two fulltime crews with 123 homes and two government contracts. The business generated six figures.

Introduced to chiropractic at the age of 22, he decided to pursue a career, earning his degree in St. Louis and eventually relocating to Florida where he opened a practice in Pompano Beach. At one point, he was seeing 300 patients a week and chasing materialism,

thinking that hard work and money equaled happiness.

Said Hofmann: "My office manager used to tell me, 'I know where you want to go — on top of the mountain. You gotta enjoy the trip up there. And even in the valleys there is beautiful dew and soft grasses and time to relax and enjoy it.' And I would say, 'I don't have time now.' I was focused, present-time conscious, with blinders on and nothing could get me off target."

Injury changed everything

Then he got injured.

"God said, 'You haven't been listening to me.' So he gave me a Mike Tyson left uppercut. He said, 'I love you so much I have to hurt you. You're not listening, you're not paying attention, this isn't going to work. If you continue to do this you're going to die.'"

Before ultimately undergoing surgery in California to repair his shoulder, Hofmann, bent over in constant pain, taking powerful narcotics and frustrated by not getting better, "fired" all of his doctors.

"I needed to take back ownership of me," he said.

Hofmann, who has his own Web site (drbruceSpeaks.com) says his journey back to health made him a more effective communicator, enabling him to reach and touch other peoples' lives, empowering them to become more energetic, dynamic and successful. **P**



Dr. Bruce Hofmann of Parkland emphasizes the positive.