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**FROM THE COVER**

**Lotus Celebrates Record Year In U.S.**



Lotus is one of the world's best-known British performance brands with a reputation for innovation through a steady stream of winning racing cars and memorable sports cars. The first Lotus car was built in 1948 by founder Colin Chapman. Lotus Cars USA, the North American distributor of Lotus Sports Cars based in Duluth, Georgia just outside of Atlanta, has set a new one-year sales record with the new Elise roadster,

exceeding expectations by nearly 20% and firmly re-establishing the British carmaker in the U.S. market.

The first U.S. Elise was delivered in July of last year and through July of this year, 2,385 cars have been delivered. After being introduced at the 2004 Los Angeles Auto Show, orders for the lightweight, 190-horsepower sports car quickly exceeded projections and remained strong throughout the first year of sales, further reinforcing the Elise as the most successful model in Lotus' 57-year history.

"The Elise is true to the Lotus philosophy of 'performance through light weight' and the sales show that American enthusiasts appreciate a pure, undiluted sports car," said John English, president and CEO of Lotus Cars USA.

**A New Treatment Option For Women Diagnosed With Breast Cancer**

By Silvio A. Garcia, M.D., FACRO

October is breast cancer month, a time to educate and remind the public of the importance of self-breast examinations and awareness of breast cancer.

Breast cancer is a malignant tumor that starts from cells of the breast, which are made up of glands, ducts, fatty and connective tissues, blood vessels and lymph vessels. The disease occurs mostly in women but can be seen in men.

There are four main types of breast cancer:

**Ductal carcinoma in situ** which is the most common type of noninvasive breast cancer is confined to the ducts. This stage of cancer is best found with a mammogram and nearly all women can be cured.

**Lobular carcinoma in situ** begins in the milk-making glands but does not go through the walls of the lobules. This condition is not a true cancer but it greatly increases a woman's risk of getting invasive cancer later.

**Infiltrating (invasive) ductal carcinoma** is the most common breast cancer, which starts in the ducts, breaks through the wall of the duct, and invades the fatty tissues of the breast from where it can spread to other parts of the body. This cancer accounts for approximately 80% of invasive breast cancers.

**Infiltrating (invasive) lobular carcinoma** starts in milk glands or lobules and can quickly spread to other parts of the body. This cancer accounts for 10% of invasive breast cancers.

State-of-the-art treatment of breast cancer today is a multi-modality approach which involves the primary care doctor, the radiologist, the surgeon, the radiation oncologist and the medical oncologist. The cure rate for breast cancer has been climbing and continues to improve, which has resulted in improved techniques that no longer require the removal of the entire breast, improved chemotherapy regimens and improved techniques to deliver radiation therapy.

A new technique for delivering radiation therapy to women with breast cancer has come into the mainstream of medicine. This new procedure is called partial breast irradiation and the treatment objectives are to optimize local control, minimize complications and maintain optimal cosmesis. This procedure is achieved using a high dose rate radiation technique and an applicator called Mammosite. The advantage of this new technique is that the entire course of radiation can be delivered in ten sessions over five days, allowing for increased patient compliance and convenience. The technique can be used in many breast cancer patients but not all women are candidates for the Mammosite high dose rate breast irradiation technique. The decision as to whether a patient is a candidate will be made by the surgeon and the radiation oncologist.

*Dr. Garcia is Medical Director of The Gardens Cancer Center. For additional information on this treatment option and other information, call 561-775-7075.*

**New Rochelle Is A Lovely Place To Retire**

By Anita Finley

Although I have heard of New Rochelle, New York, I really never knew much about it. As of the 2000 census, the city had a total population of 72,000 residents which makes the city just the perfect size to be able to get around easily and yet it is large enough to attract all the best cultural arts. The city is on the Long Island Sound and is the second largest city in Westchester County.

Now that's enough hard facts about New Rochelle. Here are a few fun facts. Some of the most famous people are from New Rochelle: Thomas Paine, philosopher, writer, politician; and Norman Rockwell, the well-known artist who painted those wonderful covers for the *Saturday Evening Post*. Did you know that the Dick Van Dyke Show and the Broadway show *Ragtime* were both set in New Rochelle? Jay Leno too!

The best news of all, however, is a special place just made for retirees: Willow Towers, a lovely senior community for independent seniors and those needing some assistance. As I reviewed their community on their website, I literally had a virtual tour of their common areas, their apartments and felt so much at home. The folks at Willow Towers thought that many of South Florida's former New Yorkers would like the opportunity to either visit for a short stay or to plan on moving there permanently, so they asked me to write about their amenities and to explain the many reasons why you may wish to consider such a move.

Just listen to the valuable services offered there: 3 restaurant style meals daily; weekly housekeeping;

24 hour professional staff; personal laundry & linen service; full-time registered nurse on-site; assistance with bathing and dressing; 24-hour café with snacks; stimulating activities daily; medication management; wellness checks; in-room emergency call system; 24-hour concierge and scheduled transportation is provided.

There is a full calendar of activities, something for every taste and desire.

The caring staff at Willow Towers Assisted Living Community knows that it is a big decision to make that move, but they are here to help in every way. That is why they designed the Turn-Key Program. Call for availability, then just pack your suitcase, get to New York and leave the rest to them. They'll be there to pick you up at the airport and when you arrive, you will see why they just won the *Platinum Award for the "Best Assisted Living community"* from the National Home Builders Association. Their luxury accommodations along with their personal care services are ready to meet your every need.

As part of the United Hebrew Geriatric Center family, many other benefits are available to the residents of Willow Towers. This is your time to go home to New York and have the best of both worlds. For many of you, your family lives in New York and it will give you an opportunity to be closer to them, enjoying the best time of your life.

*For more information about Willow Towers, please call Pegi Doyle, Director of Marketing at 914-636-6565 or go to their website: [www.willowtowers.com](http://www.willowtowers.com) and take the virtual tour of their community without leaving your armchair. Ask about their Turn-Key invitation to join them for a short stay.*



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We're so confident that you'll love your Turn-Key stay; we offer a 30-day Money Back Guarantee. Nothing could be easier and you have nothing to lose. Please hurry; there are a limited number of suites available.

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Call Pegi, Lindsey or Elsie today for details at:

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