



Frank on Finance

By Frank Congemi

How to judge the value of a financial advisor

As we get to the end of another stressful year, it becomes more apparent that life and finances are intertwined, which makes your decisions more important.

Some financial advisors offer important service such as:

- Helping you sort out what you want to do and what you can do
- Determining your risk tolerance to be monitored over time
- Allocating assets according to time frames and your financial situation
- Analyzing risks and potential rewards of various investments
- Understanding the value of long-term investment perspective and the need to have a diversified asset mix
- Formulating specific plans and structures to deal with most life events

In addition they can help with:

- Guidance during market downturns, political change, tax changes, wide interest rate or currency fluctuations
- Personal financial changes
- Life/Family events

You have read before that I have been an advisor for 25 years. I am amazed at how our financial system has stabilized this year after the destabilizing effects of the banking/mortgage crisis which came to light last year. Last year, the markets all but shut down; there was zero lending and it looked like institutions were in zombie mode. Today, the pace is picking up and we Americans are picking ourselves up and getting back in the race. The financial system is healing and making strides again.

But, let me speak to the bad issues out there (and there are quite a few). Michigan and Florida are two of the hardest hit states even if they are miles apart. What makes them similar is the two hardest hit industries — automobiles and home construction. Right now, 26 percent of the people in America owe more on their homes than they are worth. Another 26 percent are in foreclosure, and my analysts say that number will climb to 50 percent by this time next year! So the financial system is functioning and there are signs the economy is stabilizing, but people are still losing their homes and their jobs.

But think about this: How strong is the economy without a trillion dollar stimulus? Without cash for clunkers? Without TARP? Without TELF? Without PPIP? Without FDIC? Without the Federal Reserve buying mortgages and treasuries? Where are you going to find another government anywhere in the world that can do what America does? That's right, if you searched the oceans blue, you would never find another country so true.

But now, we have to stop and get back to building our nation's finances and, more importantly, your own. What will be the effect when the bill comes due? What will you do when taxes go up? How will our state began the task of job creation? I see many dangers out there, but I also see opportunity. That's what a good financial advisor can do for you, pick through the tangled web of questions and find answers that work for you and your family.

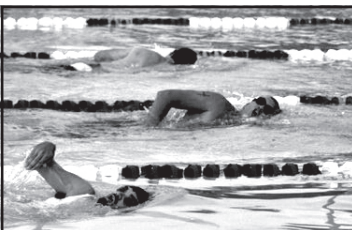
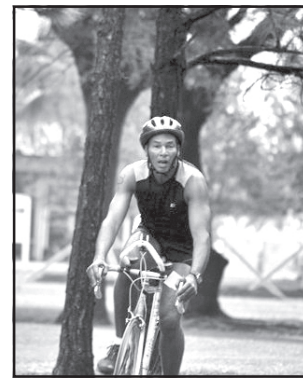
As always, all the best and God bless!

Frank Congemi

Frank Congemi lives, works and supports all things Deerfield Beach. Frank Congemi, RFG, is an independent investment advisor with LPL Financial, the largest independent broker dealer. Mr. Congemi is a member of the Financial Planning Association of America, Financial Services Institute in Washington D.C. and an Ed Slott TME Elite Advisor with advanced training in retirement planning, income planning and distribution wealth transfer strategies. Please e-mail him with any questions at frank.congemi@bellsouth.net.

Thanksgiving Day Triathlon

Run, bike, swim was the order of the day for 45 participants who were up and moving by 7 a.m. on Thanksgiving Day. The reverse-order triathlon from Pompano Aquatic Center was hosted by the City of Pompano Beach Parks and Recreation Department.



Quick recovery from NEW hip replacement procedure

It used to be, for a total hip replacement, you could expect to be out of commission for weeks on end, using a walker, crutches, and plenty of caution to avoid any problems. But **a new technique offered at North Broward Medical Center (NBMC) has patients up and walking the same day as surgery.** Dr. Bruce Janke, medical director for the hip

and knee replacement center created a year ago at NBMC, said the new technique allows for faster rehabilitation.

"Traditionally, muscles have to be cut from the back of the hip, and because of this, patients can't bend over, [must] be careful about twisting to prevent dislocating," said Janke. "Our procedure doesn't cut any muscles ... we go be-

tween two natural muscle planes on the front of the hip."

Janke said patients are out of bed the night of surgery and using a walker the next day. The fact that muscles aren't cut speeds recovery and reduces risk of re-injury.

Sandy Johnson, a Lighthouse Point commissioner, recently had the surgery and said the whole experience was wonderful.

"You are better so fast and I was walking unassisted less than a week after the surgery," said Johnson, who researched several different doctors, including some who wanted to perform the surgery the other way. "With the old way, you spend weeks in a walker, and there are all sorts of limitations on what you can do. "The whole experience was wonderful and I can do anything. I was back to the gym in less than two weeks after."

The treatment has been in Europe since 1996, and Janke said NBMC is the only accredited program in the tri-county area. They've been doing the surgery for three years, with over 500 successes.

"Our rate of dislocation is zero right now. With traditional [hip surgery], the standard rate is 8-10 percent for



Dr. Bruce Janke

the lifetime of the hip," said Janke. "We saw the benefits ... faster rehabilitation, dislocation — slim to none, and they are back to [their] lives faster."

Johnson enthuses: "The entire experience was just phenomenal, from the hand-picked team at the center to the results."

