

Lake Worth - Lantana Manalapan and South Palm Beach

Neighborhood Post

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Murry Hills volunteers get own patrol car

*Development's Citizen
Observer Patrol also will
cruise other neighborhoods.*

By LADY HEREFORD
Palm Beach Post Staff Writer

LAKE WORTH — Aside from the occasional noisy skateboarder, there's not much that disturbs the peace in the Murry Hills condominium community.

And the residents, many of them retirees, want to keep it that way. Recently, 20 residents of the 518-unit community signed up to become volunteers for the Lake Worth Police Department's Citizen Observer Patrol, and soon they'll keep watch over their neighbors in their own patrol car.

Murry Hills is the first neighborhood to be assigned a patrol car since the COP program was reinstated in 2004. However, the volunteers also will patrol neighboring communities and other parts of the city as well.

"We plan on being downtown. We plan on doing our share," said Murry Hills Condominium Association President Bernie Siler, who was among the first to complete the training course held last week in the condo community's auditorium.

Siler said the community hired

a security firm that patrols the grounds at night, so the COP volunteers will provide added protection during the day.

Residents said crime has dropped significantly since the security guard came on board. But from time to time, they said, bicycles are stolen, cars are broken into and strangers try to use the pool and other facilities.

"It's more mischief than anything," said Sue Siler, who also completed the training and plans to go on patrols with her husband.

Police Chief William Smith said the COP program makes the job of police officers much easier. "You're a perfect example to get some others involved," he told the volunteers at the end of their training course.

Murry Hills plans to offer another training class when seasonal residents return in the winter. "The people are excited," said Roy Berenotto, one of two COP co-captains in the development.

COP volunteers serve as the eyes and ears of the police by reporting suspicious activity. Including the Murry Hills volunteers, the police department now has about 50 volunteers across the city and three COP cars, said Crime Prevention Specialist Joel Morganstern, who coordinates the COP program.

Some COP volunteers are able

See COP, 10 ►



ELIZA GUTIERREZ/Staff Photographer

Former Lake Worth Mayor Ron Exline (blue shirt), co-captain of Murry Hills' Citizen Observer Patrol, shakes hands with Joel Morganstern, coordinator of the COP

program for the Lake Worth Police Department, after receiving the keys to a patrol vehicle. It's the third patrol vehicle the city has issued the program.

**Lake Worth
to field youth
football league
team**

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**Counselor
uses Buddhist
wisdom to help
troubled minds**

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MEET YOUR NEIGHBOR: *Maya Malay, 48*

Counselor uses Buddhist faith to guide and teach others

By VICTORIA MALMER
Palm Beach Post Staff Writer

Maya Malay started out as a little Presbyterian girl in Falls Church, Va. But life is a long, strange trip, and it steered her toward counseling and helping others in the Buddhist faith.

Now she's a pastoral counselor and ngakma, which is similar to a nun, but more worldly. She was ordained by the Palm Beach Dharma Center and wears robes. "I've dedicated my life to alleviating suffering in any way I can," she said.

She does group and individual counseling, meditation classes and workshops through the Palm Beach Dharma Center in Lake Worth.

"I love teaching meditation," she said. "I love that my work helps people get out of the struggles they have with their own minds, their selves and their relationships."

"We learn to utilize thoughts that will enhance our lives and add to our peace and well-being."

She's worked for seven years at the Dharma Center, which was founded by two brothers, the Venerable Khenchen Palden Sherab Rinpoche and the Venerable Khenpo Tsewang Dongyal Rinpoche.

Growing up, "I went every Sunday to a Presbyterian church," she said. "I had a great love for the church as a child. I love my Christian roots."

Buddhism "cultivates love and compassion for everyone," she said.

"Buddhism doesn't exclude, it embraces other religions. We are



ELIZA GUTIERREZ/Staff Photographer

Maya Malay leads a Loving Relationship Training session at Changing Times bookstore in West Palm Beach. Malay, who has a master's degree in theol-

ogy, offers group and individual counseling, meditation classes and workshops through the Palm Beach Dharma Center in Lake Worth.

in Fairfax County, Va., when a friend offered her a job at his fancy restaurant on the waterfront in Washington, D.C.

"I was 23 at the time," she said. "He trained me to be a bartender. It proved to be a wonder-

derdale. "The land of lust and liquor" she calls it.

"He loved to work," she said. "He got a great job captaining a large yacht. I found a wonderful group of friends."

But he was away a lot, sailing

husband divorced. By then, Malay was starting her practice.

"I never had to work at building a counseling practice," she said.

"Before I knew it, I was in a full-time practice."

She lives in a condominium on the Intracoastal Waterway in southern West Palm Beach. "Go had to bribe me to stay in South Florida by giving me this condo," she said with a smile.

She loves reading and walking