



May Inside Hillcrest: Redevelopment News

By Cindy Abraham

We can't ignore all the rumors going around about the Development. If you are on our email list, we sent you the name and email of the attorney for the Developers, Bill Riley. We were getting so many questions directed to the HLC and Inside Hillcrest emails that it seemed wise to cut out the third party. It is our understanding that there are enough votes to lift the covenant on the 18-hole golf course; however, all recorded votes need to go through a verification process. Also, since votes are still coming in, it is wise to give everyone the opportunity to have a voice and it never hurts to have an overage so that folks feel like the majority ruled.

Most of the questions of course were from owners in buildings who either were not very well informed by their leadership or in one of the two buildings that actually banned any info to make sure their owners only knew what the board wanted them to know. Those questions were answered individually and I am not including them since the rest of us already knew most of those answers. However, to dispel some of the rumors, here are some of the newer questions from owners concerning more current issues sent to and answered by Mr. Riley.

Q: I attended the meeting for building 23 and also have it on tape. I was just informed that the Country Club is closing in the middle of May. IF, and that's a big IF, you have enough votes, why are you closing it? We were told at meetings that if the votes were there, the Country Club would remain open for two years. I understood the golf portion would close but not the dining room. Hopefully, they



Building A Better Community

are not now planning to close the dining room, as well, because this is not what was promised.

A: I'm not sure what information or rumors are circulating but please accept this email as clarification. The golf course will not be closing in May. The contract purchasers, Hillcrest IG, has affirmatively agreed (at a minimum) to keep the operations open and functioning throughout the zoning review process. That process will likely take 8 months but could take longer. I hope this answers your question.

Q: With regard to the election that we all were supposed to take part in, can you tell me where we are with that vote? I'm not in any main stream at my Condo or any other and I'm very concerned as to what is going to happen to the golf course behind my Building 22. Between the dirt and the noise that construction will produce to the congestion of traffic on Hillcrest Drive, I would really like to know just what the thinking is about all this. What was the voting all about if no result was announced?

A: Although the number of agreements have not yet been verified I do believe that the developer has received the necessary number of agreements to effectively modify the 1976 cove-

nant. I understand that the verification process will begin in the near future. Have you seen the proposed concept plan and the legal documents that we have perfected over the last 12 to 18 month period? I think those documents will affirmatively answer your questions. I'm happy to come and meet with you to review and explain those documents, as well as answer any additional questions that you may have.

Q: In layman's terms, the golf course due south of Building 22, will that be developed or will the property directly to the north be developed or will both be developed? Thank you for your time.

A: The developer is proposing to building a linear community park. The park will abut Building 22 to the south. The first single-family residential home to be constructed south of Building 22 will be setback 343 feet from Building 22, which is 43 feet longer than a football field. There will also be a park on the north side of Hillcrest Drive, in front of Building 22, before single-family residential construction occurs.

IRMA BOLLT:

See page 14 for a great story about one of our own Hillcrest residents who turned 100 April 19. Irma Bollt lives in Building 25 which she describes as "the crème de le crème" of Hillcrest. Building 25 is likewise proud to have such an interesting and beautiful neighbor! Written by Louise Lamontagne with David Stuart and with lovely photos supplied by Harriet Dinari, it is a great read!

AND MORE:

We have lots of good info inside about hurricane preparedness and water conservation compliments of our own **Broward County Commissioner Beam Furr**. Our friends from **Senior Medical Associates** have some important tips about the use and truths about sunscreen. Steve Farbman, who was my Leadership Hollywood Class XXXV "daddy" writes some great

See **REDEVELOPMENT** on page 2

Questions about the Hillcrest Redevelopment?

Don't listen to rumors; go straight to the source.

Email Bill Riley, Attorney for Concord Wilshire, at

William.Riley@Gray-Robinson.com.



Salute to the Fallen

Sunday, May 24, 2015

7:00 pm – 9:00 pm

Boulevard Heights Community Center
6770 Garfield St. Hollywood

Event Schedule

7:00 Official welcome

Musical performance by
13th Army Band
Florida National Guard

8:15 Inter-faith prayers in
remembrance of those who served

8:25 Candlelight procession

Refreshments available for purchase



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REDEVELOPMENT

continued from page 1

articles. The one on “where mold lurks” sent me into a cleaning frenzy. I white-vinegared my coffee pot, water pik and washer/dryer, used bleach to clean under the fridge and toilet tanks, and since I was on a “roll” I disinfected all the door and cabinet knobs, phones, remotes and light switches for good measure.

Shane Kramer is still our most commented on contributor. She weighs in on the possibility of a woman president on page 6. And it’s no accident that after the ride we take you on each issue, we end up with our Meditation page so Etta Stevens can rebalance our spirits.

As a Keller Williams Realtor, we adhere to a belief system reprinted here. We call it **WI4C2TS** for short. A great example can be found on page 13.

The Club is getting rid of the daily buffet except for Wednesday (which is our favorite anyway) and the popular Sunday Brunch. The regular menu will be served the other 5 days (still closed on Monday). Our Vets can still meet there on the last Wednesday of the month. The Veteran Lunch posters will be dropped off with the IH delivery. See page two to attend our

local Salute to the Fallen event the week before Memorial Day.

And speaking of heroes: Happy Mother’s Day. For those of you who keep up with current events, my favorite new expression is “Forget the National Guard, Send in the Moms”!



Happy Mother's Day!

kw | WI4C2TS

THE KELLER WILLIAMS REALTY

Belief System

Win-Win: or no deal

Integrity: do the right thing

Customers: always come first

Commitment: in all things

Communication: seek first to understand

Creativity: ideas before results

Teamwork: together everyone achieves more

Trust: starts with honesty

Success: results through people

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Sunscreen: True or False?

1. More SPF equals more protection? FALSE. Theoretically, SPF of 100 should be two times more effective than SPF 50. However, the truth is a higher SPF only increases your protection by a few percentage points. For example an SPF of 15 offers 93% protection, whereas an SPF of 30 is 97% effective. Current recommendations are to apply one to two ounces of sunscreen 30 minutes before going outdoors, so your skin has some time to absorb. Reapply every 2 hours thereafter.

2. Sunscreen only needs to be applied to exposed skin? FALSE. T-shirts only offer about an SPF of 7. Also, darker fabrics do provide more protection, but it is unclear how much protection. It is safer to apply sunscreen over your entire body.

3. Water resistant sunscreen does not need to be reapplied after swimming? FALSE. No sunscreen is truly waterproof. "Water resistant" is not the same as "water proof". FDA mandates all labels have to state how long the water resistance last.

4. Sunscreen can cause Vitamin D Deficiency: The jury is out on this. American Association of Dermatology originally stated there was no link between sunscreen and Vitamin D deficiency. Fairly recently, the ADA revised their stance stating that there may be a link between Vitamin D deficiency and routine sunscreen application. However, this can be overcome with vitamin D supplementation.

Dr. Mohsin Jaffer has been practicing family medicine in Broward County for nearly 30 years focusing on the care of seniors. His practice, **Senior Medial Associates has 12 convenient locations throughout Broward County.** You can find the Hollywood location off of University and Taft at **1759 North University Drive. Contact Senior Medical Associates at 954-842-2175** to schedule a complimentary Meet and Greet for you or your loved one today. Dr. Jaffer is also very keen on being active in the senior community. Senior Medical Associates is always seeking outlets for community involvement. Whether it be a health lecture, sponsored meal, or club project please reach out we would very much enjoy partnering with you.



Water Conservation Message from Commissioner Beam Furr

Greetings Hillcrest,

Let us make water conservation more than just a drop in the bucket. Broward County's Water Matters Day was Saturday, March 14th at Tree Tops Park in Davie. Water Matters Day has become a yearly tradition for the County where the public is invited to learn about the management of our planet's most valuable resource. In the spirit of Water Matters Day, here are some quick facts for the residents here in Broward that they should consider the next time they turn on the tap.

• **How much does a gallon of tap water cost in Broward County?**

On average, a resident served by a Broward County Water Provider can purchase 1,000 gallons of water for \$2.50 - \$3.00. A single gallon of water costs \$0.003, which is less than one third of one penny. Given the amazing infrastructure it takes to make this possible, that is a steal.

• **How much water does the average resident use in a single day?**

The average American family of four uses 500 gallons of water per day. Individually, a single resident in Broward County uses 125 gallons per day.

• **125 gallons? I couldn't drink that much water in a day if I tried!**

If 125 gallons sounds like a lot, please remember that number goes well beyond the drinking glass. Residents use most of their indoor water for washing and sanitation. Also, homeowners use additional gallons on lawn and yard care, which can be as high as 50% of their total use.

• **Why is my water bill so high?**

If you saw a single month spike in your water bill, you should call your utility or a plumber immediately. There is a good chance that you have a leak. If find your water bill creeping up month after month, you may want to consider investing in some high efficiency appliances. Right now Broward County's Water Partnership includes 19 utilities and water providers to offer conservation

See **WATER CONSERVATION** on page 10

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\$29.95

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Specialty Drink:

Sparkling Mimosa with fresh Raspberry

Stationary:

Heirloom Tomato & Mozzarella Caprese salad

Fruit display

Grilled Vegetable display with Balsamic drizzle

Snow Crabs, Jonas Crab & Peel and eat shrimp with key lime cocktail sauce

Cold displayed Buffet:

Classic Caesar Salad-Romaine Lettuce with Radicchio, creamy Caesar, Parmesan cheese
& House made Croutons

Nova Platter with shaved Red Onions, diced eggs and Capers

Chopped Liver display

Many various assorted salads and toppings

Hot Buffet:

Omelet station with Egg whites and whole Eggs

Broiled Tomato with Feta Cheese Au gratin

O'Brien Potatoes

French toast topped with Strawberry Jubilee

Apple Wood Smoked Bacon & Chicken Apple Sausage

Belgium Waffles

Potato Pancakes with Apple Compote & Sour Cream

Cheese Blintzes topped with Warm Blueberry Compote on the side

Carving Station:

Sage Rubbed Turkey with Cranberry Chutney

Roasted Prime Rib

Spiral Honey Glazed Ham

Pastry Table:

Red Velvet Cake, Vanilla Bean & Chocolate Cupcakes

Chocolate Chip Cannolis

Assorted Mini Pastries

Deep Dish Caramel Apple Crumb Pie

Fruiti Di Bosco

Cheesecake

Variety of Fresh Bagels & Whipped Cream Cheese

Soft Serve Ice Cream with Sugar cones and assorted toppings

Please make your Reservations early!

IN MY OPINION

BY SHANE KRAMER

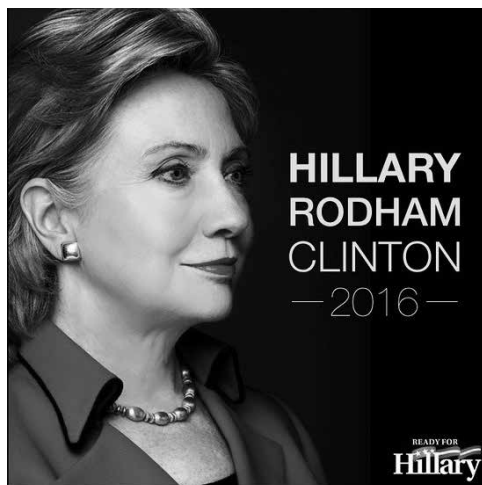
It's Time...for a Woman to be President

It's time! As a matter of fact...it's way past due. As a nation, we have had 230 years of men as Presidents. Some say that we pride ourselves in giving women equal opportunities...I say no we don't. There isn't one thing that women have not fought long and hard for in this country. So why not a woman president.

In most of world, a women as a leader is quite ordinary. India had Indira Gandhi, the United Kingdom had Margaret Thatcher (Ronald Reagan was very fond of her and the way she ran the UK). In 1969 Golda Meir took the reins of Israel, then struggled to put them on the right path for growth and prosperity. In 2005 Germany voted in Angela Merkel and she is still in office. France, Ireland, Norway, Argentina and the Philippines have all had women as leaders. Some of them have done remarkable jobs as leaders, and a handful have just been ceremonial heads of state. The number of women who serve as high level politicians in the many countries around the world far surpass what we Americans find acceptable.

So it is time! The question is "WHO" will that woman be and what will she need to do to get elected.

Let me say that the Republicans have waited since election night of 2008, when Obama was first elected, for this chance to win the White House in 2016. I will expect some stellar candidates from the GOP to throw their hat in the ring.



Looking around the country, there are a number of high profile politicians that would be excellent representatives for the GOP in the run for the White House. We will have a long, hot summer of debates, speech's and stumping to begin the vetting process. Many candidates will drop out, a few will be forced out, and

Will Hillary be our next president?

hopefully the best of the lot will become the candidate to face off with the Democratic candidate.

From the way things are shaping up, it looks like Hillary Clinton will be the candidate of the blue party. Elizabeth Warren's name has been mentioned but she refuses to run. Warren feels that she can accomplish more in Congress than in the Oval Office. There are a few men in power on the blue side that have shown an interest but so far have not made any announcements.

So we wait...we wait until the strongest contenders from both sides are vetted by their parties and the public. Then the battle truly begins. Watch this space..you know there will be more!



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A Message to Hillcrest from Commissioner Beam Furr

Greetings Hillcrest!

Most long-time residents of Broward County know that Hurricane Season is a fact of life in South Florida. As your County Commissioner, I encourage you to look at every Hurricane Season with fresh eyes and to take a fresh look at preparing ourselves and our community for storms that interrupt our everyday routines.

Prepare for Hurricane Season before it starts.

• **When is Hurricane Season?**

Hurricane Season begins June 1st and lasts until November 30th. This year, make sure to prepare for Hurricane Season before it starts. Take the month of May to sit with your friends, relatives, caretakers and other members of your household and discuss your emergency plans. Then, with a plan in place, begin shopping for the items that you may need in an emergency situation.

Below you will find Broward County's Hurricane Tips for seniors. The most important way that you can prepare for a Hurricane today is to buy water. If you do not plan to evacuate in the event of a hurricane, make sure that your household has at least a 3 day supply of water.



Commissioner Beam Furr

• **How much Water do I need?**

A 3 day supply of water means storing one gallon, per person, per day. As we touched on in last month's article, we use most of our water for sanitation. In the event that a Hurricane disrupts our water service, these emergency gallons can be used for drinking water, washing dishes and hands and flushing toilets.

• **How should we store the water?**

It may surprise you to know that bottles of water can expire. If your gallons of water are over a year old, it may be time to replace them. In the meantime, make sure that water is kept in a cool dry place. We also recommend that if you know a hurricane is coming, to store one or two of these gallons in your freezer. A frozen gallon of water can be moved from the freezer to a cooler, along with any other perishable items, to prevent spoilage in the event that a hurricane disrupts the electric grid.

• **What does Broward County do for individuals who are dependent on Oxygen or other vital medical devices?**

If you, or someone you know, depends on Oxygen, dialysis, or has severe mobility issues, then they should take advantage of the County's Vulnerable Population Registry. You must register in order to be included. You can register online at <http://www.broward.org/Hurricane/Registry/Pages/default.aspx> or by calling 311 in Broward or 954-831-4000 (TTY 954-831-3940). Alternatively, you may contact your city's emergency management agency. All the information provided will be held in the strictest confidence as required by State law.

• **What is the Vulnerable Population Registry**

The Vulnerable Population Registry is for residents, regardless of age, who are at risk due to disability, frailty or health issues, who elect to stay at home in the event of a hurricane or other emergency. The Registry is a partnership between Broward County and municipalities to help emergency responders to better plan for recoveries from hurricanes and

10 Steps To Creating An Effective Hurricane Plan

- Hold a family meeting to discuss the hazards. List things that need to be addressed.
- Discuss shelter options and decide where you will go if you live in an evacuation zone and an evacuation order is given.
- Inventory your home possessions and review your insurance policies.
- Assess your home for vulnerable areas: roof, windows, garage door, landscaping, etc.
- Decide where you will store your vehicle, boat or RV.
- Decide what actions you need to take to protect your home and property and to keep as comfortable as possible during recovery.
- Determine whether anyone in your home is elderly or has special needs and, if so, make arrangements in advance to accommodate those needs.
- Determine how you will address your pet's needs. Be sure to include large animals such as horses in your plans.
- Determine your family's water, food and medical needs and build your hurricane kit according to those needs.
- Let others know your hurricane plan, either family or friends. Establish an out-of-town contact.

other emergencies.

It is important to note that the Vulnerable Population Registry is not a guarantee of assistance. It does not automatically register you for a special needs shelter or evacuation transportation. For sheltering and transportation information, please visit www.broward.org/AtRisk. This page also has information for Special Medical Needs.

Who should we call if there is an issue that's not an Emergency?

The County recently consolidated the 911 services throughout Broward County. There is now a new non-emergency number that can be used through-

out the County. That number is 954-764-HELP (4357)

• **Why did the County Regionalize the 911 system?**

Up until 2013, each city effectively ran its own dispatch service for police, fire rescue and emergency medical services.

See PREPAREDNESS on page 17



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LEGAL TIPS AND IMPORTANT TOPICS

Surprising Places Where Mold Lurks

For the 10% to 15% of Americans who are allergic to mold, inhaling (or ingesting) the spores can trigger symptoms such as sneezing, runny nose, swollen eyelids, an itchy throat and wheezing. We all know that mold thrives in obvious places such as damp basements (Not so much a problem here in Florida), steamy bathrooms and storage areas with piles of old books and/or clothing. But there are plenty of other spots you'd never suspect that also can harbor these nasty fungal spores.



Hot Spot #1: Your coffeemaker. In one study, mold was found in the water reservoirs of about half of the tested drip type coffeemakers. To prevent this, once a month, fill your coffeemaker's reservoir with a 50/50 mixture of water and white vinegar.

Turn the coffeemaker on, just as you would if you were brewing a pot of coffee. When the reservoir is half emptied, turn off the coffeemaker. Wait 30 minutes and then finish the brewing cycle. Rinse the machine by running plain, cool water through the cycle twice (or check manufacturer's instructions). When you finish your coffee each day, allow the reservoir to dry completely by leaving the lid open.

Hot Spot #2: Your washing machine. Mold has no problem growing inside the rubber gaskets on the doors of front-loading machines. Those gaskets prevent water from pouring through the door, but water is often trapped inside the rubber folds. In all kinds of machines, detergent trays can stay damp between cycles, and the agitators of top-loading machines can be an area for mold growth, too. To prevent this from happening, keep the door and detergent tray open when you're not using the washing machine. For front-loaders, wipe the inside of the gasket bottom with a rag or paper towel to dry it if no more loads will be done that day. If you think you have mold, run an empty cycle with the machine on its hottest setting, using a mixture of one cup of baking soda, one cup of bleach and one-half cup of powdered dishwasher detergent. Some front-loading washers have a separate cycle for washing the inside of the machine. If a top-loading washer smells musty, the agitator may have to be removed and the shaft and agitator cleaned.

Hot Spot #3: Under your refrigerator. Keep an eye on frost-free refrigerators and freezers because your freezer section isn't actually frost-free. Frost is automatically melted during a heating cycle, and then the water accumulates in a pan at the bottom. The heat released from the condenser coils is supposed to speed up this evaporation, but often there is standing water in the pan. This water allows bacteria, yeast and mold to grow in the drip pan, and air movement can disperse these organisms into your kitchen. To prevent this from occurring, keep the condenser coils on your refrigerator clean by removing the grill at the bottom or back of the appliance and vacuuming the dust from the coils. A 36-inch Flexible Crevice Tool is available at Amazon.com for \$12.99. Cleaning the coils once a year improves the efficiency of the refrigerator and can eliminate dust-containing pollen, mold spores and pet dander. Cleaning the drip pan might not be as easy with some refrigerator models because the pan is accessible only from the back of the fridge and/or may be attached to the condenser. Check the refrigerator manufacturer's instructions for proper cleaning of the condenser coils and drip pan.

Hot Spot #4: The underside of the toilet tank. You probably don't look, but moisture often lingers here and so does mold. If it's easy enough, get on the floor (otherwise, use a mirror and flashlight) and take a look at the underside of each toilet tank in your home. If there's mold, mix one cup of bleach with one gallon of water, open a window or door for ventilation and scrub the moldy areas with gloved hands. Clean these areas with a nonabrasive bathroom cleanser once a month during times of high outdoor humidity. You can also use a squeegee (found at home-supply stores) to

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New members are always welcome.

See **MOLD** on page 16

FROM OUR BETTER LATE THAN NEVER FILE...

Distracted Drivers Cause More Crashes

By Steven Farbman

For more than 30 years, The Law Offices of Steven S. Farbman, P.A. has been helping people who have been seriously injured due to the careless driving of others. Due to the advent of the cell phone (texting) and display screens added to cars (GPS, radio, and even internet!) we have seen even more people of our community injured as a result of car



crashes with distracted drivers. According to one recent survey **distracted driving crashes in Florida increased 25 percent since 2012.**

While teens represent only 5 percent of licensed drivers, they

were responsible for 12 percent of distracted-driving crashes. Drivers aged 20 to 29 were responsible for 31 percent of crashes.

There are three main categories of distraction: visual, taking your eyes off the road; manual, taking your hands off the steering wheel; and cognitive, thinking about anything other than driving.

Some of the most common types of distractions include:

- An object, person, or event outside the vehicle that diverts a driver's attention away from the road
- **Texting** (put the phone away!!!)
- Reaching for a device, such as a GPS
- Interacting with passengers
- **Eating** or drinking (and never have alcohol in the car!!!)
- Unsecured pets
- **Grooming** (stop putting on your make up, shaving and brushing your hair while driving!!!)
- Adjusting stereo or climate controls
- Lighting a cigarette
- Daydreaming

Therefore, if you believe you may be guilty of some of the above distractions, make a concerted effort not to do them. **Never take your eyes off the road!** If you have young drivers in your family, go over the list and have them put the cell phone away until they reach their destination. Besides protecting others on the roadway, you just may be saving your loved one's life and even your own.

The Law Offices of Steven S. Farbman are always interested in the safety and well-being for the people of our community. As always please feel free to contact my office with any legal questions you may have. For more than 30 years, Steven S. Farbman has been helping members of this community who have been seriously injured due to the carelessness and negligence of others.

When Being Polite Can Backfire

"Be nice, until it's time to not be nice," said Patrick Swayze's character in the movie Road House, referring to situations when it's best to pass on the niceties. The Federal Trade Commission (FTC) recently spoke of such a situation in their consumer information blog.

They point out that scammers take advantage of peoples' desire to be polite or respectful in an effort to take the consumer's money or personal information.

The following phone call scenarios are some situations in which the FTC says it is okay to be a little less than polite if a caller:

1. Asks for personal or financial information
2. Asks you to wire money to them for any reason
3. Keeps talking and asking questions
4. Makes threats against you

If you find yourself in any of these situations with a caller, do not hesitate to hang up.

If you are concerned that there is any validity to the story the caller gave, contact the associated person or business directly. For businesses, perform an internet search and see what comes up. If it's a legitimate business, you should get at least some useful information, such as a website, address and phone number.

If a caller claims they are someone you know and have an emergency that warrants a request for money, don't rush to wire the money. Try calling them directly first. If that doesn't work, call a shared friend or family member to ask if the caller is actually in the situation as claimed.

Remember that your Identity Theft Plan is here to provide assistance as well. Call to speak with a Kroll Investigator before you respond to the caller in any way. The Investigator can help you determine if the call is a scam.

Don't fall for



phone scams

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About "Ask the Energy Expert"

Submitted by Craig Muccio

Craig Muccio runs FPL's Conservation Research & Development Program and crunches the numbers to figure out how you can save by managing your energy use.

Q. I leave Florida in May every year and return the following January. What should I set my thermostat on for the summer? Should I unplug TVs, refrigerator, microwave, oven, etc.? I am also concerned about mildew.

A. Here are some tips to help seasonal customers – like you – maximize savings, and prevent mold and other potential issues while you're away.

If you have a manual thermostat

FPL recommends setting your air conditioning system to 80 degrees for detached homes and townhouses and 77 degrees for condos and apartments. These measures control the relative humidity (RH) in your vacant home by providing dehumidification to help prevent mold growth.

Programmable thermostats

A programmable thermostat is a

more energy-efficient and effective option. FPL recommends programming thermostats at 72 degrees for just two hours each morning before sunrise and at 88 degrees the rest of the time. This will help prevent mold by removing moisture from the air during the cooler hours, when relative humidity (RH) is highest and your A/C runs most efficiently.

Energy efficiency tips

- Always set the A/C fan switch to the "auto" mode.
- Ceiling fans are not necessary since your A/C already circulates the air.

Mold prevention

The most energy-efficient option to help prevent mold from developing in vacant homes is to use stand-alone dehumidifiers instead of the air conditioner.

- Use one dehumidifier for every 1,000 square feet of floor area.
- Set the controls to 58 percent RH, and locate them by the kitchen sink or bathroom shower so water from the drainage tube can go down the drain.

• Keep the doors to each room open to help the dry air mix with other air throughout the house. A floor fan set on low speed can help circulate dehumidified air to other rooms.

• You can add timers to the dehumidifiers and fans to limit their operation to 9 pm until noon each day.

Ways to save while you are away

1. Save more by turning off the circuit breakers to the water heater and refrigerator. Make sure the refrigerator is clean and you have a way to keep the door open while you are gone.

2. Unplug electronics to save money and protect them from lightning strikes during the rainy season. Remember, if it feels warm to the touch when it is plugged in, then it is consuming energy – even when you are not using it.

3. If you have cable or a satellite for your TV: When the TV is off, put your hand on the box that tunes the channels. If you feel any heat, keep it unplugged until you need it again when you return.

WATER CONSERVATION *continued from page 4*

toilet replacement if you are currently using more than 2.8 gallons per flush.

• How do I get one of those fancy, new-fangled high efficiency future toilets?

Please contact the Broward Water Partnership Rebate Administrator at 1-800-270-9794 or ConservationPays@Broward.org to get pre-approved. And, you can get up to two rebates per residential property! I am proud to say that all three cities in District 6 have signed on as partners to this program, and whether you live in Hallandale Beach, Hollywood or Pembroke Pines, you should be proud to know that your local leaders take water conservation seriously.

• What if I really REALLY want all new high efficiency appliances?

Then you should apply for the Broward Mega, Money-Saving, Record-breaking, Wild Water Switcheroo Contest! The Broward Water Partnership will award one lucky homeowner with new water and energy saving appliances including a refrigerator, washer, dryer, dishwasher, irrigation system and water-conserving plumbing fixtures for the kitchen and bath.

But winning won't be easy. As part of the application process, the Broward Water Partnership is asking applicants to provide more than a basic application. They're asking people to think about water conservation, to explain why it's important, and why they should be selected as the big winner.

The submissions can be anything: a jingle or a poem, employ social media or include a website, or even a poster, illustration or photograph.

The contest rules, application and evaluation criteria are all available at bwpSwitcheroo.com.

• How can I save water without having to spend any money?

Water conservation can be easier than you think, just think before you turn on the tap. Below are some simple suggestions that won't cost you a single penny, and may save you several dollars.

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Say You Saw it in
INSIDE HILLCREST!

PREPAREDNESS*continued from page 7*

This made sense when most 911 calls were made from land lines. The call would go straight from the caller's phone to the local dispatch office. Now, upwards of 80% of all emergency calls are made from cell phones. When a 911 call is made from a cell phone that call is handled by the closest cell phone tower to the 911 caller. However, that cell phone tower may not send the 911 call to the appropriate Dispatch Center. This created a problem, as the 911 calls were not necessarily routed to the dispatch office responsible for sending the appropriate emergency personnel. In response, the County arranged with the cities to create three regional dispatch centers to be operated by the Broward Sheriff's Office. The South Facility is located in Pembroke Pines, and it serves the dispatch needs for the entire southern part of Broward County, including Hillcrest.

• **What are the goals of the new 911 system?**

There are two primary goals for this consolidation. The first goal is to end the need to transfer emergency calls from cell phone users between multiple city dispatch services. The second goal is to ensure that all dispatch employees in Broward County are using the best possible equipment and software when handling emergency calls. In January 2015, the Regional Consolidated System handled a total of 201,588 incoming calls consisting of 119,458 emergency 911 calls; 67,802 non-emergency calls; and 14,328 alarm calls. Of these calls, the South Regional Facility in Pembroke Pines answered upwards of 96% of all calls within 20 seconds.

• **Has this been going well?**

As with all transitions, there have been some bumps in the road. Our office has received troubling reports of instances

Items for the Elderly

Kit should include: water and food items that address special dietary needs (nutritional supplement drinks, low-sodium food), one-month supply of prescription drugs/medications/medical supplies, medical history, physician and health insurance information, list of medications with instructions, list of medical equipment (include model/serial number), copies of prescriptions. Visit broward.org/Hurricane and select RESIDENTS AT RISK for additional information.

where residents in our senior communities have called 911 and have had to explain to the dispatcher in which city their community was located in. There have also been reports of some individuals being subjected to prolonged wait times while on the line with a dispatcher.

Reports like these are upsetting; however, I do not fault the County's Office of Regional Communication and Technology or the Broward Sheriff's Office. Instead, I feel that when we focus on individual instances of failure, then we lose sight of the overall picture. That overall picture of consolidated 911 is a picture of success in better serving our residents.

That being said, there is room for improvement, and it is my responsibility as your County Commissioner to continue to push for these improvements. I remain confident that Broward County is leading the way to ensure our continued resilience through states of emergency. Stay safe this Hurricane Season and feel free to contact my office if you have any other questions, comments or concerns.

— *Beam Furr*

P.S. I wish you all a Happy Mother's Day!

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Reminder to Change Your Smoke & CO Alarms

Making the replacement of the batteries in your home's smoke and carbon monoxide (CO) alarms an annual event tied to the change of clock time in the spring or fall is a good way to ensure that the alarms will be ready to sound in the event of an incident.

According to the National Fire Protection Association (NFPA), two-thirds of fire deaths occur in homes without working smoke alarms. There are more than 300,000 home fires every year and more than 2,000 people die in them, according to a 2013 Residential Fire Loss Estimates report prepared by the Consumer Product Safety Commission.

Batteries in battery-powered alarms need to be replaced every year. In addition, it is recommended that homeowners test their alarms every month to make sure they are working. Smoke



alarms should be placed on every level of the home, inside each bedroom, and outside sleeping areas for the best protection.

Although more than 90 percent of U.S. homes report having at least one working smoke alarm, the percentage with a working CO alarm is much less, although growing. CO alarms can alert you and your family to dangerous levels of carbon monoxide inside your home.

Carbon monoxide is called the invisible killer, because you cannot see or smell it. This poisonous gas can come from many sources, and can quickly

incapacitate and kill its victims. Every home should have at least one CO alarm, but it is particularly important in any home with solid or liquid fuel-burning heating systems, hot water heaters, appliances, and fireplaces. Homes with attached garages or where gas generators are used also need CO protection.

A CO alarm should be installed on every level of the home and outside sleeping areas. Like smoke alarms, CO alarms need fresh batteries every year. CO alarms also should be tested once a month to make sure they are working.

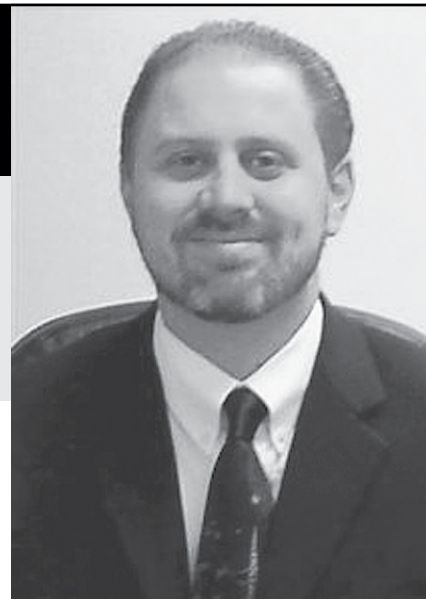
Alarms should be replaced at least every ten years or as indicated by the manufacturer. Periodically recalls are issued by Health Canada and/or the CPSC regarding Smoke and CO Alarms. You can check to determine if the alarms in your home have been recalled by going to the respective websites.

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Hillcrest State of the Market - May 2015

Cindy Abraham, Keller Williams Realty Professionals

One of the best things about being an agent with Keller Williams other than the great training and their policy of profit-sharing 40% of net profits back to the agents, is KW's commitment to giving back to our communities and the KW Cares fund that helps agents in need. The A Team, as well as most other KW agents, contributes a dollar amount of every closed deal to KW Cares. When agents have overwhelming medical issues or any type of personal tragedy, this fund helps with their expenses.

I met an agent who had been with KW in New Orleans for about two months when Hurricane Katrina hit. He hadn't even had a closed deal yet and fled the area to stay with relatives when the hurricane destroyed his family home. After a few weeks, he received a phone call from his KW office. They were relieved to hear he and his wife were OK but wanted to know where they could send \$5000.00 to help them get back on their feet. He was flabbergasted that a company he had just started with - and that he had not even made any money for, would reach out and help. He had tears in his eyes when he told me that his Team Leader explained that once you join the KW family, you ARE family.

Another great story is about Des Moines, Iowa when KW opened an office there. Apparently a very large company already based in Des Moines was none too happy about KW being the new kid in town. So they specified in their MLS that if a KW agent sold one of their listings the commission would be reduced to \$1.00. According to real estate experts, refusing to share commissions is uncommon but not illegal. The story got around to all the other KW offices in the country and we decided to all contribute to a fund that would compensate our fellow agents in Iowa when their buyers chose a home listed by the other real estate company. We just received this email from our Executive staff:

Dear Keller Williams Family,

We're thrilled to announce one of the most incredible examples of the Keller Williams culture in action:

After three long years, our Greater Des Moines Market Center and its major local competitor have agreed to establish a customary working relationship. And it's all thanks to YOU! From the day we entered the market - our associates had a somewhat adversarial relationship with their competitor, earning only \$1 in commissions on most of the

competitor's listings. **Because of you and your unwavering love and support, not a single agent lost a dollar. Every agent has been paid in full!**

At Keller Williams, we take care of family. When you first learned about the Des Moines situation at the 2013 Inspirational Brunch, you quickly raised more than \$100,000 to help offset their commissions. Your contributions grew to millions of dollars as our culture grew stronger and stronger. We can't imagine any other company where this could happen. You pulled together and proved once again that the Keller Williams culture is stronger than any obstacle.

As the Stanford Business School recently shared with the world, our culture is key to our success. It's a culture deeply rooted in a belief system that starts with *Win-Win or No Deal* and finishes with *Success: Results through People*. The resolution of the Greater Des Moines challenge encapsulates the WI4C2TS perfectly.

Thank you for your compassion, generosity and resolve. We're a better company - and a stronger family - because of the commitment of associates like you!

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KELLERWILLIAMS.





By Louise Lamontagne
with David Stuart

Irma Bollt is one of the pioneers of Hillcrest #25. She bought her apartment here in 1976, soon after this section was opened. She celebrated her 100th birthday on April 19th, 2015. When I told her that she would be 36,525 days old, she remarked, "Oh my God, I really feel old now!"

Irma was born in Brooklyn, New York. She recalls that her family were not wealthy at that time by today's standards. She was the eldest of three siblings. Her sister passed away 18 years ago. Her brother is 88 years-old and lives in Lady Lakes, Florida.

Irma was four years-old when the family moved to California. They later settled in Beverly Hills, California.

She recalled that her father was in charge of Production at Warner Brothers Studios in Los Angeles. During the Depression, she said that she had worked as an "Extra" in several movies and earned enough cash money to pay for college, which she kept in the bottom drawer of her dresser. She said, "I was about 16 years-old at the time and was in 7th heaven when my father asked me to float him a loan, which he later repaid. President Roosevelt had closed the banks, and in those days, \$25 dollars went a long way, particularly when we got dressed-up and went out

Irma Bollt's Life...

36,525 Days Later

for an evening."

Irma adored her father and was shocked when he died at the very young age of 46 years. He was the bulwark of the family. Her mother never worked outside of the home.

Irma attended UCLA and studied Liberal Arts for two years, majoring in English. In 1935, she married Gilbert Goldstein a lawyer from New York.

I asked her how she met Gilbert. "We used to spend our summer holidays in New York. I played golf quite often with my girlfriends, and one day, I was introduced to him by some of his friends. He was handsome and friendly and we got to talking. I gave him my address in California.

After returning to Los Angeles, we corresponded often. One day, after telling his parents that he was going out for a cigarette, he decided that he wanted to see me and thumbed his way across country from New York to LA."

She continued, "He got to Beverly Hills, found our house, but no one was at home. A car was in the driveway and it was unlocked. I guess he was so tired and exhausted that he climbed into the rear seat and fell fast asleep. He was later discovered by my father who went out to put the car into the garage."

Irma and Gilbert settled in New York where he had a successful legal practice. Their first child Bonnie, was born in 1936 at the same Hospital where Irma was born in Brooklyn. The hospital was owned by her uncle who was a very good doctor.

Gilbert was a reserve JAG Officer and when the war started, he went off to make his contribution. He later achieved the rank of Major. Their second child David, was not born until seven years after Bonnie, who still lives in New York. David passed away in 2004 at age 62.

Irma and Gilbert experienced a great

and loving marriage which was interrupted after 40 years, when he passed away at age 62. Irma very soon afterwards moved to Florida.

"The climate drew me," she said talking about Florida, "I had lived most of my young life in California. I saw here the kind of life that I now wanted to live."

After house hunting in several nearby areas, she settled for Hillcrest and Building 25 in particular, which she described was the elite property the "crème de la crème" of the compound. She described the apartment she chose as looking like "a little ranch house".

She loved being here and it was at Hillcrest that she met her second husband, Harold Bollt who was a retired dentist

Naturally, I wanted to know how she met him. "In those days we used to have parties around the pool at Hillcrest. We got to know everybody as we sat around and socialized. They were catered affairs set up as Building Projects. There was no alcohol served. It was at one of these parties that I met my second husband who served as the photographer for the group. He had lost his wife about the same time as I had lost Gilbert. He had three wonderful children who took to me immediately. We were married a year and a half later."

Irma recalled that she took Harold to New York to meet her children and to visit the Supreme Court where her son sat as a judge. Harold was so proud of him. They were fond of each other's children. They were both very happy together and the marriage lasted 18 years until Harold's death. Irma did not marry a third time.

When asked why, she said, "Two was enough!"

I was fascinated by Irma's great powers of recollection and her strong voice. I then asked her, "How do you compare



life now in 2015 with life in your early years?"

Things were so much cheaper in the early years. In 1936 she paid \$800 for her first car a manual convertible. She graduated to different cars during the years and owned two Grand Marquis, one of which was the last car she drove. She stopped driving at age 94. She made up her mind that she no longer belonged on the road and wished others knew when to stop!

Irma was struck by the first moon landing and the fact that a man had actually stood on the moon. She remembers how late she stood up to watch it and remained to the bitter end.

She loved classical music then and still does now. She has a clock radio and goes to sleep listening to classics.

She does not care much for modern music, saying that the songs today have no melody or words to them, just repetition!

She played the piano often and many years ago her favorite piece to play was Rhapsody in Blue.

Technology is one of Irma's favorite subjects.

She said that her family were one of the first to purchase a TV set. Of course, it was black and white. When color TV was invented she thought that it was quite a wonderful thrill.

Her favorite TV programs today are Castle and Madame Secretary. She feels that her father would have had a kick out of today's TV programs.



Above:
Irma and her
brother.

She is fascinated by cell phones today and describes them as "miracles of science." She says that it is unbelievable what can be done using a telephone. She has seen the evolution of so many things during her lifetime and says they get better all the time.

Irma regrets not purchasing a computer when they first came out. As a result, she never used one, but continues up to this day to be impressed with the quantity and information which they hold.

She does not talk much about politics and has no recollection of World War 1 – as she was just a child then. She has seen many U.S. Presidents come and go. She particularly likes President Bill Clinton and said that she would vote for him in a minute— if it were possible to do so.

Apart from playing the piano and a little golf, Irma took dancing and elocution lessons. She loved basketball and volleyball. I wondered what were her other hobbies.

She told me that in 1971, she began making needlepoint pictures. The first one took her seven months to complete. Her apartment today is filled with many of her wonderful creations. She loved doing them. Her children's houses she said, are filled with them. Unfortunately, she developed Carpel Tunnel and had to stop about 10 years ago.

What does Irma do today?

She gets very nicely dressed daily although she remains indoors most of the time. She visits the hairdresser once a week and also goes out to dinner. I noticed that Irma did not seem to have many health issues, except of course old age. She always tells people, when asked, that she feels great!

I had to know! I was curious, so I asked her. What do you do to live so long?

"Living my early days in California had a lot to do with it", she said. "The eating style there was healthy. We ate lots of fruits and vegetables and no salt. They do not let me eat green vegetables now."

Irma was never a sports enthusiast and did not exercise much. She never played tennis, but took golf lessons at the Hillcrest Country Club in Los Ange-



Longtime Hillcrest resident Irma Bolt turned 100 years old on April 19.

les. (She resides at Hillcrest in Florida!)

She told me that she was always a good sleeper and got several hours of rest. She never used much salt in her meals, but firmly believes that her longevity was contained in her genes and ultimately, it was in the hands of God.

If you were to condense your life into a few sentences, what would you say? I asked her.

"Life has had its ups and downs. I have had wonderful experiences. Remarkable things have occurred during my time. I spent much of my life doing charity work, mostly with at-risk children. It was very rewarding. The children were usually very appreciative of my efforts."

What amazes you now, Irma?

"The scientific things that move at such a rapid pace. I can't keep up!" What was your best and most beautiful gift? "The love of my family."

What was the most important lesson you learned?

"To keep my mouth shut!", she said.

Irma, did you ever think that you would live this long?

"Oh God, no! When I reached 99 years old, I said, this is ridiculous! Who lives to be 99? When next year comes along, I am thinking, do I celebrate my 101st birthday or do I start over from the beginning and celebrate my first birthday?"

Guess we will find out April 19, 2016!



MOLD*continued from page 8*

remove moisture from the shower walls.

A ceiling fan or oscillating fan that directs air at the shower walls will also help dry surfaces and reduce the threat of mold. Generally, small exhaust fans commonly used in bathrooms do not effectively remove moisture—but they do help, so if you have one, use it when showering and for about an hour afterward.

Hot Spot #5: The water reservoir of your Waterpik and toothbrush. The water reservoir of your Waterpik or other water-jet appliance may not dry out between uses, and mold may grow on rubber gaskets and/or the water reservoir. Toothbrushes generally dry too fast for mold to grow, but it can grow inside the hollow heads of electric toothbrushes. After each use of your Waterpik, remove the water reservoir, invert it and let it dry. To drain the pump, lower the sprayer in the sink so that it is below the level of the pump. Gravity will allow the water to drain. To clean electric toothbrush heads, soak in diluted bleach, 3% hydrogen peroxide or vinegar for a few minutes once a month.

Hot Spot #6: Your dehumidifier. Dehumidifiers are designed to remove moisture and help prevent mold. But

condensed water accumulates on cooling coils and can lead to mold growth in any dust trapped on the cooling-coil fins. You should empty the water basin at least weekly. During hot, humid weather, empty it daily. A few times a year, wash the plastic filter in a sink, scrub the inside of the bucket with nonabrasive cleanser (use diluted bleach if it is moldy) and spray any dust off the fins with water. Before storing the dehumidifier when it's not in use, wash and dry all of the parts carefully. Follow the manufacturer's instructions for cleaning the machine.

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The Kitchen Korner

By Cindy Abraham

And the readers hold me accountable once again. Seems I promised to print low sugar recipes in the last issue and then did not.

Because I have a lot of diabetic friends, dessert can be a challenge. Just because people are diabetic doesn't mean they don't have a sweet tooth. The secret is to keep the sugar to a minimum.

Publix sells sugar free chocolate chip cookies and no sugar added vanilla ice cream. We make ice cream sandwiches – easy and just the right size. Remember that “no sugar added” doesn't necessarily mean no sugar so again, we are just keeping it to a minimum.



The following recipe is one of my favorite low sugar desserts. It seems so ingredient intensive that I hesitated to print it but it is just so good it is always a hit. Following the original recipe, I will give you a cheater version. **BUT** you will still need to go out and buy a couple key ingredients at Damascus, the Middle Eastern market up the street; tahini oil and Lebanese yogurt called Labaneh or Labne (you may as well pick up the pine nuts and grape molasses while you are there). Tahini oil is what gives Hummus it's distinct flavor. You can use a good Greek Yogurt but Lebanese yogurt is better. I promise that this dessert will go into your “keeper” file.

Fruit, Nuts and Yogurt Dessert

Serves 6

- 3 cups Greek or Lebanese yogurt
- 5 TBS butter – divided use
- ½ cup walnuts
- 1 TBS hazelnuts
- 1 TBS sliced almonds
- 3 TBS dried currants or sour cherries
- 3 TBS raisins or dried cranberries
- 3 TBS Tahini oil at room temperature (be sure to stir it first)
- 1 TBS pine nuts (sunflower seeds are cheaper)
- 3 TBS grape molasses (or pomegranate syrup) – divided use– you can be creative but this is where most of the sugar comes in so if you can find a sugar free syrup you like, you will be ahead of the game.

Topping: a pinch of cinnamon and 1 TBS chopped pistachios.

Place a ½ cup scoop of yogurt in 6 dessert glasses and chill. In a large skillet melt 3 TBS of the butter and stir in the fruits and nuts. When the butter starts sizzling, stir in the tahini oil and 2 TBS of the molasses/syrup. Remove from heat and let cool.

Spoon the mixture on top of the yogurt and top that with another scoop of yogurt. Melt the remaining butter in the pan and add the rest of the molasses/syrup and the pinch of cinnamon, spoon over yogurt and sprinkle with pistachios.

CHEATER VERSION – instead of buying all the fruits and nuts, buy a bag of fruit and nut trail mix. I like Gold Emblem Abound Omega-3 trail mix that I found at CVS. Empty the bag into the 3 TBS butter until the butter browns. Throw in the 3 TBS tahini and 3 TBS grape molasses (with the dash of cinnamon) and you are done.

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Funding for this event is provided in part by the Broward County Board of County Commissioners as recommended by the Broward Cultural Council and Greater Fort Lauderdale Convention & Visitors Bureau.

In Honor of Mothers...

By Etta Stevens

In writing the essay for this month, I could not let the beauty and exuberance of being a Mother get past me. In these busy times we truly forget that we have been given the greatest gift of all, the gift of having a mother and if possible, being a mother. Of course, we know that without our men, this would not have been possible and then we have the women who have decided that motherhood is not the choice for them and we respect and admire their conviction of these choices. But we all have had a mother at some time, good, bad or indifferent. This is a fact of life. It is so fortunate for me that I was blessed with the most wonderful mother, ever. She was grace, kindness, loving, considerate and beautiful. I could go on but many of us feel the same way. So with this blessing of Mother's Day upon us, I honor my mother Sarah, and although she passed too soon, I know she has blessed me also to have wonderful children of my own. Daughters, Janice, Debby and son Michael, who is in heaven now. So in doing the research for mothers and motherhood I have come upon this beautiful and gloriously written book by Hope Edelman. I want to share this with our INSIDE HILLCREST readers as I feel that this can express the joy, contentment, and in many instances the memories of the mothers we have had, loved, honored, and respect for all time.

MOTHERS ROOTS

Nature often offers metaphors more elegant than any we can manufacture. In the redwood ecosystem, all seeds are contained in pods called burls, tough brown clumps that grow where the mother trunk and root system meet. When

the mother tree is logged, blown over, or destroyed by fire, the trauma stimulates the natural growth hormones. The seeds release, and trees sprout around her, creating the circle of daughters. The daughter trees grew by absorbing the sunlight their mother cedes to them when she dies. And they get the moisture and nutrients they need from their mother's root system, which remains intact even after her leaves die. Although the daughters exist independently of their mother above ground, they continue to draw sustenance from her underneath.

I am fooling only myself when I say my mother exists now only in the photograph on my bulletin board or in the outline of my hand or in the armful of memories I still hold tight. She lives on beneath everything I do. Her presence influenced who I was, and her absence influences who I am. Our lives are shaped as much by those who leave us as they are by those who stay. Loss is our legacy, insight is our gift. Memory is our guide.

May your insight give you a beautiful memory which allows you to forget the trivial!

Sometimes we allow trivial and unimportant, negative thought create our existence. These thoughts wander in and out of our minds and cause stress, sorrow and in many situations, depression.

MEDITATION is a terrific way to alleviate many of these negative thoughts and beliefs.

"It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection."

— Anonymous

Excerpt from *Motherless Daughters: The Legacy of Loss* by Hope Edelman. Copyright 1994 by Hope Edelman. By permission of Addison-Wesley Publishing Company



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World Meditation Hour, 3rd Sunday, 6- 7:30 pm. Hollywood's Downtown Young Circle ArtsPark.

TY Park, Every Mon. 6pm in summer. 5pm in fall & winter. Pavilion 4. Just to the right of the entrance.

Hollywood Library, 2600 Hollywood Blvd., Every Tues 10:30 am & 6:30 pm.

Hallandale Beach Library, 300 S. Federal Hwy. 1st & 3rd Every Sat, 10:30 am

Dania Beach Library, every Sat. 10:30am. Off Dania Beach Blvd & Federal Hwy.

Carver Ranches Library, off Pembroke and 48th, Every Sat 10:30 am

Peace Place, off Miramar Parkway & Island Dr. First Sat. at 6pm

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The letter **MUST BE SIGNED** and a phone number included so we may verify that you actually sent the letter. In the published edition, only your first initial will be used **UNLESS** you specifically request that your name be included.



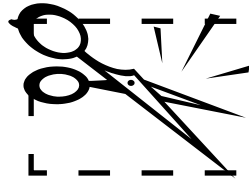
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