

Inside Hillcrest

– Connecting Neighbors to Neighbors –



MARCH 2020

HOLLYWOOD, FLORIDA

VOLUME 14 • ISSUE 3

MARCH INSIDE HILLCREST

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TOWN HALL MEETING WITH MAYOR JOSH LEVY

Our Annual Meeting with the Mayor was held on February 26 and the notes are inside this issue. Our HPD Neighborhood Team Leader, **Officer Brett Hammaker** was also present. Once again, "See Something, Say Something" came up. If you see ANYTHING SUSPICIOUS, there is a non-emergency line to the Hollywood Police Department. Of course, if you see what appears to be a crime in progress, always dial 911. But please make a note of the non-emergency number for any other suspicious activity:

954-764-4357
Hollywood Police
Non-Emergency Number

POLITICS

As you have probably noticed IH avoids polarizing politics, especially on the national level. But local politics concern us greatly. In this issue you will meet **Marie Woodson, Candidate for State House District 101** (our district) because she is someone many of us know and definitely support in the next election. It behooves all of us to learn as much as we can about ALL of the candidates so we can make informed decisions when we exercise the greatest right we have in this country – the right to choose our leaders. GET OUT AND VOTE! Note some wise words from Prof Tambyah, Chairman of the SDP on the same page.

COMPLIANCE COMMITTEE AND PULTE UPDATES

Our Compliance Committee has been hard at work walking the grounds and

making notes of areas that need attention. A recap of the most recent dialogue is also inside this issue. Should you have any other concerns about the Parkview project, we can forward them to the committee if you email HillcrestLeadershipCouncil@comcast.net.

ROBERT DE TORRES

Inside Hillcrest will continue to print articles of interest to our residents, Condo board members, and our new Parkview HOA. Parkview has elected their first HOA representative, **Robert De Torres**. Steve Schneider, our erstwhile IH reporter, met with him and now we will introduce him to you!

CONGRATULATIONS!

Congrats to **Eric Glazer** and his associates! **Glazer and Sachs, P.A.** was voted the best association law firm in the State of Florida for 2019 and was awarded the highest level by the voters, Diamond, for the fourth year in a row! Eric says, "Please know that whether it's representing you in court, at administrative proceedings, attending your meetings, talking to you on the radio or teaching you at our seminars, we appreciate getting to know you and we are humbled by the opportunities given to us to help you. We will continue to do our best to earn and keep your confidence, and support."

CORONA VIRUS

David Treece has a great article inside dealing with the Corona Virus which includes the financial ramifications. Beware of Facebook posts that give you info about the Coronavirus. You are better off listening to the news or googling for updates. I have been in several buildings and it looks like everyone is being VERY proactive.

Sanitizer stations, cleaning elevator buttons and door handles in common areas are a good start. In a society where isolation due to everything being a touch away by phone or computer, it looks like that is the safe way to be right now.

If you don't have to interact with others, of course that is the safest course you can take until either a cure is found or the spread of the virus has been stopped. We have a lot of elderly in Hillcrest as well as a lot of young children so we do need to take it seriously WITHOUT PANICKING. Panic is like worry; it doesn't accomplish anything except to make us feel stressed which is never healthy.

I have mentioned before that my family called me "Howard Hughes" because I have always been a huge germophobe. I wear gloves when I cook at home! And sanitizing light switches, phones, door-knobs - even my steering wheel and keys, etc. - is part of my routine. I think it is because of my restaurant background. That could also be one reason we eat out so rarely.

Touching menus and salt/pepper shakers gag me sometimes. And forget about using a public restroom...If there is anything positive about our current situation it is that it is bringing back a lost art: HANDWASHING.

I am appalled at how many people do not wash their hands after using the restroom, covering their mouth after coughing or sneezing (which is also a lost art) or before eating foods like sandwiches that we pick up with our hands. However, it seems like our public officials are on top of things and we are in the best place to be – near some of the best hospitals in the country. So be safe and be thankful.

IF YOU GET THE EMAIL VERSION OF INSIDE HILLCREST, YOU WILL ALSO GET AN UPDATE FROM MAYOR LEVY ON THE CORONAVIRUS. If you want to be on our email list, let us know at Inside.Hillcrest@comcast.net.



Building A Better Community

TOWN HALL MEETING WITH HOLLYWOOD MAYOR JOSH MAYOR LEVY- 02/24/2020

– by *Steve Schneider*

Editor's Note: Every board president was sent a notice to post about this meeting and everyone who is on our IH email list also received a notice. If you are not being informed about important events happening in our community, email us at inside.hillcrest@comcast.net and you will be included in the future. For Parkview residents, you should have received an email from your property manager as well and notices were posted in the clubhouse.

Hollywood Mayor Josh Levy met with Hillcresters at the Championship Academy on Hillcrest Drive at his Annual Town Hall meeting. Officer Brett Hammaker, our HPD neighborhood liaison attended the meeting and stayed afterwards to answer questions. Linda Sherwood, District 6 commissioner, was present for the start of the meeting.

There are always questions about the limited parking available in Hillcrest. According to the Mayor, there is no quick or easy way to create more parking in Hillcrest. Mayor Levy said city officials surveyed the area and determined there may be space for the community to build a parking garage in the area near the Academy but the decision and the cost rest with residents.

Mayor Levy, who will soon complete his first four-year term, also fielded questions in connection with other parking-related issues. He was asked about parking swales and medians inside of Hillcrest as well as problems associated with people who illegally park their vehicles in those areas. Tires from the vehicles damage the grassy areas. One resident pointed out that the city has posted No Parking signs in these areas. Mayor Levy asked residents to decide whether they want cars to be able to park there or not. If the answer is yes, he said the city can remove the No Parking signs. There are times when a building is being painted or having parking lot resurfacing done and, in those instances, special permits can be issued.

Mayor Levy and Hollywood Officer Hammaker addressed the recent problem of car break ins occurring in the Hillcrest community. They said this problem happens all over South Florida but there are precautions that can be taken to prevent this; mainly by removing valuables and keeping the car locked at all times. Anyone who sees something suspicious can call the police non-emergency number at (954) 764-4357. Mayor Levy also addressed issues that affect the surrounding Hillcrest community:

1. The city will soon hold a meeting with residents to discuss planned improvements for the park at Washington Street and 56 Avenue.
2. The industrial area south of Washington Street and West of 56 Avenue has been the topic of complaints. City officials will have enforcement agents patrol the business area to note problems that need to be addressed.
3. Hillcrest unit owners and residents and business owners city-wide can now apply for about 20 different permit applications online, as part of an effort to streamline city services to make them work better for residents and businesses. A resident said she tried the online service but learned the process was not secure. Mayor Levy said he would look into the matter.
4. A WaWa convenience store and gas station will be coming to the southwest corner of Hollywood Blvd. and State Rd. 7. (Ed Note: If you don't know what a WaWa is, google it. Named after a town in Pennsylvania, it is probably the only convenience store chain that have its own fan clubs...)

5. The bike lane project at nearby Park Rd. will be completed this year.

6. Mayor Levy said 27 acres of city-owned land adjacent to Hillcrest, at Park Rd. and Pembroke Rd., will eventually house a mixed-use development of housing and businesses. The city is currently negotiating the sale with the developer. The project calls for a gas station, a grocery store and housing.

7. Tobin property on Hillcrest Drive will house an office building after the building permit process is completed, Mayor Levy said.

The Mayor also addressed issues affecting the City of Hollywood as a whole:

1. The city is spending money from the \$165 million General Obligation Bond as needed. He was happy to report that the credit rating agencies pegged the interest rate at 2.76%, less than the 4% interest rate Mayor Levy said the city anticipated. The lower rate means taxpayers will be paying less than expected to repay the 25-year bond.
2. The city is negotiating to buy the Sunset Golf Course, near I 95 and Johnson Street. The owners of the shuttered course remain firm in seeking \$12 million. Mayor Levy said the city prefers to pay less, but that it would still be a good deal for the city at the asking price. Money for the proposed purchase would come from the General Obligation Bond so the city can construct a park there. The open space would invite people to the area, he said, and provide more open space for drainage as sea level rise and climate change get more serious in South Florida.
3. The Florida Department of Transportation will spend \$250,000 to study the Hollywood Beach area to determine ways to prevent flooding on A1A, the mayor said.
4. The city has benefited from a rising economy and is investing money to help residents and business owners improve their properties, create affordable housing, generate more senior housing, and fund a program to help people improve their skills so they can get better paying jobs. Call City Hall for more information: 954-921-3435
5. City real estate was valued at \$13.2 billion for tax purposes when Mayor Levy took office. The city is now valued for tax purposes at \$17.4 billion and is expected to pass the \$18 billion mark soon. The increased tax-related valuation generates money for the city. Mayor Levy said every billion dollar increase nets \$7.5 million in increased city revenue from property tax valuations.
6. The city is updating the way it does business, including hiring new managers for various departments. The goal is to make it easier for people to deal with city agencies, and thus make the city more inviting to people and businesses.
7. The mayor also addressed the much talked about Lifeguard Station controversy. The City of Hollywood paid \$90,000 for top-of-the-line beach lifeguard stations. Mayor Levy acknowledged this is a lot of money but he noted the cheaper products (at a cost of \$50,000 each) would need replacing so the City opted for longevity rather than a short term ROI. In an interesting side note, the stations are attracting a lot of residents and tourists who like to pose at the fancy lifeguard stations to shoot selfies. To benefit from this phenomena, the City will make sure that "HOLLYWOOD" is prominently lettered on the stations so that we get free advertising on social media. Great idea!

Navigating the Coronavirus Infodemic

David Treece, AIF®, MBA | February 28, 2020



Recent news surrounding the coronavirus has shaken investor confidence over the past few trading sessions. Several of my clients have contacted me with concerns about how the global spread of the coronavirus may affect their financial portfolio. With the 24-hours news cycle focused on the disease and countless social media posts and articles offering information and advice that may or may not be accurate, discerning how to best protect your personal physical health—as well as make decisions regarding your investments—during this period of uncertainty can be difficult.

Don't Panic

My first words of advice to everyone— regarding both your physical and your financial health—are *“don't panic.”* While markets move up and down for many reasons, take a deep breath and step back to scrutinize the information (or misinformation) you're receiving to ensure you are making the most thoughtful decisions.

In the words of Timothy Brewer, a professor of epidemiology and medicine at UCLA's Fielding School of Public Health and its David Geffen School of Medicine from a recent Washington Post article, “There's no value in panicking or telling people to be afraid. Don't let fear and emotion drive the response to this virus. That can be extremely difficult because it is new, and we're still learning about it, but don't allow fear of what we don't know about the virus to overwhelm what we do know.”

That's good advice as we not only consider how our day-to-day lives may be affected by the virus, but also as we consider how financial markets are reacting to it, including:

- U.S. equities have fallen for four-straight trading sessions
- Investors remain concerned about human life and economic impact
- Central banks offer some potential downside protection

Prepare & Practice for Disruption

One of the best things you can do to prepare for any emergency, including a coronavirus outbreak, is put together an emergency kit. In addition, it's also important to have plans in place in case the outbreak disrupts your daily routines, you should be asking yourself:

- What if schools close for a week or two?
- What if there are issues with public transportation?
- What if I have to work from home or stay at work late?
- What is my plan for child-care, for getting to work and for feeding pets?

According to Saskia V. Popescu, a senior infection-prevention epidemiologist for a Phoenix-based hospital system: “This is a good reminder to go through your resources and your plans so that, should it get more serious, you are not taken off guard.

People think they need to go out and buy stuff, but so much of it is just having a plan.” When clients call in a panic, I first thank them for being proactive and reaching out to discuss what options they may have. It's great that they are taking the initiative to explore strategies and options to protect their assets in an uncertain market. I am always here to offer no-pressure advice about flexible and innovative financial solutions. I work with experienced money managers who offer investment strategies that can go into cash positions in event of a crisis to try to preserve your investment.*

I invite you to call me if you have any questions on concerns about how your investments may be affected by current market conditions. You don't have to ride a volatile market to the bottom. Let's work together to take the worry out of an uncertain time so you can focus on you and your family's health.




David Treece
Registered Representative*

Shoreview Professional Building
9999 NE 2nd Avenue | Suite 203
Miami Shores, FL 33138

C 305.495.5413 T 305.751.8855
david@davidtreece.com F 305.751.0068
www.davidtreece.com

CORONAVIRUS DISEASE: COVID-19

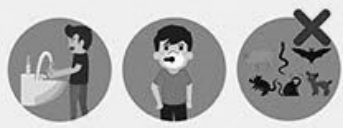


Animals to Human Transmission


PREPARING THE U.S. FOR 'WHEN', NOT 'IF'

More cases are likely to be identified in the coming days, including more cases in the United States. It is also likely that persons to whom spread will continue to occur, including in the United States. Widespread transmission of COVID-19 in the United States would translate into large numbers of people needing medical care at the same time. Schools, childcare centers, workplaces, and other places for mass gatherings may experience more absenteeism. Public health and healthcare systems may become overwhelmed, with virtual rates of hospitalizations and deaths. Other critical infrastructure, such as law enforcement, emergency medical services, and transportation industry may also be affected. Health care providers and hospitals may be overwhelmed. At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. (Source: CDC)

PREVENTIONS




RISK FACTORS



Over 65 years old Child Smoker


SYMPTOMS



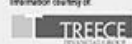
BREATHLESS COUGH

FEVER CHEST PAIN

Human to Human Transmission



FOR THE MOST CURRENT CORONAVIRUS UPDATES GO TO:
[CDC.GOV/CORONAVIRUS/2019-NCOV](https://www.cdc.gov/coronavirus/2019-ncov)

Information courtesy of
 Retire@Fit

2020 U.S. Census Hollywood

Compliments of Lorie Mertens-Black, Chief Civic Affairs Officer, City of Hollywood

What Is 2020 Census?

The United States Constitution requires that every 10 years a count, or census, is taken of America's population. Census Day is April 1st, 2020. On that day the 2020 Census will count every person living in the United State of America and in the U.S. territories.

Why Conduct A Census?

- The census count provides vital information about you and your community.
- It determines how many representatives each state gets in Congress
- Is used to redraw district boundaries.
- Communities rely on census statistics to plan for a variety of resident needs including new roads, schools and emergency services.
- Businesses use census data to determine where to open or build new homes and buildings.
- Each year the federal government distributes more than \$675 billion dollars for hospitals, schools, fire departments, roads, housing programs, emergencies and natural disasters based on Census Bureau data.

How Will the Census Be Taken?

The United States Census Bureau is the federal government's agency dedicated to providing current facts and figures about America's people, places, and economy. The Census Bureau will use technology to make it easier than ever before to respond to the census. Nearly every household will receive an invitation to participate in the 2020 Census with three options to respond - online, by phone, or by mail. Residents are required by law to participate in the 2020 Census.

- March 12-20: An invitation to respond online to the 2020 Census. Some households will also receive a paper questionnaire.
- March 16-24: A reminder letter.
- March 26 - April 3: If you have not responded, you will receive a reminder postcard.
- April 8 - 16: If you still have not responded, you will receive a reminder letter and paper questionnaire.
- April 20 - 27: If you still have not responded, you will receive a reminder postcard to do so.
- After April 27: In-person follow-up.

The invitation to participate in 2020 Census will come from either a postal worker or a census worker with 95% of households receiving their census invitation by mail. 5% of households will receive their invitation when a census taker drops it off and less than 1% of households will be counted in-person by a census taker.

Appointment counts will be sent to the President of the United States by December 31, 2020. Redistricting counts will be sent to the states by March 31, 2021.

What Questions Will I Be Asked?

- The names of everyone in the household
- Your phone number

- If you own or rent
- The number of people living or staying
- Sex
- Age and date of birth
- Hispanic, Latino or Spanish Origin
- Race
- Relationship of each person in the household

What Is the Goal of the Census?

- To collect an accurate count of the number of people at each address on April 1, 2020.
- To count people only once according to where they live on April 1, 2020.

You Are Protected by Federal Law

- Federal law protects your census responses, your information will be kept confidential and safe.
- Your answers can only be used to produce statistics.
- By law, the bureau cannot share your information with immigration enforcement agencies, law enforcement agencies, or allow it to be used to determine your eligibility for government benefits.
- Your information cannot be publicly released so your answers could identify you.
- Automation of field operations will ensure information is kept confidential and safe.



Hello, neighbor!

Sharon L. King, Agent
134 South Dixie Hwy Suite 101
Hallandale Beach, FL 33009
Bus: 305-933-4900
sharon@sharonking.net
Mon-Fri 9:00 AM - 5:00 PM
After Hours by Appointment
Hablamos Español

Please stop by and say, "Hi!"

I'm looking forward to serving your needs for insurance and financial services.
Here to help life go right.®
CALL ME TODAY.

SPOTLIGHT ON MARIE WOODSON

Candidate for State House District 101

I was born and raised in Haiti. My father wanted me to be a medical doctor. Since I had no family member or friend working for the government in Haiti, I would not be admitted to medical school, so I came to the USA to further my education.

Little did my father know; he had formed a public servant, not a medical doctor. When I was a young girl, he made me spend my summers teaching underprivileged children whose parents couldn't afford to send them to school. As well, my father taught three things:

1. Respect yourself and respect others.
2. Work hard and smart at every endeavor.
3. When you make it; always take another one along with you and give back to your community.

My entire life has been guided by these three principles and I try to instill them in my two children. Coming to the USA has been a blessing and a privilege because it has afforded me great opportunities that my country of birth didn't, but God guided me to a different path than the one chosen by my Dad. I quickly landed a job in County government after spending two months in a factory where my mother's cousin worked as a Supervisor. I began as a Social Worker Aide and worked my way up to being responsible for five Divisions, directing programs in Senior services, Social Services, Domestic Violence, Greater Miami Service Corp (Youths), Psychological Services), as well as Procurement, Personnel and Substance Abuse Divisions.

I have volunteered and served my community in various capacities, including Chairwoman of the Miami Dade Commission for Women, Chair of the Family Action Network, Broward Regional Director for the Democratic Haitian American Caucus of Florida, Hollywood Neighborhood Crime Watch Coordinator, Vice-President of the Haitian-American Democratic Club, Hollywood African-American Advisory Board member and more.

My extensive career in county government and my community work have prepared me to move to the next level to continue my passion for public service in Tallahassee. I will represent District 101 well, having a positive impact on the district and the entire state. I can only accomplish my goals if all of you are with me. I am counting on you to volunteer, donate, and most importantly vote for me. Please encourage your families, friends, neighbors, and acquaintances to support me as well. Thank you so much.

Together, WE WILL MAKE IT HAPPEN!!

Marie Woodson, Candidate for State House District 101

"Time to remember the best voting advice I have heard – Voting isn't marriage – it's public transport."

"You are not waiting for 'the one' who is absolutely perfect. You are getting the bus. And if there isn't one going exactly to your destination, you don't stay at home and sulk – you take the one going closest to where you want to be."

ELECT Marie Woodson

for State House ☆ District 101

Marie Woodson is the best representative you could have in Tallahassee fighting for you. She worked as a high level government executive during her 35 years. She has won numerous awards for her community leadership and proudly serves as a Coordinator of Hollywood Crime Watch. She has a record of helping people and not special interests. **She will be your champion on issues including: public safety, education, healthcare, public transportation system, and more.**

VOTE AUGUST 18, 2020

954-696-7428
 MarieWoodson2020.com
 MarieWoodson2020@gmail.com

**Make HD101 the People's Voice by electing Marie Woodson.
 EXPERIENCED, EFFECTIVE, AND CARING LEADERSHIP!**



HILLCREST UPDATE FROM THE PULTE GROUP

Our Compliance Committee asked Rich Kasser, Land Project Manager for the Pulte Group about the areas on the Hillcrest South Parkview development. They questioned garbage/ debris that was still not picked up, the trees that needed trimming and the new sod. Also, the status of the gate/fence installation, additional gazebo and the issues with the electrical service to the signs on Washington Street. They asked for the deed for the Tobin/Pulte land transfer. The Compliance Committee plans to have a general meeting before end of March and your condo boards will be notified.

To Hillcrest Compliance Committee from Rich Kasser, Land Project Manager, Pulte Group:

1. Sod should be starting the week of March 9th. The eastern side by the high rises will begin in the coming weeks after the debris is picked up and the bench pads are installed.
2. Gate and fence insert installation should be finished by March 6th.
3. The rolled up chain link has been removed; the pipes, concrete and tires should be gone by mid-month. From here on, the Construction team is supposed to be cleaning up their debris. If that is still there, let me know.
4. A copy of the land swap deed was sent to the Committee.
5. I'm pricing out the gazebo and am checking with the City to see if a permit is needed for it since it was included on the general site plan.
6. It seems that there were issues with the electrical service to the signs on Washington. I'm checking to see what it would take to correct that.

March Kitchen Korner - by Cindy Abraham

To date, I have given out nine containers of chicken soup to my friends and neighbors who have a cold or flu. Two of them loved it so much they offered to buy more! The "Italian" part is the addition of baby pasta and baby meatballs; the "Lebanese" part is because I make it. My claim is that it is so good, it can cure Ebola. Here is the recipe:

WORLD FAMOUS LEBANESE ITALIAN CHICKEN SOUP

(However, unless I make it you just have Italian Chicken soup...unless you are Lebanese)

Cooked Half Chicken - skin and bones removed and cut into small pieces

2 TBS. canola oil, 1 medium onion sliced

1 rib celery cut in thirds and 1 bay leaf

½ cup sliced baby carrots or ½ cup matchstick carrots

1 head escarole, kale or spinach, leaves only (remove stems), rinsed and torn into strips

4 - 6 cups chicken broth (you can start with four but there's a lot of "stuff" in it so you may want more broth)

1 tsp pepper

¼ cup Acini di Pepe pasta (or any teeny tiny pasta)

20 tiny cooked meatballs

Grated parmesan (to top - optional)



Sauté onion in oil on low heat until translucent. Add carrots and escarole/kale/spinach and cover pot until greens are wilted. Add broth and cooked chicken, celery, pepper and bay leaf. Bring to boil. Add pasta and meatballs. Lower heat and simmer for 10 minutes. Remove celery, bay leaf and serve topped with grated parmesan.

As long as we are talking healthy (and in an Italian mood), now that I feel better, I tried a couple of recipes over the last few weeks; and yes, a couple went into the garbage halfway through the meal. None were terrible but we like terrific! This one we loved and it can be Vegan by leaving out the pancetta/prosciutto.

SPINACH & BEAN PASTA (with pancetta)

4 oz. spinach pasta, ½ cup reserved pasta water

1 TBS extra virgin olive oil, 4 oz. diced pancetta or prosciutto

8 oz. baby lima beans

(if canned, rinse; if frozen, thaw before cooking)

½ cup sliced shallots, 2 minced cloves garlic

½ tsp dried rosemary, 3 cups baby spinach

1 ½ TBS lemon juice

½ cup grated parmesan or pecorino (divided)

Cook pasta as directed and save ½ cup of the water when you drain it. Set aside. Heat the oil in a large skillet on medium-high. If you are using pancetta/prosciutto, cook until crispy on all sides and remove with slotted spoon before adding shallots. If you are not using meat, just cook the shallots in the oil until they are tender, about 3 minutes.



Stir in the rosemary until fragrant, about 1 minute. Stir in the Spinach and cook until wilted, about 3 more minutes.

Add the pasta and pasta water to the pan. Cook, stirring until thickened, about 1 minute. Stir in the lemon juice and ¼ cup of the grated cheese. Return the pancetta/prosciutto to the pan, stir again and serve topped with the remaining cheese.

And finally, sometimes I find a recipe that has regular ingredients but sounds like it was made up by some cutesy fufu chef to look cool, but this one actually tastes different because of the way it is put together. It was very good and it was fun and easy to make. Definitely going to make it with my granddaughter Zowey when she comes to visit this summer. Of course, I will have to use ham instead of salmon and probably ketchup instead of caviar:

EGG IN A HOLE

1 bagel split in half (use your favorite - I like the everything bagel)

2 TBS softened butter

2 large eggs, 1 TBS water

Salt and pepper to taste

2 oz. cold-smoked salmon

Caviar or sliced avocado, for serving



Widen the bagel hole with a sharp knife to at least 1 ¾ inches. Spread softened butter on both sides and place in a heated skillet (that fits both) cut sides up. Cook on medium until golden brown.

Flip the bagel halves cut sides down, reduce the heat to low and crack an egg into each bagel hole. Pour the water in the pan and cover the skillet immediately. Cook until the whites are almost set (5-7 minutes) and then flip over carefully for another minute. You want the yolk to stay runny. Remove and plate. Season with salt and pepper. Top with salmon and caviar or avocado (or all three).

PROTEIN AND FIBER - BY CINDY ABRAHAM

As I have said before, it is easier to ADD things to your diet to get healthy than to give up unhealthy foods. At least it is a step in the right direction. If you add more protein or fiber to your diet, you may start eating less of the bad stuff. Here is a quick tutorial on foods high in protein and fiber:

Eggs have lost their bad rap which is good since an egg has 6 grams of protein. Other foods high in protein:

Quinoa - a cup cooked = 8 grams

Tofu - 3 oz - 8 grams

Cheddar Cheese - 1 oz = 6.5 grams

Almonds - ¼ cup = 7 grams

Black beans ½ cup = 8 grams

Chickpea Pasta - 2 oz. = 14 grams

Greek yogurt - 1 cup = 23 grams

Peanut butter - 1 TBS = 7 grams

Sprouted grain bread - 2 oz. = 8 grams

Pumpkin seeds - 1 oz = 5 grams

One medium apple contains 4 grams of fiber. Here are some other foods high in fiber:

A cup of raspberries = 9 grams of fiber (strawberries = 3 grams and blueberries = 4 grams)

½ cup of black beans = 8 grams

½ avocado = 7 grams

1 cup cooked artichoke hearts = 6 grams

½ cup of lentils = 8 grams

Medium sweet potato = 5 grams

½ cup whole wheat pasta = 7 grams

½ cup chickpeas = 6 grams

½ cup of cooked oats = 5 grams

2/3 cup green peas = 6 grams

Editor's Note: Every month we will feature condo-related law articles courtesy of Eric Glazer & Associates from his LEGAL BEAT newsletter:

LEGAL BEAT

A Production of Glazer & Sachs, P.A. and CONDO CRAZE & HOAs.

ELECTION REJECTION: The firm filed an arbitration action on behalf of a unit owner against his association. The unit owner had run for the board and lost by only three votes, in an election where hundreds of ballots were cast. Many ballots were rejected on the night of the election and our firm claimed these ballots were wrongfully rejected. The arbitrator ruled: 1) the association had no right to reject any envelope because they believed the signature was not genuine where the owners had submitted an affidavit that their signature was genuine, 2) when one unit owner delivers the envelope and ballot of another owner to the annual meeting, that is not considered illegal "proxy voting" as the true owner is still the one casting the vote, 3) it is irrelevant that voters returned ballots in an exterior envelope that was not the actual envelope sent by the association to the voter and that the envelopes must be accepted if they are signed by the owner and otherwise comply with the administrative rule, and 4) it is irrelevant that an owner failed to place their ballot inside an interior envelope, as the owner simply waived their right to secrecy containing their choices.

After all of the disputed ballots were eventually counted, our client turned out to be a winner in the election and was immediately placed on the Board of Directors. In addition, the arbitrator awarded prevailing party attorney's fees and costs.

ARE YOUR YEAR-END FINANCIAL REPORTS FINISHED?

Every community association in Florida is required to prepare year-end financial statements. Assuming that the association's fiscal year mirrors the calendar year, the association must have these reports completed by **April 30th**. In addition, the association shall mail to each unit owner at the address last furnished to the association by the unit owner, or hand deliver to each unit owner, a copy of the most recent financial report or a notice that a copy of the most recent financial report will be mailed or hand delivered to the unit owner, without charge, within 5 business days after receipt of a written request from the unit owner. **THIS IS A WARNING TO CONDOMINIUMS!** Failure of the condominium association to timely prepare these year-end financial reports can result in the imposition of fines against the condominium by the Division of Condominiums for several thousand dollars.

DO NOT BLOW THIS DEADLINE! The type of year-end financial report to be prepared depends upon the size of the association's budget:

1. An association with total annual revenues of \$150,000 or more, but less than \$300,000, shall prepare compiled financial statements.
2. An association with total annual revenues of at least \$300,000, but less than \$500,000, shall prepare reviewed financial statements.
3. An association with total annual revenues of \$500,000 or more shall prepare audited financial statements.
4. An association with total annual revenues of less than \$150,000 shall prepare a report of cash receipts and expenditures.



Hello Neighbors,

Please let me introduce myself to you as the first Homeowner Member of the Parkview at Hillcrest HOA Board.

I hold a degree in Construction Management with a concentration in Architectural Design, and I have worked in the Design, Construction and Property Management Field for over 28 years.

I owned and operated a Design and Remodeling business with my wife for 16 of those years, and now work for Tobin Properties, the company many of you know as the original developer of Hillcrest.

I believe in taking a holistic approach to problem solving, which often involves preventative maintenance and preemptive changes to address small issues before they become larger problems.

What follows are the specific concerns I see for both Hillcrest Unit Owners and Parkview Residents / HOA:

1. Assuring Pulte performs its work obligations to the best practice and quality standards, especially regarding the common areas that we share. This includes (but not limited to) the Landscape and Irrigation installation; Walkways and paving; Lighting; Fencing and Security measures; Streets and Drives.
2. Final removal of construction debris and restoration to damages caused by Pulte related work.
3. Ongoing construction debris (and construction traffic) that has been a nuisance and concern for both Parkview and Hillcrest owners.
4. Mutual concern of both Hillcrest and Parkview owners for security and safety, both now and well after the development is completed. This effort will involve collaboration between us all, in conjunction with the City of Hollywood, to keep our Hillcrest / Parkview homes safe and nurturing for us, our friends and most importantly, our families.

I believe that we all share this community, and as a community, we also share common goals. We want to create a safe, well-maintained, pleasant and restful place to live, work and raise our families, with controlled and reasonable costs.

I also understand that there are many ideas about how to achieve these goals. Fortunately, we have a solid foundation to start from as we work together to accomplish our vision of a great community!

Thank You,

Robert DeTorres

FEBRUARY 2020 STATE OF THE MARKET

– by Cindy Abraham, Keller Williams Realty Professionals A Team Florida



We are down to 51 condos on the market in Hillcrest as of February 29th. Closed sales for February totaled 11 – and four were in the low & mid rises. This is a big number when you realize only seven of the 51 total listings are not in the high rise buildings. Desirability for condos – high rise vs. low/mid-rise or all-age vs. over-55 has evened out across the board. View is still an issue and level of remodel is also still a concern. The view is what it is, and many buyers do not want the cost or hassle of remodeling. It is easier and cheaper to buy a remodeled unit especially with a mortgage.

February was a hot month for Hillcrest condo sales. A whopping 21 units went under contract last month. If your unit is listed and you got showings in February but no deal, you need to take a good hard look at your pricing or your listing presentation. If you agent does not know Hillcrest or is not personally showing the unit, that is also a detriment. Just to prove the point about pricing, I am also putting the **DOM (Days on Market)**, after the list price was corrected, **in BOLD** so you can see how much quicker units sell when priced right. The second one on the list that took 506 days to sell, spent more than 10K in utilities, maintenance fees and taxes waiting 17 months for the market to catch up to the original over-priced listing. “I am not in a hurry to sell” can cost you a lot of money.

Current active listings include two 3-bedroom units. My favorite has been listed since 2014 and is on it’s eighth Realtor. It has been priced as high as 329K and as low as \$249,900; it is currently listed at 275K. There are thirty 2-bedrooms ranging from 275K for 1988 SF to \$114,900 for an 1132 SF unit. There are also nineteen 1-bedroom units for sale ranging from 130K for a 900 SF 1/1/1 to \$79,900 for an 844SF unit. **Call us at 8-HILLCREST or email us at info@ATeamFlorida.com to find out your unit’s true market value and to learn strategies to get top dollar for your condo sooner rather than later.**

Building	Unit #	B/B	SF	Orig. List	Final List	Sold	DOM
27	1222	2/2	1,600	\$235,000	215,000	205,000	251/63
2	411	1/1/1	1,164	149,900	143,900	135,000	228/30
15	108	2/2	992	140,000		130,000	506
21	712B	2/2	1,132	165,000	134,900	118,000	203/7
22	112	2/2	1,132	149,500	125,000	115,000	128/83
21	607A	1/1/1	844	120,000		114,000	23
23	510	2/2	1,284	135,000	101,650	100,000	128/60
4	210	1/1/1	690	95,000		95,000	18
23	405	1/1/1	844	103,000	95,000	92,000	81/30
10	301	1/1/1	770	69,000		60,000	4
9	110	1/1/0	672	49,900		42,000	8

FEBRUARY 2020 PARKVIEW STATE OF THE MARKET

PARKVIEW AT HILLCREST MLS ACTIVITY
[-www.ParkviewatHillcrest.com](http://www.ParkviewatHillcrest.com)

On Pg. 11 are the current MLS listings and sales of the Parkview at Hillcrest Homes during the month of February 2020. Six homes and 11 townhomes are listed in the MLS for sale. Of course, buyers can go directly to the Pulte office to see all the properties for sale. Again, we feel it is a better choice for buyers to have their own representation and hire their own Real Estate agent. Of course, one reason is that we would like the business but another reason is that it never hurts to have someone who prioritizes your interest. Someone likened it to having your spouse’s divorce attorney represent you.



It can work out, of course but buyers do not pay commissions/fees so why take the chance? In fact, WE PAY FOR YOUR INSPECTION when you buy a property through us. No matter if you are buying new construction or an existing home, home buying is a big investment and we make sure you are protected every step of the way. If you are selling, we have lived in Hillcrest for over 20 years and not only have a great reputation with other agents who know we will be there for every showing to answer questions about the area, etc.

Thanks in part to their votes, A Team Florida won the 2019 **Our City Hollywood BEST OF HOLLYWOOD REALTOR AWARD.** Call us at **8-HILLCREST** (844-552-7378) or **email us at info@ATeamFlorida.com.**

Love Where You Live!

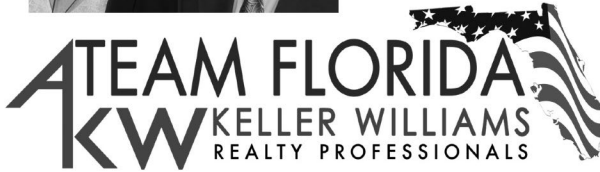


We want to express our sincere appreciation and thanks to our clients and peers for honoring us with the Our City 2019 Best of Hollywood Realtor award.



"If It's Real Estate, We Do It".
Cindy Abraham & Brian Gaiefsky

3696 N. Federal Highway, Suite 101
Ft. Lauderdale, FL 33308



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Our goal is to help every homeowner get top dollar for their property. The demand for turnkey properties is at an all-time high because buyers don't want the hassle or added expense of having to remodel.

This is why **WE PAY FOR AN INSPECTION UP FRONT**, so we know which issues need to be addressed before we list your home. As licensed realtors we do what nobody else in the business does; we risk our own money to help you prepare your property for sale. We do it to help you maximize your profits and we do it to make money. Want to know how much your home or condo is worth?

We handle **ALL** the details from the initial offer to the final negotiations. A Team Florida has helped South Floridians over the last 15 years. Put us to work and see how we can help you!

If you need to downsize or upsize we are in the business of helping families love where you live! We strive to help Veterans and renters achieve and make affordable homeownership a reality. We work with only the top lenders to get you pre-qualified. This call is free, the information is priceless.

ACTIVE LISTINGS	#B/B	Sq. Ft	Original List Price	Current List Price	Waterfront	List Date
4658 Greenway Drive	4/3/0	2569	\$674,998.00	\$649,998.00	Y	08/26/2019
1453 Myrtle Oak Terrace	4/2/1	2670	617,085.00		N	01/09/2020
1487 Pongam Terrace	4/2/1	2670	603,780.00		Y	01/09/2020
1403 Myrtle Oak Terr	4/2/1	2220	498,000.00	525,000.00	N	10/27/2018
4466 Ficus Street	3/2/1	2220	518,230.00		N	01/29/2020
4398 Ficus Street	3/2/1	1961	479,955.00		N	01/09/2020
4912 Greenway Drive	3/2/1	2020	449,000.00		Y	02/04/2020
4974 Greenway Drive	3/2/1	1944	429,000.00		Y	02/12/2019
4744 Eucalyptus Drive	3/2/1	1920	430,645.00		N	01/09/2020
4794 Eucalyptus Drive	3/2/1	1896	419,990.00		N	01/09/2020
4784 Eucalyptus Drive	3/2/1	1920	415,100.00		N	01/09/2020
1608 Myrtle Oak Terrace	3/2/1	1920	410,990.00		N	01/09/2020
4102 Long Leaf Ln	3/2/1	1500	345,000.00		N	10/03/2019
1190 Eucalyptus Drive #2	3/2/1	1498	338,940.00		N	01/09/2020
1190 Eucalyptus Drive #5	3/2/1	1498	338,940.00		N	01/09/2020
1190 Eucalyptus Drive #3	3/2/1	1498	338,940.00		N	01/09/2020
1190 Eucalyptus Drive #4	3/2/1	1498	338,940.00		N	01/09/2020
PENDING SALE	#B/B	Sq. Ft	Original List Price	Current List Price	Waterfront	List Date
1427 Pongam Terrace	4/2/1	2301	525,000.00		N	01/10/2020
CLOSED SALE	#B/B	Sq. Ft	Original List Price	Current List Price	SOLD PRICE	DOM
4141 Large Leaf Ln	3/2/1	1905	450,000.00	400,000.00	380,000.00	235

STATE OF THE COUNTY - County Commissioner Beam Furr - District 6



Greetings Hillcrest Residents,

It is hard to believe how fast 2020 is flying by! This year has been packed, and this is on track to be one of Broward County's busiest years ever. 2020 is not just a busy year – it is an election year, with the Presidential Primary already having passed in the last month. Remember that now is a good time to check your voter registration status and sign-up to vote by mail. We will talk much more about the elections in the months to come – for

now, read on to find out more about some of the exciting news going on in Broward County!

Closest Unit Response

In March, Broward County took one of the biggest steps forward on making our home safer and better than ever. Broward County is launching a very important component in our emergency communications infrastructure, as we roll out a system of "Closest Unit Response" throughout Broward County.

Closest Unit Response means that in a life-or-death situation, dispatch will send out the closest possible first responder unit to assist, even if they are from a different municipality. For example, if someone has a heart attack in Pembroke Pines, but the closest first responder is fire rescue from Hollywood, that unit will be dispatched to help the person in need. Any equipped unit within two minutes of an incident will be sent to perform life-saving action, instead of calling the "right" municipality five minutes away.

Closest Unit Response was first approved by county voters in 2002. This step is a culmination of years of planning, coordination, and training on behalf of local government and first responders. Coupled with upgrades to our E-911 emergency radio system, it is good news to see Broward County become safer and healthier for all of our residents.

This new system will save many lives in the years to come by making our process much more efficient and capable of responding to emergency needs. Since it was implemented in early March, it already has been credited with saving at least two lives. We are all glad it will be in place and saving throughout Broward County.

Tax Exemptions

Tax season is here! Broward County has officially approved an additional \$25,000 homestead exemption for low-income seniors.

The increase will boost the maximum exemption for low-income seniors (65 and older) to \$50,000. This new exemption will help keep seniors in their homes and save them money to live a better life here in Broward County. Over 10,000 units are expected to be eligible under this new exemption. There are also many other tax benefits available to residents and seniors throughout Broward County. This includes a \$500 benefit for those who have a disability, \$500 benefit for those who are widowers, a \$500 exemption for those who are legally blind, and up to \$5,000 if you are a veteran or the widower of a veteran. To find out about your eligibility for various exemptions, go to bcpa.net.

Contact Your Commissioner

I visit the COOPPA office on the third Wednesday of each month, and am there between the hours of 10:30 A.M. to 12:00 noon to assist with any matters of which I may be helpful. Just call 954-437-8864, (COOPPA office) and tell them you wish to set up an appointment to meet with me.

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Commissioner Blattner's March 2020 Report

by Commissioner Dick Blattner



February In Review

Several months ago, a Hallandale business donated a significant number of trees to be planted at Oakridge Park. A volunteer crew planted them. I walked the property last week and at least half of the trees are dead! Maybe they were too small, not planted properly, or maybe not watered. **LESSON:** we have made a commitment to plant larger trees such as 10 feet tall, which provide a better canopy and make a difference where they are planted.

Welcome to Hollywood!



Shiji Group, a high-tech Chinese company with hospitality accounts all over the world, has opened an office at 4001 Sheridan Street. With 75 people on staff, they provide an umbrella of services for the hospitality industry, from registration to inventory control. They expect to grow here. Thanks to the Broward Alliance, and especially to Raelin Storey of our staff. A State of Florida grant was competitive, but we were the winners!



More Development News

- The Publix-Walgreen site on Young Circle has been purchased for re-development. The entire Great Southern hotel collapsed. While trying to retain some of the historic elements, the almost 100-year old building just "gave up". New project is underway.
- **Yellow Green Market.** We approved a change in land use from industrial to commercial. However significant that may be, more important is the site plan for the property, which is in process but has not yet been presented to the Commission.
- **Approved** \$4 million from the General Obligation Bond for architectural and design contracts for the Police Station. We're very proud this award went to a Hollywood firm.
- **Approved** \$951,000 for continuing, planning and design for Hollywood Beach Golf and Country Club, also a General Obligation Bond project.
- **Attended** ground-breaking for two deep well injection sites at the waste water plant. These wells will be 3,000 feet deep. Treated waste water will be injected instead of being pumped into the ocean. Very impressive--and very very expensive.
- **Approved** a resolution seeking to bill sanitation charges annually beginning in 2021. The charges would appear on your tax bill, instead of on monthly statements.



• **My recommendation to staff** was supported by my colleagues to develop a strategy to protect bike-riders through the use of lane delineator. If we are going to have bike lanes, both bikers and drivers have to have protection. **SAN FRANCISCO BIKELANE DELINEATOR**

- **Sunset Golf Course.** I know you were all waiting for it. We contemplate making a final offer not to exceed the \$12 million identified in the General Obligation Bond. I worry about this project: usage, remediation, costs, etc. Stay tuned.

March Meetings

4th and 18th: 9:00 CRA. 1:00 Commission

More words of wisdom from our first President

"At play and at fire, it is good manners to give place to the last-comer and affect not to speak louder than ordinary." G. Washington, age 14.

Can't wait for April to come in like a lamb.

Please do share this report with your neighbors and friends

Call: 954-558-0175 (cell)
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Web site: www.dickblattner.com



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10 SPIRITUAL LESSONS FROM YOUR SMART PHONE

Submitted by Etta Stevens 'It's Time...' by Aruna Ladva, Brahma Kumaris Publications London, UK

1. Switch off your phone at night

It is advisable to shut down your cell phone at night to avoid unnecessary radiation.

In the same way, we need to switch off from everything in our mind at night and go to sleep peacefully without the buzzing and the pinging of random thoughts intruding into our minds. Just as we give the cell phone a break, so we also need to rest the brain and enjoy some downtime so that we can be properly functioning the next day.

2. Keep the phone on silent in meetings

In accordance with cell phone etiquette, keep your phone switched to silent mode in meetings.

The same applies to our personal conversations. Silence the ego and the chattering mind for a moment and focus on the person in front. Do not be distracted by other things. Giving someone your ear, and your full attention will go a long way towards getting the outcomes you both want.

3. Be selective about the photos you take

Exercise restraint when taking pictures or videos, as otherwise, much time will need to be spent searching and deleting.

In the same manner, it would be wise to take on board only those experiences we would like to record within the soul. Too many impressions and imprints mindlessly registered can overload memory capacity. Plus, holding on to unnecessary data can cause pain and distress at a later date. Knowing how to discriminate is the key. Also, remember that being 'in the moment' (rather than communing with your cell phone) is the way to create happy and ever-lasting memories, which are recorded in the soul and are available for viewing at any time.

4. As much as possible, keep the cellphone at a safe distance from your body

Doctors advise that keeping a cellphone in your pocket, or wearing it close to your body can be detrimental to your health.

In life too, it is extremely important to have space in relationships and not 'wear' them around your neck. Attachment, possessiveness, and jealousy are often the worst culprits at spoiling good relationships. Sometimes, keeping a healthy distance, even in a close relationship, can help to avoid unnecessary risks.

5. When using a cellphone in the vicinity of others, do not speak too loudly.

It is not considered good manners to talk loudly in public places when on the phone.

In the same way, if we practice restraint and quiet in our life we are respecting our space and that of everyone else. Not everyone needs to hear our stories, complaints, and tales of woe. Sometimes we give away too much so best to BE QUIET.

6. Set Reminders

Setting reminders are an effective way of assisting the user to keep on track during the day.

Likewise, we can set spiritual alerts in our minds for our peace of mind. Pay attention to stop for one minute every hour to check the quality of your thoughts. Shut down the negative and activate the positive. In this way, your days, weeks and even your life will run much more smoothly.

7. Installing useful Apps will extend your capabilities

Some applications that we recommend are Peace, Happiness, Kindness, Respect and Wisdom.

These can be kept running in the background at all times and will considerably improve your life experience and capacity to manage your life.

8. For optimal functioning, recharge regularly

Daily plugging into the power source is absolutely necessary if you wish to avoid low energy.

The battery of the soul requires revitalizing at regular intervals, and we recommended that YOUR device is connected constantly to the Supreme Power Source.

9. For easy access to your information, manage your storage effectively

Create a place for everything and put everything in its place, and you will find your information easily.

In life also, to avoid wasting time and energy, we must sort out, deal with, and file away our problems, fears, cautions, etc. appropriately. This will ensure we do not look into the wrong folder for the right thing or the right folder and find the wrong thing stored there. And avoid certain folders altogether.

10. Don't make the cell phone your world

The phone may bring the world to you but is not a substitute for real life.

Used wisely the cellphone is a great asset and an almost indispensable device in the world today. Used recklessly it can fry your brain and seriously damage human relationships, regardless of how smart it is, or how many contacts you have on What's App. We suggest that rather than using every spare moment to scroll through 'Facebook', turn to the face next to you and have a real conversation. And instead of making the phone your god, make God your friend. He's waiting for your call, and His power is inexhaustible! It's Time... to become smarter than your smartphone.

You see that meditation is a big part of becoming happy and finding how to use your time better than being on a cell phone continually. Finding Peace of Mind and Happiness is the Brahma Kumaris purpose to teach in this lifetime.

Finding your "HIGHER POWER" is the first way to do this, then make a connection, listen in MEDITATION, and you will solve the puzzle for your life. Being silent and listening is the first way to learn MEDITATION. We offer free meditation classes here in Hollywood. They are free, are you?

*Please join us every Tuesday morning, from 10:15 am to 11:30 am throughout the year as well as Tuesday evening from 6:30 pm-7:30 pm. *Dania Beach Library classes are on Saturday Mornings at 10:15 am. We also offer ArtsPark outdoor Meditation the third Sunday every month, this month is March 15, 2020. **A free conference call meditation is offered every Thursday evening at 8:00 pm to 8:15 pm. MEDITATE@8. CALL THE CONFERENCE CALL NUMBER: (712) 775-7031, MEETING ID IS 660-469-256 #**

***Join us at ArtsPark the 3rd Sunday of every month at 6pm for WORLD PEACE Sunday, March 15, 2020 • 6:00 pm – 7:30 pm**

Bring a chair and a flashlight, see you there.

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*FOR A FREE THOUGHT OF THE DAY INSPIRATIONAL MESSAGE SIGN UP: http://brahmakumaris.org/interactive/mailling_list

9 Ways to Fight Germs and Other Health Hazards on a Plane

(The following are excerpts taken from an AARP article by Barbara Stepko in the December 24, 2019 issue.)

An airplane offers the perfect petri dish for germs to thrive with close quarters, frequent passenger turnaround and recirculated air. And certain areas — the ones we're most likely to touch, as it happens — are especially nasty. The tray table is #1 — worse than the bathrooms — other are the overhead vent, bathroom flush button and lock, and seatbelt buckle. The seat pocket is another germ magnet; you've seen where used tissues go. Because flu viruses can last up to 24 hours on hard surfaces, germs can linger between flights. On an airplane we touch several contaminated surfaces. Think about it, we touch the seat tops as we walk by as well as other surfaces like the ones listed above. It is said that humans touch their faces about 200 times a day."

On all the typically germey surfaces, especially tray tables, use a hand-sanitizing gel or wipes (with at least 60 percent alcohol). Wipe down those areas that you're going to touch. Wash your hands frequently throughout your flight, particularly when you lower the tray table to eat and after you return from the bathroom. Use your sanitizer even if you've washed your hands with warm, soapy water. BTW: Those seat pockets can be tricky to clean, thanks in part to the porous fabric. You may want to use your own bag under the seat to store your reading materials.

Choose the window seat

The aisle seats put you in a more vulnerable position, with all those potentially sick passengers walking (and sneezing) past. Plus, people may steady themselves by grabbing your headrest when heading to and from the restroom (where, to make matters worse, the hand-washing conditions are not ideal).

Control the airflow

Studies have shown that the filters on most planes remove 99.97 percent of nasty particles. Of course, that doesn't help if you're sitting next to someone who's sneezing up a storm. Use the overhead air vent — on a low setting — to create an air current that will move germs away. Do not hesitate to ask anyone coughing or sneezing to cover their mouth — or have the flight attendant do it.

Stay hydrated

"The humidity in the passenger cabin after takeoff can dip as low as 10 percent, with the only thing contributing to the humidity the breath of the passengers," Gendreau notes. Downing plenty of water (at least eight ounces for each hour of flight) will counter the dehydrating effects of air travel. Bring along a reusable bottle.

Use a nasal spray

Our mucous membranes are far less effective at blocking infection if they dry out. Look for a saline spray, and while you're at it, a small bottle of eye drops. They'll relieve dry, itchy eyes, making you a lot less likely to rub them with (possibly) contaminated fingers.

Stretch your legs

We all know we are supposed to get up and walk during any flight over two hours to avoid the formation of blood clots in the legs. If you don't want to budge, do this exercise. With your feet flat on the floor, bring your heels up and down, up and down, in a rocking motion.

Relax

Stressful situations cause anxious behaviors. Prepare for the flight; like getting their early. That will alleviate most of the anxiety causing situations. Rubbing our eyes, biting nails — any type of hands to face contact can be a total disaster. If you have to, try putting a rubber band around your wrist and snap it when you are feeling tense. Of course, sanitize the rubber band first.

IT SECURITY TIPS: Automatic Updates Have a Purpose!

Important Tip: Ensure online security by taking advantage of automatic software updates!

It's very simple. If you want to ensure online security then take advantage of automatic software updates. "Software updates are like oil changes... sure, updates are a huge pain but they're also a lifesaver."

Hackers will always be looking for new ways to exploit you. The truth is that "most" modern software will update itself if you let it. Using old software will only put you at risk because you'll be missing out on the latest protections built to keep you safe. The trick... is to make sure you have auto-updates turned on and working to protect you.

IT Security Tip: Stop Oversharing on Facebook & All Social Media

This IT Security Tip is pretty obvious and therefore shouldn't need too much of an introduction. Take the following steps to help boost your privacy and limit how much Facebook—and its' partners and users—can learn about you! Keep yourself and young children safe by following these Social Media safety practices:

- **Keep GPS Data Private:** Facebook can extract your location/ whereabouts from your mobile phone. You can easily turn this feature off by going into your iPhone settings, location services. For Android, go to Facebook Permissions in Application Manager.
- **Turn on Log-In Approvals:** This is Facebook's name for two-factor authentication. This keeps strangers/hackers from accessing your account — Even if they steal your password they can't get in because they'd need a second code that is only sent to your mobile phone.
- **Become Elusive:** There are different privacy settings for Facebook. You can make it as easy or hard as you want for people to find you on Facebook.
- **Leave a Group:** Facebook allows users to add friends to groups without their consent. But the good news is, you can remove yourself from any group by going to your Activity Log.
- **Reduce Ad Overload:** You know the posts that read, "so-and-so" likes this with a sponsored link? You can avoid being used in ads by tinkering with Facebook's Ad Settings.
- **Hide ID theft Clues:** Your Birthday. Your hometown. Your Alma Mater. These are all things that Facebook can reveal to the world, and they're also answers to potential security questions. I really hope you found value in this Security Tip! Please let me know if there's anything that I can do for you!

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