

Inside Hillcrest

– Connecting Neighbors to Neighbors –



JANUARY 2019

HOLLYWOOD, FLORIDA

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JANUARY INSIDE HILLCREST

*The truth is like surgery.
It hurts but cures. Lies are like pain
killers. They give you instant relief
but have many side effects.*

Welcome to our semi-annual Fun, Facts and the Fantastic. Kudos to you our readers. I think this issue has some of the funniest and thought-provoking material that we have had in quite a while. Keep 'em coming. July is the second half of our semi-annual laugh and learn issue.

HILLCREST LEADERSHIP COMMITTEE

I know January is the semi-annual joke/life lessons issue, but we have some serious goings-on which requires Hillcrest to come together like never before. We are in the process of forming a group of our most qualified, professional, and businesslike leaders and residents to form a seven-member **HILLCREST LEADERSHIP COMMITTEE** to represent us in front of the Hollywood City Commission. One of the downsides of Hillcrest is the lack of a Master Association. We have no unity and that has worked against us in the past. Hillcrest actually has a good reputation at City Hall because of the hundreds of people who addressed the Commission during the redevelopment process, only a handful behaved badly. It was remarked how thoughtful and knowledgeable the comments were during the hearings. We don't want to lose that. Hillcrest also has a reputation of being civically responsible. We actually get out and vote.

This group will be different from the **Hillcrest Leadership COUNCIL** which is comprised of current board members from each building who get together to meet with City Leaders or Pulte representatives; or to share ideas. Inside Hillcrest will always report on these meetings to keep everyone in the loop.

TOWN HALL MEETING WITH MAYOR JOSH LEVY

The Hillcrest Leadership Council is happy to announce that Hollywood Mayor Josh Levy will be our guest speaker at the February 4 leadership meeting. Mayor Levy will update us on the latest city news, including the potential for the transition of the city's old Public Works site on Park Road and Hillcrest Drive toward a new use that may further complement the neighborhood. Additional discussion will certainly be the city's March 12th special election for the "Let's Go Hollywood" bond opportunity for citywide investments in neighborhoods, traffic calming, public safety, parks, our city golf courses and much more. Please make sure to join us at the February 4 meeting with Mayor Levy! **ON MONDAY, FEBRUARY 4TH, 2019 AT 4:45 PM.** All Hillcrest residents - condo and home owners - are invited to attend. We will meet at the Large Clubhouse.

IT'S ELECTION TIME FOR OUR BUILDING BOARDS

In my 20 years in Hillcrest, I have seen good buildings go bad, and poorly run buildings rise out of the ashes and become safe, friendly, and financially healthy. This is the time of year when YOU decide how you want to live. It is election time in Hillcrest. The best advice I can give you is if anyone lies even once; or tends to talk more about people rather than issues - especially when the "talk" is hateful and negative - **STEER CLEAR.** Don't listen to people who badmouth people you don't know.

Every building has their "hate group" and believe me, when they take over a building, you will see your rights slowly erode away. Which leads me to...

ADVICE FOR THE MEAN GIRLS, NEGATIVE NELLIES AND CONDO BULLIES

1. Try something different - go one entire day without saying anything negative about anyone and one entire day saying something pleasant to everyone you meet.
2. Don't talk about people you don't know.
3. Repeating a lie is the same as telling one.
4. A complaint without a solution is nothing more than passing the buck to someone else.
5. If you think something is being done wrong, take some time to figure out how it should be done so you can be part of the solution.
6. If you know personal information about someone, get their permission before you share it especially if there is a chance someone could misuse the information and hurt them.
7. And finally, if you think any of the above is about you personally or if you see yourself in any of the statements, here is a suggestion. **DON'T GET UPSET WITH THE MIRROR - FIX THE REFLECTION.**



Building A Better Community

Now you are going to need a laugh, so turn the page.

5-Minute Management Course – (worth the read!)

Lesson 1:

A man is getting into the shower just as his wife is finishing up her shower, when the doorbell rings. The wife quickly wraps herself in a towel and runs downstairs. When she opens the door, there stands Bob, their next-door neighbor. Before she says a word, Bob says, 'I'll give you \$800 to drop that towel.' After thinking for a moment, the woman drops her towel and stands naked in front of Bob, and after a few seconds, Bob hands her \$800 and leaves. The woman wraps back up in the towel and goes back upstairs. When she gets to the bathroom, her husband asks, 'Who was that?' 'It was Bob the next door neighbor,' she replies. 'Great,' the husband says, 'did he say anything about the \$800 he owes me?'

Moral of the story: *If you share critical information pertaining to credit and risk with your shareholders in time, you may be in a position to prevent avoidable exposure.*

Lesson 2:

A Reverend offered a female parishioner a lift. She got in and crossed her legs, forcing her dress to reveal a leg. The Reverend nearly had an accident. After controlling the car, he stealthily slid his hand up her leg. The parishioner said, 'Reverend, remember Psalm 129?' He removed his hand. But, changing gears, he let his hand slide up her leg again. The parishioner once again said, 'Reverend, remember Psalm 129?' The Reverend apologized 'Sorry, but as you know, the flesh is weak.'

Arriving home, the woman sighed heavily and went on her way. On his arrival at the church, the Reverend rushed to look up Psalm 129. It said, 'Go forth and seek, further up, you will find glory.'

Moral of the story: *If you are not well informed in your job, you might miss a great opportunity.*

Lesson 3:

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, 'I'll give each of you just one wish. "Me first! Me first!" says the admin clerk. 'I want to be in the Bahamas, driving a speedboat, without a care in the world. 'Puff! She's gone.

'Me next! Me next!' says the sales rep. 'I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Colodas and the love of my life.' Puff! He's gone.

'OK, you're up,' the Genie says to the manager. The manager says, 'I want those two back in the office after lunch.'

Moral of the story: *Always let your boss have the first say.*

Lesson 4:

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, 'Can I also sit like you and do nothing?' The eagle answered: 'Sure, why not.' So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Moral of the story: *To be sitting and doing nothing, you must be sitting very, very high up.*

Lesson 5:

A turkey was chatting with a bull. 'I would love to be able to get to the top of that tree' sighed the turkey, 'but I haven't got the energy. "Well, why don't you nibble on some of my droppings?' replied the bull. They're packed with nutrients.' The turkey pecked

at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree.

The next day, after eating some more dung, he reached the second branch. Finally, after a fourth night, the turkey was proudly perched at the top of the tree. He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story: *Bull Shit might get you to the top, but it won't keep you there.*

Lesson 6:

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and dropped some dung on him. As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was. The dung was actually thawing him out!

He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.

Moral of the story:

(1) *Not everyone who shits on you is your enemy.*

(2) *Not everyone who gets you out of shit is your friend.*

(3) *And when you're in deep shit, it's best to keep your mouth shut!*

THUS ENDS THE FIVE MINUTE MANAGEMENT COURSE.

**I ACCIDENTALLY
WORE A RED TSHIRT
TO TARGET TODAY,
AND LONG
STORY SHORT,
I AM COVERING
FOR DEBBIE
THIS WEEKEND.**

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Dear Hillcrest Friends,

Thankfully, we have had a relatively quiet flu season so far. I hope most of you received the influenza (flu) vaccination discussed in last month's edition. We are going to shift gears to an important part of my practice, my focus on slowing down memory loss!

We now know that many of our baby boomers will reach their 90s, some even 100s. As we pass the age of 85, approximately 20% of all seniors will have some degree of dementia.

The risk of developing **dementia, often referred** to as memory loss, can be delayed or prevented with the proper health care adviser by your side. I have a special interest in helping our seniors live their best! Our later years can be golden!

As we strive for maintenance of brain health, we must pay attention to many risk factors that can **lead to** or even expedite dementia, such as uncontrolled diabetes, uncontrolled high blood pressure, elevated cholesterol, smoking, head trauma, and lack of exercise. Such risk factors should be addressed by your trusted clinician at regular intervals. Screening and treating the above will reduce risk of developing memory loss.

Another risk factor that is often overlooked is alcohol. Many of us believe that daily alcohol is good for us. A very recent multi-country trial has failed to show any benefit compared to risk of many health issues associated with alcohol, even one drink per day. Alcohol is a toxin affecting the brain as well as causing additional vitamin deficiencies that can worsen memory loss. I advise my seniors to avoid daily drinking and save alcohol only for special occasions.

In attending a recent Harvard conference on the health of seniors, I also learned the importance of social interactions and staying"

busy". Many seniors retire and one to two years later lose memory and become dependent on others for many of their daily needs. Maintaining a productive day either via volunteer work, part time work, joining clubs, participating in art or music can help slow down brain decline in our senior years.

I cannot stress the importance of delaying retirement in the right individuals. This should be a discussion to have with your dedicated clinician. Since many of you will live into your 90s, retiring in your 60s will give you 30 years without work. Can you imagine 30 years being idle?! That is a third of many senior's life.

Just as important is hearing, so you better listen to this!! Even slight hearing loss can accelerate the rate of memory loss. No senior should lose any memory due to hearing loss.

Please get a hearing test at 65 and every 2-3 years after. Since the ears send messages to the brain, lack of hearing does not stimulate the brain and decline occurs. Same holds for vision since vision loss also reduces brain stimulation and over time leads to dementia.

To conclude, any type of employment or volunteer position can be very effective in keeping your brain as healthy as possible and can delay memory loss. Lowering other risk factors such as high blood pressure and cholesterol, smoking cessation, alcohol, exercise will all help my favorite seniors continue to enjoy their lives with a lesser chance of developing memory loss. Hearing and vision are also imperative to optimal brain health, so get screened. Give your brain the best protection against aging and developing memory loss.

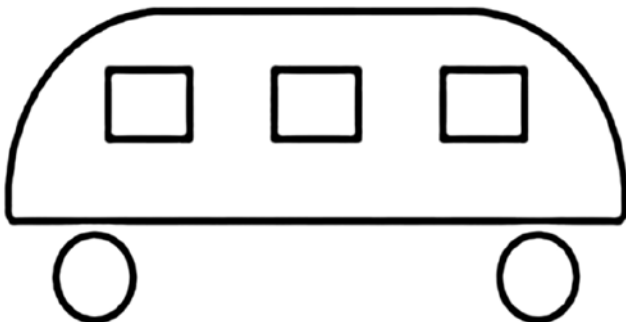
Let's have a great and brainy 2019,

Rotem Amir, MD
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I already knew I was dumber Than the fifth graders...
 But now it's the Preschoolers!!

A PRE-SCHOOL TEST FOR YOU

Which way is the bus below traveling?
 To the left or to the right?



Again.
 Still don't know?
 Pre-schoolers all over the United States
 Were shown this picture and asked
 The same question.
 92% of the preschooler's gave
 This answer.
 "The bus is traveling to the left."

When asked, "Why do you think the bus is traveling to the left?"

They answered:
 "Because you can't see the door to get on the bus."

How do you feel Now???

I know, me too.

Personally, I think the reason why us 'old farts' answer incorrectly is

'WE FRIGGIN WALKED TO SCHOOL! '



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* * * * * HELL EXPLAINED * * * * *

The following is an actual question given on a University of Arizona chemistry midterm, and an actual answer turned in by a student. The answer by one student was so 'profound' that the professor shared it with colleagues, via the Internet, which is, of course, why we now have the pleasure of enjoying it as well :

Bonus Question: Is Hell exothermic (gives off heat) or endothermic (absorbs heat)?

Most of the students wrote proofs of their beliefs using Boyle's Law (gas cools when it expands and heats when it is compressed) or some variant. One student, however, wrote the following:

First, we need to know how the mass of Hell is changing in time. So, we need to know the rate at which souls are moving into Hell and the rate at which they are leaving, which is unlikely. I think that we can safely assume that once a soul gets to Hell, it will not leave. Therefore, no souls are leaving. As for how many souls are entering Hell, let's look at the different religions that exist in the world today.

Most of these religions state that if you are not a member of their religion, you will go to Hell. Since there is more than one of these religions and since people do not belong to more than one religion, we can project that all souls go to Hell. With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially.

Now, we look at the rate of change of the volume in Hell because Boyle's Law states that in order for the temperature and pressure in Hell to stay the same, the volume of Hell has to expand proportionately as souls are added.

This gives two possibilities:

1. If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and pressure in Hell will increase until all Hell breaks loose.
2. If Hell is expanding at a rate faster than the increase of souls in Hell, so then the temperature and pressure will drop until Hell freezes over.

So, which is it? If we accept the postulate given to me by Teresa during my Freshman year that, 'It will be a cold day in Hell before I sleep with you,' and take into account the fact that I slept with her last night, then number two must be true, and thus I am sure that Hell is exothermic and has already frozen over. The corollary of this theory is that since Hell has frozen over, it follows that it is not accepting any more souls and is therefore, extinct, leaving only Heaven, thereby proving the existence of a divine being which explains why, last night, Teresa kept shouting 'Oh my God.'

THIS STUDENT RECEIVED AN A+.

Love and Marriage

My husband came home with a tube of K Y jelly and said, "This will make you happy tonight." He was right. When he went out of the bedroom, I squirted it all over the doorknobs. He couldn't get back in.

A husband and his wife had a bitter quarrel on the day of their 40th wedding anniversary. The husband yelled, "When you die, I'm getting you a headstone that reads: 'Here Lies My Wife - Cold as Ever.'" "Yeah," she replies, "when you die, I'm getting you a headstone that reads: 'Here Lies My Husband - Stiff at Last.'"

An Irishman lies dying; his wife is by his bedside. He says in a weakened voice "There is something I must confess." "Shhhh" said the wife, "there is nothing to confess."

She holds his hand and caresses his head. "Everything is all right" she whispers.

"NO!!" the husband replied, "I must die in peace...I had sex with your sister, your best friend, her best friend and your best friend's sister!"

"I know," she whispered, "That's why I poisoned you. Now close your eyes."

My missus packed my bags, and as I walked out the front door she screamed: "I wish you a slow and painful death, you bastard!" I replied: "Oh, so now you want me to stay!"

Bought the missus a hamster skin coat last week. When we went to the fair last night it took me 3 hours to get her off the Ferris wheel.

They say that during sex, you burn off as many calories as running 8 miles...who the hell runs 8 miles in 30 seconds???

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!" The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?" "Doesn't matter," she said. "Just get out."

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them... you know you always forget to salt them. Use the Salt! USE THE SALT! THE SALT!" The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?" The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

AND MY PERSONAL FAVORITE...

One day my housework-challenged husband decided to wash his Sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, 'What setting do I use on the washing machine?' 'It depends,' I replied, 'What does it say on your shirt?' He yelled back, 'FLORIDA STATE !'

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HOW TO WASH A CAT

1. Put both lids of the toilet up and add 1/8 cup of pet shampoo to the water in the bowl.
2. Pick up the cat and soothe him/her while carrying toward the bathroom.
3. In one smooth movement, put the cat in the toilet and close the lid. You may need to stand on the lid.
4. At this point, the cat will self-agitate and make ample suds. Never mind the noise that comes from the toilet, the cat is actually enjoying this!
5. Flush the toilet three or four times. This provides a "power-wash" and "rinse".
6. Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.
7. Stand well back behind the toilet as far as you can, and quickly lift the lid.
8. The cat will rocket out of the toilet, streak through the bathroom and run outside where he/she will dry off.
9. Both the toilet and cat will be sparkling clean.

Yours, Sincerely,

THE DOG



The Italian Tomato Garden

An old Italian lived alone in South Jersey. He wanted to plant his annual tomato garden, but it was very difficult work as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,

I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over...I know you would be happy to dig the plot for me, like in the old days.

Love, Papa

A few days later he received a letter from his son:

Dear Pop,

Don't dig up that garden. That's where the bodies are buried.

Love, Vinnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son

Dear Pop,

Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.

Love you, Vinnie

Students in an advanced biology class were taking their mid-term exam. The last question was, 'Name seven advantages of mother's milk.' The question was worth 70 points or none at all. One student was hard put to think of seven advantages. He wrote:

1. It is perfect formula for the child.
2. It provides immunity against several diseases.
3. It is always the right temperature.
4. It is inexpensive.
5. It bonds the child to mother and vice versa.
6. It is always available as needed.
7. And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test, he wrote:
8. It comes in two attractive containers and it's high enough off the ground that the cat can't get it. He got an A.

January Kitchen Korner - by Cindy Abraham



KITCHEN CORNER QUIZ (answers below)

1. Which two vegetables are the only two that can live to produce on their own for several growing seasons?
2. What is the only fruit with its seeds on the outside?
3. Which is the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form but fresh?
4. Have you ever seen a bottle of pear brandy? The pear is inside the bottle. How did they do it?

HAPPY NEW YEAR KITCHEN KORNER

Hate to cook but know someone who loves to? This is a great recipe but very labor intensive. However, it is PERFECT for Christmas Eve or anytime good seafood is in season. I would suggest that you buy the ingredients (yes, they are pricey) and give them to your friend who loves to cook. No matter what, anything made at home is cheaper than a restaurant and this one is worth it!



This year was the first time I have ever made the traditional Italian Christmas Eve Feast of the Seven Fishes stew. It is over the top delicious. You can substitute your favorite seafoods (Langostino, stone crabs, other types of fish) as long as you only use seven. I would like to think making this stew is like childbirth – next year I forget the pain of the labor and just remember the result.

FEAST OF THE SEVEN FISHES STEW

– even if you don't usually like anchovies, don't leave them out. They add just touch of briny salt flavor. Be sure you have all the ingredients prepped before you start cooking. Coincidentally there are SEVEN steps and the final result serves SEVEN people!

INGREDIENTS

- 1 TBS olive oil
- ½ lb. medium dry-packed scallops
- ½ lb. skinless salmon fillet, cut into 1" chunks
- ½ lb. cod or other mild white fish cut into chunks
- ½ lb. peeled & deveined medium raw shrimp
- 1 oz. anchovies chopped and save the oil (most cans are 2 oz. so use ½ can)
- ½ cup wine mixed with ½ cup water
- 12 clams (fresh or frozen)
- 1 lb. mussels (fresh or frozen)
- 1 medium fennel bulb, cored and sliced, save some fronds for garnish
- 4 chopped garlic cloves
- 1 tsp orange zest
- 28 oz. crushed tomatoes (open the can and add 1 tsp crushed red pepper)

DIRECTIONS

1. Let scallops, salmon and fish come to room temperature. Heat oil in a large pot of medium-high. Add scallops and cook until one side is golden brown – about 2 minutes. Remove from pan and set aside.

2. Add wine-water mixture and clams to pan. Cover and turn heat on high until clams open, 5-7 minutes. Transfer clams to a bowl and discard any that don't open. Add mussels to pan and cook until they open, 3-4 minutes. Remove and set aside – discard any that don't open.

3. Pour all the liquid in the pot through a fine mesh strainer into a bowl and set aside.

4. Add the anchovy oil to the pan over medium-high. Add anchovies and cook until they dissolve; about 2 minutes. (Add a little olive oil if needed). Stir in the sliced fennel and cook for about 5 minutes, add the orange zest and cook for another minute.

5. Stir in reserved liquid, tomatoes and crushed red pepper. Reduce heat to medium and simmer uncovered for 12-15 minutes until the sauce is slightly thickened.

6. Gently add both fish and shrimp, cover and reduce heat to low. Cook for 6-8 minutes until seafood is opaque. Stir in the cooked scallops. At this point you may want to transfer the mixture to a heat-proof serving dish or crock pot set on low (or not). Top the stew with the clams and mussels facing up – it looks amazing! Garnish with fennel fronds and serve.

7. I made the dish four hours ahead of time and let it sit in the crock pot on low until an hour before and then turned it to warm. The longer Italian food sits the better it gets; and I had some time to relax before my guests arrived.

1. Asparagus and rhubarb. 2. Strawberry 3. Avocado. 4. It grew inside the bottle. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.

SOS – SLOWER, OLDER & SMARTER

An American 777 wide-body jetliner was lumbering along at 800km/hour at 33000 feet when a cocky F-16 fighter jet flashed by at Mach 2.

The F-16 pilot decided to show off. On his state of the art radio that is part of his state of the art 3D & million-dollar headset, the F-16 youngster told the 777 pilot, "Hey Captain, watch this!" He promptly went into a barrel roll, followed by a steep, unimaginable, vertical climb. He then finished with a sonic boom as he broke the sound barrier, as the F-16 screamed down at impossible G's before leveling at almost sea level.

The F-16 pilot asked the 777 pilot what he thought of that? The 777 pilot said, "That was truly impressive, but watch this!" The 777 chugged along for about 5 minutes at the steady 800km/hour, and then the 777 pilot came back on and said, "What did you think of that?"

Puzzled, the cocky F-16 pilot asked, "What the heck did you do?"

The 777 pilot chuckled and said, "I stood up, stretched my legs, walked to the back, used the toilet, then got a cup of coffee and a cinnamon roll and secured a date for the next 3 nights in a five star hotel paid for by the company."

And the lesson is... When you are young and foolish, speed and flash may seem like a good thing! When you get older and smarter, comfort and relaxation can be a change for the better!

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JANUARY 2019 STATE OF THE MARKET

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

In keeping with the tone of this issue, I thought you might enjoy a funny Real Estate story:

Rebuilding New Orleans after Katrina often caused residents to be challenged to prove home titles back hundreds of years. That is because of community history stretching back over two centuries during which houses were passed along through generations of family, sometimes making it quite difficult to establish a paper trail of ownership.

A New Orleans lawyer sought a FHA rebuilding loan for a client. He was told the loan would be granted upon submission of satisfactory proof of ownership of the parcel of property as it was being offered as collateral. It took the lawyer 3 months, but he was able to prove title to the property dating back to 1803. After sending the information to the FHA, he received the following reply.

(Actual reply from FHA): "Upon review of your letter adjoining your client's loan application, we note that the request is supported by an Abstract of Title. While we compliment the able manner in which you have prepared and presented the application, we must point out that you have only cleared title to the proposed collateral property back to 1803. Before final approval can be accorded, it will be necessary to clear the title back to its origin."

And here is the great letter the lawyer responded with: (Actual response): "Your letter regarding title in Case No. 189156 has been

received. I note that you wish to have proof of title extended further than the 206 years already covered in the present application. I was unaware that any educated person in this country, particularly those working with real property, would not know that Louisiana was purchased by the United States from France in 1803, the year of origin of title identified in our application.

For the edification of uninformed FHA bureaucrats, the title to the land prior to U.S. ownership was obtained from France, which had acquired it by Right of Conquest from Spain. The land came into the possession of Spain by Right of Discovery made in the year 1492 by a sea captain named Christopher Columbus, who had been granted the privilege of seeking a new route to India by the Spanish monarch, Queen Isabella. The good Queen Isabella, being a pious woman and almost as careful about titles as the FHA, took the precaution of securing the blessing of the Pope before she sold her jewels to finance Columbus's expedition.

Now the Pope, as I'm sure you may know, is the emissary of Jesus Christ, the Son of God, and God, it is commonly accepted, created this world. Therefore, I believe it is safe to presume that God also made that part of the world called Louisiana. God, therefore, would be the owner of origin and His origins date back to before the beginning of time, the world as we know it, and the FHA. I hope you find God's original claim to be satisfactory. Now, may we have our damn reconstruction loan?"

A Speech Every American High School Principal Should Give – By Dennis Prager

If every school principal gave this speech at the beginning of the next school year, America would be a better place.

To the students and faculty of our high school:

I am your new principal and honored to be so. There is no greater calling than to teach young people.

I would like to apprise you of some important changes coming to our school. I am making these changes because I am convinced that most of the ideas that have dominated public education in America have worked against you, against your teachers and against our country.

First, this school will no longer honor race or ethnicity. I could not care less if your racial makeup is black, brown, red, yellow or white. I could not care less if your origins are African, Latin American, Asian or European, or if your ancestors arrived here on the Mayflower or on slave ships.

The only identity I care about, the only one this school will recognize, is your individual identity — your character, your scholarship, your humanity. And the only national identity this school will care about is American. This is an American public school, and American public schools were created to make better Americans.

If you wish to affirm an ethnic, racial or religious identity through school, you will have to go elsewhere. We will end all ethnicity-, race- and non-American nationality-based celebrations. They undermine the motto of America, one of its three central values — e pluribus unum, “from many, one.” And this school will be guided by America’s values.

This includes all after-school clubs. I will not authorize clubs that divide students based on any identities. This includes race, language, religion, sexual orientation or whatever else may become in vogue in a society divided by political correctness.

Your clubs will be based on interests and passions, not blood, ethnic, racial or other physically defined ties. Those clubs just cultivate narcissism — an unhealthy preoccupation with the self — while the purpose of education is to get you to think beyond yourself. So, we will have clubs that transport you to the wonders and glories of art, music, astronomy, languages you do not already speak, carpentry and more. If the only extracurricular activities you can imagine being interesting in are those based on ethnic, racial or sexual identity, that means that little outside of yourself really interests you.

Second, I am uninterested in whether English is your native language. My only interest in terms of language is that you leave this school speaking and writing English as fluently as possible. The English language has united America’s citizens for over 200 years, and it will unite us at this school. It is one of the indispensable reasons this country of immigrants has always come to be one country. And if you leave this school without excellent English language skills, I would be remiss in my duty to ensure that you will be prepared to successfully compete in the American job market. We will learn other languages here — it is deplorable that most Americans only speak English — but if you want classes taught in your native language rather than in English, this is not your school.

Third, because I regard learning as a sacred endeavor, everything in this school will reflect learning’s elevated status. This means, among other things, that you and your teachers will dress accordingly. Many people in our society dress more formally for Hollywood events than for church or school. These people have their priorities backward. Therefore, there will be a formal dress code at this school.

Fourth, no obscene language will be tolerated anywhere on this school’s property — whether in class, in the hallways or at athletic events. If you can’t speak without using the f-word, you can’t speak. By obscene language I mean the words banned by the Federal Communications Commission, plus epithets such as “Nigger,” even when used by one black student to address another black, or “bitch,” even when addressed by a girl to a girlfriend. It is my intent that by the time you leave this school, you will be among the few your age to instinctively distinguish between the elevated and the degraded, the holy and the obscene.

Fifth, we will end all self-esteem programs. In this school, self-esteem will be attained in only one way — the way people attained it until decided otherwise a generation ago — by earning it. One immediate consequence is that there will be one valedictorian, not eight.

Sixth, and last, I am reorienting the school toward academics and away from politics and propaganda. No more time will be devoted to scaring you about smoking and caffeine or terrifying you about sexual harassment or global warming. No more semesters will be devoted to condom wearing and teaching you to regard sexual relations as only or primarily a health issue. There will be no more attempts to convince you that you are a victim because you are not white, or not male, or not heterosexual or not Christian. We will have failed if any one of you graduates this school and does not consider him or herself inordinately lucky — to be alive and to be an American.

Now, please stand and join me in the Pledge of Allegiance to the flag of our country. If you do not know the words, consider learning them your first homework assignment.



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INSIDE HILLCREST'S BEST FOOTBALL QUIZ DO YOU KNOW YOUR NFL FOOTBALL TEAMS?

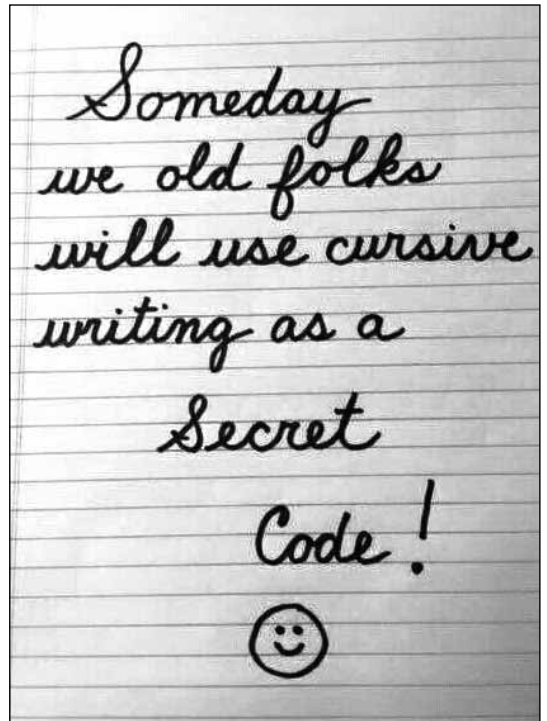
Answers on Pg. 18

1. Army Insects _____
2. even Squared _____
3. Streakers Are This _____
4. Fast planes _____
5. Hostile Attackers _____
6. Various Iron Workers _____
7. Poe's Classic _____
8. I.O.U.S _____
9. Helpers to Relocate _____
10. Toy Baby Arms _____
11. Expensive Sports Cars _____
12. Birds Trained to Kill _____
13. Six Rulers _____
14. Opposite of Ewes _____
15. Class of Boy Scouts _____
16. 60's Black Militant Group _____
17. Fundamental Rules _____
18. American Gauchos _____
19. Credit Card Users _____
20. Indian Leaders _____
21. King of Beasts _____
22. Used to be Girls _____
23. A Dollar for Corn _____
24. Ocean Going Birds _____
25. Hot Epidermis _____
26. Louis Armstrong's Favorite Song _____
27. Rodeo Horses _____
28. Six Shooters _____
29. Alamo Defenders _____
30. Greater than the gods _____
31. Flag-waving Loyalists _____
32. Tanned bodies _____

Death and...

The IRS has returned the tax return to a man in New York City implying that he answered one of the questions incorrectly. Under the section, "List your dependents", the man wrote: "7.1 million illegal immigrants, 1.1 million crack-heads, 4.4 million unemployable scroungers, 80,000 criminals in over 85 prisons, at least 450 idiots in Congress and a group that call themselves politicians."

The IRS stated that the response he gave was unacceptable. The man's response back to the IRS was... "Who did I leave out?"



Every family has one weird relative.

If you don't know who it is, then it's probably you.

WHISKEY, TANGO, FOXTROT!

Two Radical Terrorists boarded a flight out of London. One took a window seat and the other sat next to him in the middle seat. Just before takeoff, a U.S. Marine sat down in the aisle seat. After takeoff, the Marine kicked his shoes off, wiggled his toes and was settling in when the one in the window seat said, "I need to get up and get a coke." "Don't get up," said the Marine. "I'm in the aisle seat; I'll get it for you."

As soon as he left, one of the terrorists picked up the Marines shoe and spat in it. When the Marine returned with the coke, the other said, "That looks good, I'd really like one, too." Again, the Marine obligingly went to fetch it. While he was gone the other terrorist

picked up the Marines other shoe and spat in it. When the Marine returned, they all sat back and enjoyed the flight.

As the plane was landing, the Marine slipped his feet into his shoes and knew immediately what had happened. He leaned over and asked his neighbors, "Why does it have to be this way?"

"How long must this go on? This fighting between our nations? This hatred? This animosity? This spitting in shoes and pissing in cokes?"

THE FEW. THE PROUD. THE MARINES.



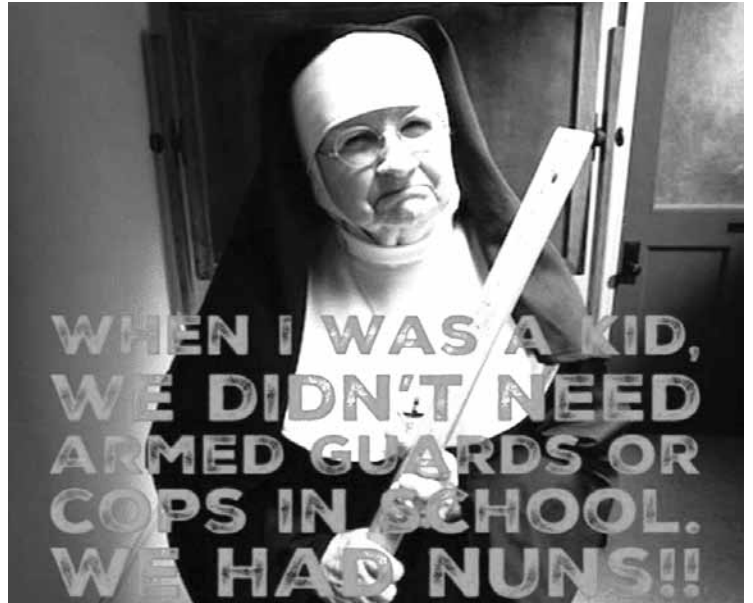
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January 2019 IT Security Tips

Why You Should be Using a Password Vault

Most people know better than to use the same password over and over again for every application. That's where a Password Vault comes in handy. A password vault will help generate and remember strong and unique passwords.

Here's where the risk comes in. When you use the same password all the time for all different websites and applications, if the wrong person gets their hands on your password -- let's say through a phishing email attack, they can access all of your accounts and cause all kinds of trouble!

To eliminate this dilemma, use a strong password manager that will not only remember all of your passwords, but it will also generate super strong and unique ones and automatically fill them into login fields with the click of a button. For instance, LastPass is a great password vault

Sincerely,

Eric Chafin
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for BUSINESS

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Technically, Moses



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with a tablet
downloading data
from the cloud



TRADITIONS DON'T DIE

A cowboy, who just moved to Wyoming from Texas, walks into a bar and orders three mugs of Bud. He sits in the back of the room, drinking a sip out of each one in turn. When he finishes them, he comes back to the bar and orders three more. The bartender approaches and tells the cowboy, "You know, a mug goes flat after I draw it. It would taste

better if you bought one at a time..."

The cowboy replies, "Well, you see, I have two brothers. One is an Airborne Ranger, the other is a Navy Seal, both serving overseas somewhere. When we all left our home in Texas, we promised that we'd drink this way to remember the days when we drank together. So, I'm drinking one beer for each of my brothers and one for myself."

The bartender admits that this is a nice custom and leaves it



there. The cowboy becomes a regular in the bar, and always drinks the same way. He orders three mugs and drinks them in turn.

One day, he comes in and only orders two mugs. All the regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss."

The cowboy looks quite puzzled for a moment, then a light dawns in his eyes and he laughs. "Oh, no, everybody's just fine," he explains, "It's just that my wife and I joined the Baptist Church and I had to quit drinking." "Hasn't affected my brothers though..."

A man was riding on a full bus, minding his own business, when the gorgeous woman next to him started to breast-feed her baby. The baby wouldn't take it, so she said, "Come on, sweetie, eat it all up or I'll have to give it to this nice man next to us." Five minutes later the baby was still not feeding, so she said, "Come on, honey. Take it or I'll give it to this nice man here." A few minutes later the anxious man blurted out, "Come on, kid, make up your mind, I was supposed to get off four stops ago!"

Byron Katie's Four Questions

- Submitted by Etta Stevens From Byron Katie's "The Work". Available on Amazon and on CD

All the suffering that goes on inside our minds is not reality, says Byron Katie. It's just a story we torture ourselves with. She has a simple, completely applicable system for freeing ourselves of the thoughts that make us suffer. "All war begins on paper," she explains. You write down your stressful thoughts, and then ask yourself the following four questions:

Question 1: Is it true?

This question can change your life. Be still and ask yourself if the thought you wrote down is true.

Question 2: Can you absolutely know it's true?

This is another opportunity to open your mind and to go deeper into the unknown, to find the answers that live beneath what we think we know.

Question 3: How do you react—what happens—when you believe that thought?

With this question, you begin to notice internal cause and effect. You can see that when you believe the thought, there is a disturbance that can range from mild discomfort to fear or panic. What do you feel? How do you treat the person (or the situation) you've written about, how do you treat yourself, when you believe that thought? Make a list, and be specific.

Question 4: Who would you be without the thought?

Imagine yourself in the presence of that person (or in that situation), without believing the thought. How would your life be different if you didn't have the ability to even think the stressful thought? How would you feel? Which do you prefer—life with or without the thought? Which feels kinder, more peaceful?

Turn the thought around:

The "turnaround" gives you an opportunity to experience the opposite of what you believe. Once you have found one or more turnarounds to your original statement, you are invited to find at least three specific, genuine examples of how each turnaround is true in your life.

One of the most important ways to turnaround your life is by learning the practice of meditation. This practice has been done for thousands of years and began in India.

Meditation is the perfect way to find the calming and quiet spot in your mind and give your life true meaning with learning brotherhood and responsibility to our fellow souls on this planet. Meditation can quiet the negativity in your mind and bring more peace, love and wisdom to your heart.

The Brahma Kumaris offer FREE classes in and around Broward County as well as Miami Dade Counties where our BK center is located.

Choose to make your days more comfortable, happy and contented and make your personality a positive place for all who meet you to want to know the person residing in the body you occupy.

FREE LOCAL SESSIONS:

*Hollywood Library-Tuesdays 10:15am-11:30am and 6:30pm-7:30pm, 2600 Hollywood Blvd, Hollywood, FL 33020, 3 blocks east of I-95 Hollywood exit

*Dania Beach Library—Saturdays at noon (until May, off for summer) 1 Park Ave E, Dania Beach, FL 33004, one block west of Federal Highway & one block south of Dania Beach Blvd.

*SW Regional Library—Saturdays at 10:30am-11:30am (1st & 3rd Sat only)

*ArtsPark—World Meditation Hour, 3rd Sunday, 6pm-7:30pm, bring a chair or blanket. January 20, 2019 If you would like, bring a flashlight also.

***INFO: Roz 954 801-6639**

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You Tube Raja Yoga Meditation Commentaries:

*Bebe Butler Meditations 78— angel voice creating short, artistic word pictures.

*BK Shivani, English—5 min. morning meditation, 15 min Meditation on Discovering Yourself, and other longer classes—always request English, not Hindi.

*Carmen Warrington Meditations: Peace of Mind, Wo Am I?, Letting Go, *Healing Heart & Soul—Healing the Heart, Being of Love.

*Brother Anthony Strano Meditation English—Stepping Inwards, Raja Yoga, I Trust, Being At Peace, Focus and Flow, Creating a Hero

*You Tube SONGS & MUSIC:

*Bliss, Lucinda Drayton 11, Voice of an Angel

*Healing Frequencies (especially Solfeggio), many play for an hour or more and can serve as an uplifting soundtrack while you read or work.

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Ba-dum-bump - ching!

I got invited to a party and was told to dress to kill. Apparently, a turban, beard and a backpack wasn't what they had in mind.

.....

Seven wheelchair athletes have been banned from the Para-Olympics after they tested positive for WD40.

.....

A teenage boy asks his granny: "Have you seen my pills? They were labelled LSD?" Granny replies: "The hell with the pills, did you see the dragons in the kitchen?"

.....

I've accidentally swallowed some Scrabble tiles. My next crap could spell disaster.

.....

A Polish immigrant went to the DMV to apply for a driver's license. First, of course, he had to take an eye sight test.

.....

The optician showed him a card with the letters C Z W I X N O S T A C Z. "Can you read this?" the optician asked. "Read it?" the Polish guy replied, "I know the guy."

.....

Mother Superior called all the nuns together and said to them, "I must tell you all something. We have a case of gonorrhoea in the convent." "Thank God," said an elderly nun at the back. "I'm so tired of chardonnay."

.....

Teach your daughter how to shoot, because a restraining order is just a piece of paper.

.....

Last year I joined a support group for procrastinators. We haven't met yet.

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Do you like to read a good murder mystery? Not even Law and Order would attempt to capture this mess. This is an unbelievable twist of fate!

Here is the story...

On March 23, 1994, the medical examiner viewed the body of Ronald Opus, and concluded that he died from a shotgun wound to the head. Mr. Opus had jumped from the top of a ten-story building intending to commit suicide. He left a note to that effect indicating his despondency. As he fell past the ninth floor, his life was interrupted by a shotgun blast passing through a window, which killed him instantly.

Neither the shooter nor the deceased was aware that a safety net had been installed just below the eighth floor level to protect some building workers, and that Ronald Opus would not have been able to complete his suicide the way he had planned.

The room on the ninth floor, where the shotgun blast emanated, was occupied by an elderly man and his wife. They were arguing vigorously, and he was threatening her with a shotgun! The man was so upset that when he pulled the trigger, he completely missed his wife, and the pellets went through the window, striking Mr. Opus. When one intends to kill subject 'A' but kills subject 'B' in the attempt, one is guilty of the murder of subject 'B.'

When confronted with the murder charge, the old man and his wife were both adamant, and both said that they thought the shotgun was not loaded. The old man said it was a long-standing habit to threaten his wife with the unloaded shotgun. He had no intention to murder her. Therefore, the killing of Mr. Opus appeared to be an accident; that is, assuming the gun had been accidentally loaded.

The continuing investigation turned up a witness who saw the old couple's son loading the shot-gun about six weeks prior to the fatal accident. It transpired that the old lady had cut off her son's financial support and the son, knowing the propensity of his father to use the shotgun threateningly, loaded the gun with the expectation that his father would shoot his mother.

Since the loader of the gun was aware of this, he was guilty of the murder even though he didn't actually pull the trigger. The case now becomes one of murder on the part of the son for the death of Ronald Opus.

Now comes the exquisite twist...Further investigation revealed that the son was, in fact, Ronald Opus. He had become increasingly despondent over the failure of his attempt to engineer his mother's murder. This led him to jump off the ten-story building on March 23rd, only to be killed by a shotgun blast passing through the ninth story window.

The son, Ronald Opus, had actually murdered himself. So, the medical examiner closed the case as a suicide.



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1. Giants, 2. 49ers, 3. Bears, 4. Jets, 5. Raiders, 6. Steelers, 7. Ravens, 8. Bills, 9. Packers, 10. Dolphins, 11. Jaguars, 12. Falcons, 13. Vikings, 14. Rams, 15. Eagles, 16. Panthers, 17. Cardinals, 18. Cowboys, 19. Chargers, 20. Chiefs, 21. Lions, 22. Bengals, 23. Buccaneers, 24. Seahawks, 25. Redskins, 26. Saints, 27. Broncos, 28. Colts, 29. Texans, 30. Titans, 31. Patriots, 32. Browns.

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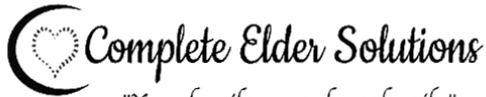
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