

Inside Hillcrest

– Connecting Neighbors to Neighbors –



FEBRUARY 2020

HOLLYWOOD, FLORIDA

VOLUME 14 • ISSUE 2

FEBRUARY INSIDE HILLCREST

DON'T MISS AN ISSUE OF INSIDE HILLCREST. JOIN OUR SUBSCRIBER LIST. SEND US YOUR EMAIL ADDRESS TO INSIDE.HILLCREST@COMCAST.NET (We NEVER share our subscriber list with anyone ever!)

HLC MEETING RECAP

We are getting down to the wire with the Parkview at Hillcrest construction and the resulting issues. We have a crackerjack Compliance Committee who are really on top of things. Gil George (16) has worked with Pulte in the past and has a great eye for detail, Betty Merk (15) is a force to be reckoned with, and Dr. George Jacobson (formerly from Hillcrest 4) is now a Parkview resident so his input is very valuable. Steve Hurtig (President of Hillcrest 25) and Maeve Savage (6) round out the Committee to help bring the issues affecting both ends of the Hillcrest community.

Betty Merk said it best – the Parkview at Hillcrest project affects ALL Hillcresters and we need to come together as a community whether your building abuts the project or not. Thankfully, we had a great turn-out of Hillcrest leaders at the last HLC meeting – see inside for the notes. Since we are having a Town Hall meeting with our Hollywood Mayor Josh Levy in February, we will meet with Pulte again in March for an update. If none of the leaders your building is attending these meetings, you owe it to yourself and your neighbors to ask why not.

DON'T BE FOOLED

The number of scams out there is getting alarming and IH will let you know when a new one pops up – most are just a modification of one already in place. Inside this issue is an interesting explanation of how they work on us and some of the most common ones out there today. We are all aware of internet/email scams but snail mail scams are still going strong. See inside for ways to avoid them. Check out the suggestion to write “Return to Sender” on the mail scams to cost them some postage!

Every time we sell a home or condo, we warn the buyers that they will get letters saying they owe some money related to the closing or for taxes or for a copy of their deed. In the small print it usually says they are not a government agency and that you can get the info on your own for free, but it still works. If you recently bought a property, IGNORE every letter from every agency that mentions a fee! Or call your Realtor and ask before you send a check or especially before you give out your credit card info. If your Realtor is unavailable,

call us (Brian Gaiefsky & Cindy Abraham, Keller Williams Realty Professionals A Team Florida) at **8-HILLCREST**, and we will check it out for you.

UNDER THE WEATHER?

For those of you who caught the latest cold going around (I call it “the crud”), I feel your pain. It knocked me out for 3 weeks! The ominous signs started on a Saturday, by Sunday I was taking Nyquil and coincidentally I had a routine check-up scheduled with Dr. Amir on Monday. My MO is to end up with a throat infection and I had bronchial asthma when I was a child (complete with oxygen tents) which I mostly outgrew so those symptoms come back also. Basically, I just need to relieve the symptoms with OTC meds and take an antibiotic to fight the throat infection. This one was a beast, and to make it worse, occurred the week of the Great Blizzard (OK, temps in the 40's)! Just slept and coughed. Luckily, I had made a batch of Italian Lebanese Chicken soup that I promised to share with a friend. She did not get any. And I mean it, if any of you Hillcresters need soup, call me at 8-HILLCREST. I stocked up and a happy to share.

TOWN HALL MEETING WITH MAYOR JOSH LEVY

All Hillcresters are invited Monday, February 24, 2020 at 5:30 PM to a Town Hall Meeting with Mayor Josh Levy. It will be held at the Large Clubhouse, 4600 Hillcrest Drive.

HILLCREST RECOMMENDED COMPUTER GUY

As you know, advertisers in IH need to be recommended – we just don't allow anyone to advertise because we want personal references from friends and/or neighbors. This note from my neighbor's son:

“I highly recommend the computer services provided by Greg Gendusa, Your Computer Coach. When I upgraded my home

& office computers in 2015, I was introduced to Greg by Julian Pivetta at My Florida PC....glad he did! Greg is very knowledgeable on both Apple & Microsoft systems. He always shows up on time, is very fair on his pricing & values his relationships with customers as his primary goal. In closing, I highly recommend Greg's computer & software knowledge in addition to saving his client's money & getting things done right. Feel free to call me if you have any questions. Sincerely, David Stein.” Greg's contact info and some helpful computer tips are inside this issue.

I AIN'T AFRAID OF NO GHOST

But roaches are another thing. When I had a house in North Miami Beach, we had roaches/ “palmetto bugs – huge fast-moving flying monsters. When I lived in Texas, they had huge roaches too but they didn't fly. Palmetto bugs were terrifying to me to the point that I wouldn't get close enough to kill them. Then someone taught me to take a can of foaming carpet cleaner or window cleaner foam and spray them so they couldn't get away. It worked great. It covered them completely so I didn't have to see them. I really piled it on. They died quickly and all I had to do was call my neighbor to dispose of the body (he had to take it to his house). I couldn't touch them and didn't want them in my garbage can in case they came back to life. Texas roaches were equally big and scary but slow and dumb. If you spotted one (usually in the garage) and didn't have foamy carpet cleaner you could drive to the store, buy some, come back and it was still sitting there.

Condo life is way less “bug-gy”. Once in a while I would have an ant problem but recently, I had a roach problem – little ones but still scary and faster than the big ones. I was told they come up the pipes but I never had a problem until this year so... don't care, don't want them. I keep a can of foam window cleaner handy and it stops them in their tracks. They are so small that I am not afraid to take a paper towel and finish them off. My neighbor told me to put vinegar in the kitchen sinks at night and in the dishwasher (that is where they usually are) and it seemed to help but I wanted them GONE. Finally, I called **Kevin Biederman at Pest Pro** and Voila! No mas cucarachas!

IF YOU READ NOTHING ELSE IN THIS ISSUE...

Read the article by Dr. Amir on page 2. There is no reason we cannot all take a 10-30 minute walk every day even if it is up and down the hallway/catwalk. That is all. Carry on.





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.



1801132

State Farm, Bloomington, IL

MAGNOLIA CLEANING SOLUTIONS



A Commercial Cleaning Company

We Service:

Medical Offices

Educational Facilities

Religious Facilities

Property Management

Fitness Centers

Commercial Offices

Financial Institutes

Daycare Facilities

Industrial Facilities

Post-Construction

Specialty Services include: Hard Surface Floor care
Carpet Cleaning/Window Cleaning/Pressure Cleaning

Ready to get all your cleaning related stress out of the way? It's time to go ahead and say *yes* to Magnolia Cleaning Solutions in Hollywood.

Call us today! 754-551-4536

margit@magnoliacleaningsolutions.com

We are licensed, bonded and insured.

"Your Space Refreshed"

JUST WALK!

Dear Hillcrest Neighbor,

Very few activities in life improve health significantly with little effort. Walking, largely underrated, is a great way of improving health with little risk or cost involved. The benefits of walking are immeasurable: cardiovascular health, bone health, fall prevention, anti-aging, and memory preservation are amongst the highlights.



Walking is a type of cardiovascular exercise. Increasing effort leads to increasing heart rate, pump and function and thereby increases endurance. Many types of exercises can do this such as biking, running, skating, swimming, dancing and rowing. Walking is free and a brisk walk on a nice day is an enjoyable way to exercise. Florida does have its rainy seasons so many adults also enjoy walking in malls when the weather gets in the way. When performing exercise such as walking, a person reduces their risk of heart attack, stroke, diabetes, and even improves sexual function and desire.

Besides heart health, bone health is a key in keeping one's independence through the aging process. As a person ages, due to hormonal changes and nutrition, bones thin and become weak. I recommend weight bearing exercises, so what better way than walking? Walking 30 minutes 3-5 times per week will help bones remain strong and reduce risk of falls. I routinely recommend a course of regular exercise first before starting medications for osteoporosis.

Along with building and strengthening bones, reducing falls is my mission. Walking improves muscle strength and bulk, allowing improved balance and reducing fall risk. An easy way to see if your legs are strong is to get up from a chair that lacks arm rests. When the leg muscles are strong, rising from a chair is a brisk and easy task. Walking improves the key leg muscles responsible for giving us the strength to remain upright.

And how would you like to age slower? Regular walking can slow down the aging process! Who knew? Science has shown that regular exercise leads to a slower pace of growing old. It is a no brainer. If using a walker or a cane, walk at home; or if you live in a condo, walking the hallways is also an option. The activity can be split into short intervals throughout the day if needed due to frailty.

Lastly, how about keeping the brain healthy? Walking increases circulation to the brain thereby giving your cranium a "makeover". Moreover, exercise has shown to improve test performance in regular exercisers.

I hope I convinced you to take up walking. Its free, beneficial to your health, and keeps you young. Please check with your physician and see if you are a candidate for a walking regimen.

We are pleased to see you for an evaluation at our Hollywood office to see if you can Just Walk!!

Dr. Rotem Amir, MD
3700 Washington St. Suite 500b
Hollywood, FL 33021
954-967-6110



Proud to provide V.I.P. medical services to seniors at no additional charge

Join the Healthy Partners Primary Care Experience



Florence Foucauld M.D.
3702 Washington St. #205
Hollywood, FL 33021
(954) 364-8860



Rotem Amir M.D.
3700 Washington St. #500B
Hollywood, FL 33021
(954) 967-6110

The Healthy Partners Experience

- Commitment to compassionate care
- Flexible specialty network
- Same day appointments when necessary
- On-site lab services
- Convenient locations
- On time appointments

Now accepting new patients. Call to make an appointment.

 www.facebook.com/HealthyPartnersInc

Your Advantage in Healthcare

Specializing In Senior Care

A Mission to Make the Most of Your “20’s”

David Treece, AIF®, MBA | January 21, 2020



2020’s New Year celebrations are over. Resolutions have been made (and possibly already discarded). Myriad “best of the decade” lists have been published. But time constantly moves forward and the cycle repeats itself again. Before you know it, it is 2021 and you haven’t accomplished nearly what you thought you would.

What if this year could be different?

With the promise of a fresh new decade ahead of us—it is only natural to take time to both look back to analyze our progress and look forward to map out new plans and imagine the possibilities of where life may lead us during the next year, decade, and beyond.

January’s tradition of reflection and projection is within this month’s name itself. In ancient Roman religion and myth, Janus is the god of beginnings, gates, transitions, time, duality, doorways, passages, and endings.

“Yesterday, you said tomorrow.”

Nike

This symbolic turning point offers us the perfect opportunity to stop doing what doesn’t work and explore new ways to help make us happier, healthier, and more purpose-driven.

One annual tradition to let go of is making New Year’s resolutions. How many years have you recommitted to lose weight, get in better shape, be more organized, or save more money?

Setting goals can be an extremely effective exercise. But, if you are not exploring the underlying reasons why you want to accomplish them, you may fail time and time again to keep your well-intentioned resolutions.

Rather than resolutions, take time to think about and define your “mission” for the coming year, decade, or even your entire life! How do your goals align with your values and convictions? What purpose they serve? By framing goals within a more holistic life mission, they are more likely to “stick”, build your confidence, and motivate you to do more.

“No day but today.”

Rent

An easy way to set yourself up for success—and one that you can start TODAY—is to take a critical look into your overall savings plan, wasteful spending, and debt to strengthen your financial health and increase your prosperity.

Commit to trying these five valuable exercises and you’ll find that you’ll be closer to where you want to be financially by this time next year...

Cut wasteful spending. Creating a budget and sticking to it can help you limit unnecessary spending.



Create a cushion in your savings. After you establish your budget, save more for emergency expenses by using automatic transfers or savings platforms. These transfers make saving easy because you don’t have to think about it.

Get a handle on credit card debt. If you have multiple credit cards, you may want to consolidate to one or two cards. Start by transferring your multiple balances to the credit card with the lowest interest rate. Then, challenge yourself to lower these balances by spending only cash on everything you purchase for an entire month and see how it affects your spending habits.

Improve your credit rating. Whether you’re looking to buy a new home, rental property, car, or solar panels, your credit score matters because borrowers with low credit scores can face higher interest rates. This year, make it a priority to research your credit report, make sure everything is accurate, and then take the necessary action to improve it.

Protect your estate. If you don’t have an estate plan, now’s the time to create one. If you already have one, now may be the time to make sure it’s up to date. Life changes can alter your estate wishes and should be addressed as they happen to ensure that you’re always prepared.

Luckily, you don’t have to do it alone!

Team Treece is committed to helping you stay on track for life. From your first attempts at goal setting and budgeting to second opinions, financial check-ups, and suggesting solutions for life’s changing needs—we are always here to listen, advise, and help you articulate a life mission that’s meaningful to you.



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

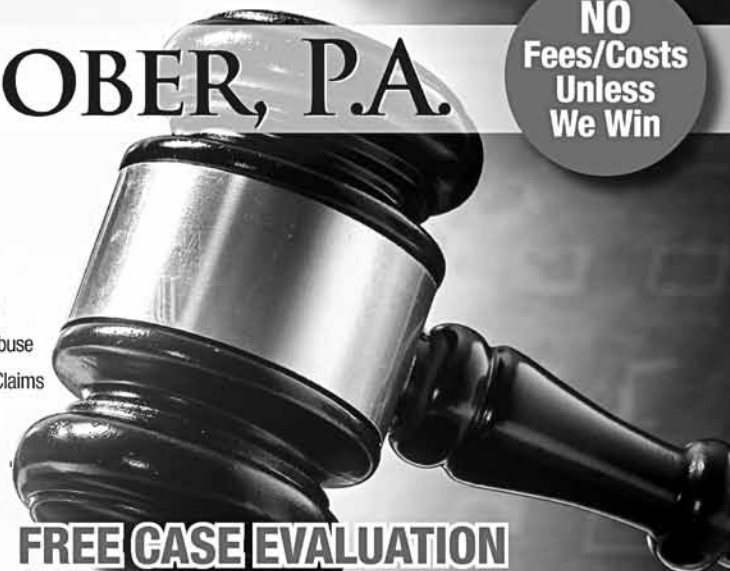
INJURED?

BOBER & BOBER, P.A.

**NO
Fees/Costs
Unless
We Win**

- Car/Truck Accidents
- Slip and Fall Injuries
- Wrongful Death
- Premises Liability
- Birth, Brain and Spinal Injuries
- Motorcycle Accidents
- Boating Accidents
- Medical Malpractice
- Dog/Animal Bites
- Construction Accidents
- Nursing Home & Elder Abuse
- Unpaid Overtime Wage Claims
- Wage/Tip Theft

Attorneys
Peter and
Samara
Bober



FREE CASE EVALUATION

(954) 922-2298

1930 Tyler Street • Hollywood, FL 33020 • peter@boberlaw.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

DANIEL WASSERMAN, DOM

Doctor of Oriental Medicine
Acupuncture Physician



- ACUPUNCTURE
- NUTRITION
- HOMEOPATHY
- HERBAL MEDICINE
- MANUAL MEDICINE

- Now accepting "Humana Gold Plus" and many insurances.
- Are you a veteran? The VA fully covers acupuncture.
- Located directly next to Hillcrest.



3702 Washington Street, Suite 101
Hollywood, Florida 33021
(954) 272-BACK (2225)

Social Security Disability Attorneys



SSD and SSI Representation

954-884-5040
**Call Today for a FREE
Consultation**

www.AmericanDisabilityAdvocates.com

American Disability Advocates, LLC

SCAM PSYCHOLOGY

Once again, I found an article in AARP worth quoting. The premise is that fear is better than trust when it comes to scamming people, especially the elderly. According to Roy Baumeister, a renowned psychologist in Australia, “The mind is hardwired to react more strongly to negative than to positive.” Survival is one of the strongest human instincts so, he adds: “When a scammer calls to inform you that there is a crisis or major problem, your mind automatically goes into high gear; seeking a solution. So, when this person tells you the problem can be solved with one or two easy steps, that sweeps you along. Anger, anxiety or embarrassment can lead to judgment mistakes.”

BEWARE of scams based on fear. According to AARP, the most frequently reported scams are:

- 1. The Fake Utility Company** – you are behind on your bill and will lose power if you do not provide cash now.
- 2. The Social Security Imposter** – Your SSN has been used in crimes and you are going to be arrested unless...
- 3. The Dreaded Computer Virus** – You are about to lose all of your info and photos and only they can fix the problem.

4. DNA Cancer Screening – People like you have died because they did not take the DNA test they are offering.

5. Missed Jury Duty – There’s a warrant for your arrest because you didn’t show up for jury duty or you can pay a fine...

6. The IRS Warrant – You made criminal mistakes on your past tax filings and will be arrested shortly unless you pay...

I understand that many of us do not trust our memory like we once did but at this stage of our lives ANY communication that inspires fear and involves money needs to ring an alarm bell. Any legitimate caller about ANYTHING that involves the law or monetary fines would understand that you want to call the agency yourself to investigate their claim. One whiff of an argument, insistence or a threatening tone should result in you hanging up immediately. And don’t forget – DO NOT answer calls from anonymous or unknown numbers PERIOD. If it is legitimate, the caller will leave a message. If you must answer (because that is how you are), then do not say hello, wait. If there is dead air for a couple seconds, hang up! A legitimate caller would naturally say “hello, hello?” if someone answers and says nothing. And again, if it is legit, the caller will leave you a message so you can call back.

CONDO BULLIES AND HOW TO HANDLE THEM



Bullies succeed when people don’t get involved because bullies can’t and won’t stand up to a crowd. The most effective way to prevent the challenge of bullying is to create and insist upon a positive community culture and rules of behavior. It’s the most effective way to protect your board and your community from bullying behaviors.

Unit owner bullies will wait to bring up issues at meetings that blindsides a board. They will toss out accusations accompanied by “facts” that cannot be verified with the intention to create suspicion about the work the board is doing.

Unfortunately, there are a lot of unit owners who “pick sides” based on who they like and don’t like and the truth be damned. It creates an unpleasant atmosphere but, in the end, the board members have the power – and the right – to manage the building in the way they believe is in the best interests of the residents.

Board bullies are a lot more dangerous. Board members are elected to maintain the safety, cleanliness and fiduciary wellness of the building. And the only pool from which the unit owners can select board members is from among their neighbors. We all try and assess their knowledge and specific skills and hopefully, their lever of temperament, character and professionalism, but at the end of the day, you don’t know what you are getting until they get on the board.

So, what is the answer? The Board sets the tone of the monthly meetings which in turn establishes the building culture. Establish a system so that when a unit owner has a concern, they are directed to the board member who oversees that particular area. And they do so privately and preferably in writing. If the unit owner is unsatisfied with the answer, they can ask that the issue be added to the agenda. Your building by-laws provide for the proper way to do this.

It can get tricky. A unit owner can have a concern and speak privately with a board member and the next thing they know, they are called on the carpet at a meeting in front of everyone. Bullies go straight for the easy marks and will keep coming back as long as they are easy. But if the mark is NOT easy, the board bully talks about them behind their back in front of the unit owners. That’s when intimidation sets in and other unit owners are afraid to speak up or worse, stop going to the meetings because of the ugliness.

Keep in mind that bullies cannot operate without an audience. And an audience that is afraid to speak up enables their behavior. As a unit owner you do not have the power to change rules and regulations, by-laws, or budgets but you do have the power to change the culture in your building.

HILLCREST LEADERSHIP COUNCIL MEETING

The Hillcrest Compliance Committee had a meeting on January 27, 2020 at Clubhouse 2. It was opened by Cindy Abraham and in attendance, Gil George (16), Betty Merk (15) and Steve Hurtig (25) for the Hillcrest Compliance Committee, Rich Kasser (Land Project Manager for Pulte), Linda Sherwood (Hollywood District 6 Commissioner) and about 40 building leaders.

Mark Buchalter, the owner of Accountsult, an accounting company on Sterling Rd., sponsored the meeting and provided refreshments. He briefed the audience on his company, which specializes in accounting services for Condo Associations. Currently, buildings 19, 20 and 24, use Accountsult and all highly recommend his services. His contact info is inside this issue. You can learn more about Accountsult at <https://www.accountsult.com/>. You can also reach Mark at (954) 739-0310.

Meeting attendees also learned about numerous issues in connection with the ongoing construction on Parkview at Hillcrest property. For instance, ALL Hillcrest residents are on the Compliance Committee until Pulte finishes the project. At that point, it will be taken over by the Parkview residents. It is up to Hillcrest to make sure that the agreement we signed with Pulte is followed through and the handoff to our neighbors is complete. As of right now, Pulte is looking at early 2021 for project completion.

There were many questions posed to Rich who started last June. The following are the discussion points and follow ups from the meeting:


The park was broken up into 4 areas for easy identification - "east park", "north park", "central park", and "west park". Note the park is not finished. Beware it's still "under construction" and one has to watch out for gaps in walkways/debris.

1. Grass - everyone can see the grass is not growing, especially in "central park" where it was seeded last year. Pulte is aware of the problem and looking at the best way to go forward, either by adding more seed, adding soil or laying sod (which will cost 3x more)
2. Sprinklers - many are not working and it was found after the meeting that one pump was not functioning. It is now and it was noted that sprinklers should be inspected on an ongoing basis. It would be helpful if residents let us know if they see problems.
3. Gates - Some gates have been vandalized and have caused some delay. A gate is to be installed between Building 22 & 23. Also, an additional gate will be installed in "central park" for access by the 3 and 5 high buildings to the north of the park. The grading has to be looked at for accessibility issues and still requires confirmation. It is a priority and will be done at the same time as repairing the walkways. The delay is due to 2 contractors backing out. Should be resolved soon. The locks have arrived and should be installed in the next week. There will be a 4 digit easy punch code for all

the buildings. The number will be given to the Presidents of each building. Reminder to not post publicly to avoid use by non-residents.

4. Debris/dead trees - The landscape vendor's scope of work is to pick up branches/debris and to replace dead trees. There are 3 dead trees at the entrances into Hillcrest (2- west and 1 middle entrance) and a couple in "central park". The next day they have started to remove/replace some palms. Also a walk thru of the north end of central park with Rich identified nothing has been done to clean up the existing trees and school area. Trees will be trimmed and old fencing/pipes/tires/concrete will be cleaned up to make it part of the park. Trees must be trimmed prior to Hurricane season. There are plans to beautify Hillcrest Drive by adding more trees.
5. Benches/ garbage containers with bag dispensers - 13-15 benches are planned and will be done with the walkway repair. Many people do not pick up after their dogs. The benches will be located near the gates.

Continued on Pg.15



Hollywood Historical Society
2020 LECTURE SERIES
STIRLING ROAD BRANCH LIBRARY
 3151 Stirling Rd, Hollywood, FL 33021
 Sundays, 1:00 - 3:00PM

- **January 12th: They Have Gone So Far West,**
 The History of Valerie Panciera's Landmark Funeral Home, Since 1962
Speakers: Valerie Panciera and Kevin Rieth, 3rd Generation Owners
- **February 9th: The Story of Liberia,** its role in Hollywood Florida's history - *Speaker: Earl Garnet Beneby*
- **March 29th: The Downtown Hollywood Mural Project**
 An arts-focused initiative by the Hollywood Community Redevelopment Agency
Speaker: Jill C. Weisberg, Project Manager
- **April 26th: The Ghosts of Broward County Sheriffs Past**
Speakers: Chris Mancini, Crime Tours Museum Owner, Attorney, and Crime History Buff; Joe Williams, Author and Retired Broward County Deputy Sheriff
- **May 17th: The History of Quilting,** from its Southern Roots to Today
Speaker: Amy Grossman, South Florida Modern Quilt Guild President
- **June 14th: The History and Examples of Depression Era Glass**
Speaker: John Fiore, Past President of the South Florida Depression Glass Club
- **September 20th: The Real Story of the Adam Walsh Case**
Speaker: Willis Morgan, Author of: Frustrated Witness!
- **October 18th: The History of Environmental Challenges in South Florida,**
 How South Florida's Environment has changed (the Good, the Bad, & the Ugly)
Speaker: Barry Faske, Florida Green Building Coalition President
- **November 15th: Joseph W. Young Jr.'s Vision of A City Beautiful,**
 The critically-praised plan and development of Hollywood, Florida
Speaker: Joan Mickelson Ph.D.; Writer, Editor, & Florida Historian
- **December 13th: Ready to Rock: Memories of the Hollywood Sportatorium**
Speaker: Stacy Adams, Author & HHS Board Member

- FOR MORE INFORMATION VISIT: HOLLYWOODHISTORICALSOCIETY.ORG -

February Kitchen Korner - by Cindy Abraham

A new twist on an old recipe. Sometimes I just want a tuna fish sandwich but you can't beat a tuna melt. This one is just as easy as the traditional. You can make your own tuna fish salad recipe or use this one which makes a good sized sandwich that could serve two but adjust accordingly.

TORTILLA TUNA MELT

One 5-oz can of tuna drained
1 TBS chopped celery
1 TBS chopped green onion
2 TBS mayonnaise
1 8-inch flour tortilla
1/4 cup shredded cheese of your choice
2 TBS chopped tomato
1 TBS chopped white onion



Mix together first four ingredients, season with salt and pepper and set aside. Mix together last 3 ingredients and set aside. When you are ready, spread tuna mixture on one half of the flour tortilla and top evenly with the cheese mixture. Leave about a 1/2 inch at the edge. Fold tortilla in half. Heat a medium skillet with a little oil. Lay tortilla in the pan and cook until golden brown on each side. Slice into wedges.

At one point or another, we all get to a stage in our lives where we develop some kind of health problem. High blood pressure, high cholesterol, diabetes – are some of the most common and best controlled. I know I have been harping on cholesterol lately but keeping it under control has been an interesting journey. The hard part is if we have to give up something we love to eat. I have found that it is easier to START doing something than to STOP doing something. A painless way to change our diet has been to ADD the “good” foods in a way that we can enjoy them and cut down on the “bad” ones.

For example: with high cholesterol, we need to avoid certain foods and ease up on fatty beef, lamb, pork, poultry with skin, lard and shortening, dairy products made from whole or reduced-fat milk, saturated vegetable oils, such as coconut oil, palm oil, and palm kernel oil. Fatty beef can be a tough one; the best burgers are juicy because of the fat. Steak is delicious. The best part of chicken is the skin.

And cheese is God's gift to the world. Giving up these foods entirely is probably not going to happen. Cutting down on them is doable. And I am not going to recommend a supplement, just that you google it and as the commercials say, “See if it is right for you.” It is called BERBERINE. We each take one daily to help control cholesterol and blood sugar. Or you can add turmeric to many recipes including the two on this page.

Again, adding foods has been easier IF we like them: avocado, fatty fish like salmon, beans, peas & lentils, almonds & walnuts, skinless poultry, oats and barley, dark chocolate and cocoa, garlic, dark leafy greens like spinach & kale, extra virgin olive oil and fruits and berries (especially apples, grapes & strawberries) are recommended .

The easiest way to get many of them in one shot (six of the above ingredients are in the following recipe) and enjoy them is in our morning smoothie (I promise you can't taste the spinach or avocado). To us it is like having a chocolate shake every morning. Of course, feel free to substitute other fruits.

Fun facts – baking cocoa has a 3:2 ratio of fiber to carbs, 9 of the 12 carbs in the 1/2 avocado is fiber, and 20% of the carb count in berries is fiber.

Chocolate Berry Smoothie – makes one 12 oz shake

1 cup sweetened vanilla almond milk (2.5g fat/14g carb)
1/2 cup water
2 TBS unsweetened 100% baking cocoa (1g fat/6g carb)
1/4 cup strawberries and blueberries (0g fat/5.5 carbs)
1/4 cup baby spinach (about 8 leaves) (0g fat/ >1g carbs)
1/2 Hass avocado (10g fat/12g carb)

Blend and serve. Just an FYI – we also have peanut butter powder which has a recipe on the package with almond milk, banana and spinach – throw in some cocoa and it tastes like a chocolate peanut butter cup.



Fruits That Keep Ripening After You Buy Them (and the ones that don't)

Fruits That Keep Ripening

Bananas, Avocados, Peaches, Plums, Cantaloupe, Blueberries, Tomatoes, Pineapple

Fruits That Don't Ripen After Picking

Strawberries, Watermelon, Apples
Cherries, grapes and citrus fruits

ACCOUNTSULT, LLC

ACCOUNTING AND CONSULTING FOR CONDOMINIUM AND HOMEOWNER ASSOCIATIONS

Mark R. Buchalter

Tel: (954) 739-0310 / Fax: (954) 739-2635 / Email: mark@accountsult.com
3109 Stirling Rd. • Suite 202 • Ft. Lauderdale, FL 33312



EXECUTIVE PLUMBING CONTRACTORS

888-954-LEAK
954-924-8211

2020 Lee Street
Hollywood, FL 33019

www.epcfla.com



Residential • Commercial • Industrial
24 Hour Service

Full Service Plumbing
Sewer & Drain Services
Video Pipe Line Inspection



LICENSED & INSURED CFC-1425969

MIKE'S GREAT BEAR AUTO CENTERS

- ALIGNMENTS
- BATTERIES
- SHOCKS
- TIRES
- BRAKES
- FRONT ENDS
- TUNE UPS
- AIR CONDITION

WE BUY & SELL USED CARS

THE LEADER IN AUTO SERVICE SINCE 1933

2804 Hollywood Blvd • Hollywood
1 Block East of I-95

954-922-4105

We Do UBER Inspections

Courtesy Shuttle
COMPLETE
DIAGNOSTICS

LIC #AR1367 • REG # MV35398



Discounts for:
Military Personnel • Senior
Citizens • Students • Fleets

WE SERVICE ALL MAKES & MODELS
Specializing in BMW, Volkswagon,
Audi, & Most European Cars

WE WILL MEET
OR BEAT ANY
WRITTEN ESTIMATE

FREE ESTIMATES

EUROPEAN CAR
SPECIALISTS

FRONT OR REAR
BRAKES
DISC/DRUM
COMBO
Starting at
\$79⁹⁵*

*Most American Cars
Must present this Sharp Saver coupon
at time of write up. Expires 02/31/2020.

IS YOUR CHECK
ENGINE OR SERVICE
LIGHT ON?
Stop in for a
FREE
COMPUTER CHECK

For Autos Newer Than 1996
Must present this Sharp Saver coupon
at time of write up. Expires 03/31/2020.

SYNTHETIC
BLEND
OIL CHANGE
& LUBE
\$39⁹⁵

Up to 4 Qts. Premium Oil Filter. 2009
vehicles and older. Most American cars.
foreign cars & trucks slightly higher.
Must present this Sharp Saver coupon
at time of write up. Expires 03/31/2020.

FULL
SYNTHETIC
OIL CHANGE
\$49⁹⁵

• Up to 4 Qts • Premium Oil Filter
Most American Cars.
Foreign Cars & Trucks Slightly Higher
Must present this Sharp Saver coupon
at time of write up. Expires 03/31/2020.

What is Equity?

The Reason Why I Keep Nagging You All About Buying Instead of Renting

By Cindy Abraham,
Keller Williams Realty Professionals



Simply put, equity is the difference between what your home/condo is worth minus how much you still owe on your mortgage. If you don't have a mortgage, you can deduct what you paid from it's current worth. So, if your home/condo is worth \$250,000 and you currently owe \$200,000 on your mortgage, your equity is \$50,000. This is actually the amount of the home you own and if you sold the home, you would get this amount in the sale.

Equity grows in one of several ways: the property value increases, as your debt decreases. Anytime you make home improvements, you add to the value of your home/condo which again adds to your equity. In a home, besides the obvious – new flooring, kitchens, baths and appliances (including A/C and water heater) – building on a room, a new roof, landscaping or adding a pool greatly enhances your resale value. A well maintained, upgraded home will always command a higher sale price than a meticulously maintained home with original features.

Why is equity important? Think of it as interest on a savings account but the return on investment is so much better. I have often talked about how I “made” my 21 year old son buy a 1/1/1 condo back in 2012 for 60K. He was determined to rent until he could save enough to buy his 3/2 dream home with a pool. I explained that renting is nothing more than paying your landlord's mortgage and as those who do rent know, they are paying way more a month than their own mortgage would cost.

Trying to save while renting is almost an oxymoron. So, here is what happened: In 2017, he sold the condo for 95K which gave him enough to put a 20% down payment on a 2/2/1 townhome. Now he and his fiancée are in the position where they can sell the townhome at a profit in a few years and finally have enough equity to put down on their dream house. Plus, he and his soon-to-be wife's finances have improved along the way (she is an RN and he is a partner in a restaurant), so at the ripe old age of 31, he will have achieved his goal.

I am so adamant about NOT renting if you are going to be in one place more than 3 years that I even find condos for our clients when their kids go off to college no matter where in the US. I find them a nice 2/2 where they can rent out the second room (and some even buy 4-bedroom houses and get 3 rents). After four-six years, when their son/daughter graduates, they sell the condo/house at a profit. Hey, college is expensive enough without getting dinged by paying for housing!

If you are renting (selling or downsizing) or have kids headed off to college, call Cindy Abraham and Brian Gaiefsky, Keller Williams Realty Professionals A Team Florida at 954-964-2559. The call is free, the information is priceless!

JANUARY 2020 STATE OF THE MARKET

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



We are up to 59 condos on the market in Hillcrest. Closed sales for December were up to 12 and for January down to 8.

11 more units went under contract this month and we have noticed things have picked up. Of the eight closed sales, six were 2 bedroom units.

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
Hillcrest 27	812	2/2	1,164	199,000		187,000	259
Hillcrest 19	409	2/2	1,032	160,000	150,000	145,000	16
Hillcrest 21	202B	2/2	1,132	165,000	139,000	135,000	173
Hillcrest 22	605	1/1/1	844	135,000	115,000	105,000	55
Hillcrest 22	220	2/2	1,184	125,000	107,000	100,000	143
Hillcrest 9	314	2/2	899	100,000		93,000	7
Hillcrest 4	304	2/2	961	99,999		99,999	9
Hillcrest 22	304	1/1/1	994	85,000	79,000	79,000	23
Hillcrest 19	308	1/1/1	830	94,900		95,000	14

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



Call: 8-HILLCREST (844.552.7378)
info@ateamflorida.com
www.WeSellHollywood.com

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.

JANUARY 2020 PARKVIEW STATE OF THE MARKET

PARKVIEW AT HILLCREST MLS ACTIVITY -www.ParkviewatHillcrest.com

Below are the current MLS listings and sales of the Parkview at Hillcrest Homes during the month of January 2020. A LOT of new listings popped up in the MLS, many listed by Pulte. Call **8-HILLCREST** and let Brian not only negotiate for you but also monitor the construction process as it is going along. **If it one that is already built**, we pay for a thorough inspection when you work with us. If you are selling, we have lived in Hillcrest for over 20 years and 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. If you would like automatic-notifications when homes are listed or sold so you can keep an eye on the market, email us at **info@ATeamFlorida.com**.

PENDING SALE:	#B/B	Sq. Ft	Original List Price	Current List Price	Waterfront	List Date
4141 Large Leaf Ln	3/2/1	1905	450,000.00	410,000.00		List: 05/30/2019 Pending: 1/21/20
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
1427 Pongam Terrace	4/2/1	2301	525,000.00		N	01/10/2020
1403 Myrtle Oak Terr	4/2/1	2220	498,000.00	525,000.00	N	10/27/2018
4466 Ficus Street	3/2/1	1961	479,955.00		N	01/09/2020
4912 Greenway Drive	3/2/1	2020	449,000.00		Y	02/04/2019
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

CLOSED SALES IN JANUARY 2020. All four closed sales in the MLS for January were listed and sold by the same person. According to the MLS, all sold at list price within 15 days so not sure that is an accurate representation.

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



Greetings Hillcrest Residents,

The 2020s are the start of a new decade, which brings exciting predictions of the future and a fresh look at our goals for our families and communities. But before we can get a move on with the new Roaring 20s, something very important has to happen – the census! The 2020 census is coming sooner than you think, with the process beginning in March. It is critical that everyone is counted accurately.

Why do we need to take the census? What does it do? How do we do it? Those are all common and fair questions about the census process. Throughout the process, I recommend logging onto census.gov or Broward.org/census2020 for updated and accurate information about how the census works and opportunities to get involved.

The simplest question is – why do we do a census? The census is required by the United States Constitution to occur every ten years and provides an accurate count of all the people who live in our country. Residents fill out the census form for themselves and everyone living in their household in order to complete this count. The response rate for the 2010 census was about 67%. We are trying to beat that number in 2020!

How does this census actually translate to our lives? Simply put, the census is a critical element of our entire democracy. The census is used to determine how many congressional seats and electoral votes each state is entitled to. The more residents that Florida has, the more electoral votes we have in elections. It also determines what our congressional representation is and allows us to draw new maps. The more accurate the count, the better chance we have of districts that are fair and representative of our South Florida community.

But more importantly, the census is also responsible for determining how billions and billions of dollars in resources and services will be allocated. An accurate count is needed so that

our federal government can determine what areas need what resources. The more accurate the count, the more likely that Broward County receives the full breadth of resources that our residents need. That is why it is so important to make sure you and your entire family complete it accurately.

Postcards will be sent out on March 12th to families inviting them to complete the census with detailed information on how to respond. The census can be completed online, via phone, or via mail. Thousands of census workers are being hired to help out residents complete the process. If you want to fill out the census online but do not have access to the internet, ALL Broward County libraries are making their internet resources available free of charge to help you fill out the census. Make sure to complete the entire form!

You don't have to be a passive participant in the census process. There are thousands of full and part time jobs available with the Census, with many of them available right here in Hollywood and Broward County! To find out about these job opportunities or if you just want to volunteer to help with the census, there are many opportunities to do so at Broward.org/census2020.

The census is one of the most important building blocks of our American democracy. I hope all residents take the time to complete it fully and accurately. If you have any questions, please never hesitate to contact my office!

Contact Your Commissioner

Our District office is conveniently located in the lobby of the Hollywood Branch of the Broward County Public Library at 2600 Hollywood Boulevard, adjacent to Hollywood City Hall. This office is open for your convenience, Monday through Friday, from 10 AM to 4 PM.

If you would like to schedule an appointment, or you have a great idea, suggestion or an issue that needs my attention, feel free to call me at 954-357-7790/7006, or send me an email at bfurr@broward.org.

A-1 Custom Mica, Inc.

Wood • Therma Foil • Mica

Established since 1987

- Countertops
- Vanities
- Furniture
- Complete Kitchens
- New or Resurface

Save up to 50% by Resurfacing

Expert in
new & refacing cabinets



954-980-5678

State Licensed # CBC022069 and Insured



Steib's / Cohen

Gold • Silver • Platinum • Palladium
Bringing 70 Years of Rare Coin Excellence to South Florida!

**TOP
 DOLLAR
 PAID!**

For Coin Collections from these Dealers:

- Kagins • Stacks
- Bebees • Sydney Smith
- N.I.O.F. • Lester Merkin
- New Netherlands • Richard Muniz
- Frenches • Bowers/Ruddy

**BUYING,
 BUYING,
 BUYING!!!**

All Gold Coins, Tokens, Proof Sets, Mint Sets,
 Paper Money, Stamps, 90% Silver, Bullion,
 Special Needs - Bags of Silver Dollars, Chinese
 Pandas, Russian, Coins, Silver Coins, American
 & Foreign Gold & Silver Coins.

Same Day House Calls

Hallandale, Hollywood & Ft. Lauderdale



954-491-4423

**2724 Hollywood Blvd.,
 Hollywood, FL 33020**

SSECFL@GMAIL.COM

**Free Convenient
 And Secure
 Parking**

**Ask About Our
 Senior Citizens
 Bonus**





MARTY KIAR

BROWARD COUNTY PROPERTY APPRAISER

File Now for the 2020 Senior Exemption

Property owners who are 65 years or older may qualify for an additional exemption on their Homesteaded property. This additional exemption – which applies only to the county's portion of the taxes and city taxes for residents of cities that have adopted this exemption – saves the average Broward senior nearly \$300 each year in taxes. To qualify for this valuable tax-saving exemption, an applicant must be 65 or older as of January 1, 2020 AND have a combined HOUSEHOLD adjusted gross income for 2019 not exceeding \$30,721. If you believe you qualify for this exemption, please click on this link for steps to ensure proper filing: http://www.bcpa.net/senior_instructions.asp

Residents who received the Additional Senior Exemption in 2019 will receive a renewal card in the mail. If you still meet the income requirement, simply sign the renewal card and return it to our office by May 1 so we can ensure you receive this exemption for 2020. Rest assured there is no personal information listed on the renewal postcard. For questions regarding property tax exemptions, please call 954.357.6830.

2020 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2020 Save Our Homes cap at 2.3%. This cap limits increases to the Assessed/Save Our Homes Value for properties receiving Homestead Exemption to no more than 3% per year or the increase in the Consumer Price Index (CPI) regardless of increases to the just value of the property. This cap results in considerable savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the assessed value of the property.

Important: The Save Our Homes cap begins the year after you receive Homestead Exemption and automatically renews each year. This cap does not cover new construction or construction that was not taxed before the "Save Our Homes" limit applied to a particular property. Many owners will face a significant increase in property taxes when they purchase a property as the previous owners' exemptions will be removed and the Save Our Homes (SOH) value reset. Florida law requires the SOH value be brought up to the just value of the property when Homestead Exemption is added or removed from the property. For this reason, our office offers a New Homebuyer's Tax Estimator on our website at www.bcpa.net. This estimator allows prospective buyers the ability to plan ahead when purchasing a new home.

The absolute filing deadline for any 2020 exemption is September 18, 2020.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at 954.357.6904 or by email at martykiar@bcpa.net.

Take care,

A handwritten signature in black ink that reads "Marty Kiar".

Marty Kiar



MartyKiarBCPA



@MartyKiarBCPA

FEBRUARY 2020 COMMISSIONER'S REPORT

by Commissioner Dick Blattner



This is the leap year month. I always wonder if my car clock will update. You too?

A number of interesting things to talk about this month:

Yellow Green Market (YGM). On the Commission Agenda Wednesday is an action to change the land use from industrial to commercial. This is not a change in zoning, although that will come forward soon in the form of a site plan. YGM wants to expand westward with an enclosed building, expanded parking, etc. There are neighbors who have expressed concern and lots of people who love YGM. Controversy will be coming.

Sunset Golf. What is going on at this former golf course at 28th and Johnson? The owner (which is not the City) received approval from Broward County to remediate the arsenic and other poisons by overlaying with lime rock. This is an approved technique. The product is from the Ft. Lauderdale water treatment facility and is the final filter for drinking water. We are still negotiating with the owner for purchase, but we are far apart, which is no surprise. He's asking a lot more than the appraised value.

Coastal flooding and Sea Level rise. These are critical issues for all Broward coastal cities. There will be an important meeting Thursday Feb. 6, at 6:00pm at Ann Kolb Nature Park, off Sheridan just west of the Intracoastal. At that meeting, new flood maps will be presented so you can see whether or not you are in a flood zone This ties in with the next item.

Dunes. They are an important part of any plan addressing resiliency and sustainability that Hollywood has studied. A Special Combined CRA/Commission meeting is scheduled for this important report and discussion on Tuesday February 10, from 2 – 4 at City Hall.

City Strategic Planning. Now that the plan has been approved, making it a living document is the important next step. A combined meeting of Commissioners and Senior Staff was held January 29. Thirty key goals have been established. Each one will have 3-to-5 subsets. What makes this plan different is that every item that comes to and through us must identify to which goal the item relates. This is actually the first step in next year's (2021) Budget Cycle. There was a lot of discussion and presentations by professionals about the state of our economy, sustainability (sea level, again) and a team building exercise.

Vacation Rentals. They have arrived in Emerald Hills and are not being welcomed. Short story: The State has pre-empted municipalities from protective actions. I am calling for a Town Hall meeting to be held in the very near future where residents will learn about what we can and cannot do. I will let you know dates, etc. These rentals are ubiquitous.

Important upcoming date: Feb 19. CRA at 9:00, Commission at 1:00. New website is up and running. www.dickblattner.com. Thanks to all who attended my campaign kickoff on the 29th. Great turnout. "Until we meet again, I remain 'your faithful servant,'" as someone said. (Maybe it was Jefferson).

Continued from Pg.7

6. School Fence - Screening on the fence came loose in many areas. The school owns the fence and it was taken care of.
7. Lighting - At the 3 entrances into Hillcrest lighting has been installed but has never been connected. It's being worked on. Also the lighting between the clubhouse and Bldg. 21 there are 15 lights not working. It's very dark and it presents a security issue. Cars have been broken into. Rich said there was an issue with the city and permitting for the work and the electrician is working to get it solved ASAP. Also, looking into removing the lights behind Bldg.9. The lights on the Tennis/Pickleball courts and small clubhouse are on timers.
8. Land swap - Behind building16 is almost complete. Paperwork forthcoming.
9. Lakes - A lot of garbage has fallen into lakes. It was noted that building contractors need to clean their area and pick up after themselves. A further conversation with Castle Group said they clean up the lakes periodically. Note the lakes are not connected and water flow is a concern. One attendee recommended the installation of fountains to aerate the lakes. A pool canopy from a high rise in the "north park" flew into the water and needs to be retrieved. Pulte has graciously agreed to take on that project. A suggestion was made of stocking the lakes with fish to help control the mosquitos.
10. Small Clubhouse - When it will be reopened? Castle Group said mid-March. The problem is in the roof. Once it is fixed,

the interior will go quickly. Many would like to use the BBQ's. After the meeting it was discovered they are operational and there is access by the gate on the east side of the building. Castle group has asked that the grill and area be cleaned after use and before you leave. Many have left it a mess. Remember the area has cameras.

11. Number of homes in Parkview - It was asked if the number of homes have been changed. Answer was No (but yes). The town houses sold better so some homes were changed to town houses, but the number remains the same. Lots of information on the Parkview at Hillcrest website. www.pulte.com/Parkview/at-Hillcrest
12. Playground/Activities - The playground will be located to the east of the large Clubhouse. In lieu of the golf feature/bocce ball from the original plan, it was suggested if a passive activity such as exercise stations be installed along the path. Also, at the previous meeting we were told there was to be one more Gazebo built in "central park" close to the Parkview homes. Rich will review and get back to us.
13. Volunteers to join the committee - Two, possibly 3 more people volunteered at the end of the meeting.

Additional questions were asked by individual buildings, such as can signage be posted (i.e. "neighbor watch", "clean poop", "private property"). This will need to be reviewed. Information will be communicated in "Inside Hillcrest".

WHAT IS THE PURPOSE OF LIFE

Submitted by Etta Stevens (Reprinted from *Finer Minds~Mind Valley*. Author: Maria Stenvinkel)

Most of us have wondered at one point or another what the point of it all is. Why are we here? What's life really about? In short, what IS the purpose of life? Why study 15 years of our lives, work 80,000 hours, and then reproduce so the next generation can do it all over again if we don't even know why we're doing it? There's got to be a greater purpose, right? To get some more clarity, here are the answers from 15 people who seem to know their life purpose. They were all asked the question:

In your belief, what is the purpose of life?

1. The Dalai Lama

Who is he? His Holiness the Dalai Lama, Tenzin Gyatso, is the spiritual leader of the Tibetan people. He has been described as a *doctor of the soul*, and his message is always one of peace and compassion for people all over the world.

***I believe that the very purpose of life is to be happy. From the very core of our being, we desire contentment. In my own limited experience, I have found that the more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life. Since we are not solely material creatures, it is a mistake to place all our hopes for happiness on external development alone. The key is to develop inner peace.**
–Dalai Lama, Tenzin Gyatso

2. Steve Pavlina

Who is he? At the age of 19 and locked up in a jail cell, Steve decided to pursue personal growth. He went on to become one of the biggest blogging successes in the field of *self-development*. A small warning before you visit his site, make sure you have plenty of time (his content is rather addictive). ***The purpose of life is to explore and experience.**
–Steve Pavlina

3. Byron Katie

Who is she? The severely depressed and suicidal Byron Katie ended her suffering one day when she experienced the life-changing realization: when she believed her thoughts, she suffered, but when she didn't believe them, she didn't suffer. ***To understand that what is, really isn't.** –Byron Katie

4. Christie Marie Sheldon

Who is she? Christie has an interesting skill. Just by looking at someone, she can determine if they are living their life purpose or not. She is one of the world's leading energy healers and experts on intuition. Her mission? To get everyone on the planet vibrating at an energetic frequency of Love or Above. ***The only Soul-Filled purpose of life is to love and let what makes you soulfully happy guide you — it'll all work out if that's your guiding force.**
–Christie Marie Sheldon

5. Matthew Silver

Who is he? If you've ever been in New York City and seen a man roaming around in his underwear with stuffed animals, making funny sounds, and telling you to live in the now — you already know Matthew. This well-known street performer is often mistaken for a raving lunatic, but with his messages of love and living in the present, in a city like New York, Matthew might be the sanest of all. ***God gave you free will. That's for you to decide. But I'd use your heart to find it.** –Matthew Silver

6. Ralph Smart

Who is he? Ralph dives deep into life and encourages us to look beyond illusions and perceived boundaries. Through his YouTube channel *Infinite Waters*, he helps us expand our consciousness and unlock our true potential. ***I believe it is to become our greatest version.** –Ralph Smart

7. Parker Heuser

Who is he? Parker and his friends Alexey Lyakh, Ryker Gamble, and Max Gatfield are high on life. Through their social media channels, people all over the world are inspired by their adventurous videos and appetite for fun. Make sure to check out their “3 years of travel in 3 minutes” video. It'll get the blood pumping through your veins. ***The purpose of life is to discover your surroundings (learn about the world, visit as many different countries as you can, take in lifetimes of knowledge by reading the work of brilliant minds), discover yourself (What do you love and what are you good at? What are your greatest passions and what makes you truly feel alive?), follow your heart (do all those things that make you feel happy, that lift your spirits, that give you butterflies, that make you feel light, as if you're floating) and evolve spiritually (some call this enlightenment). You are not a body you are a soul. Life as we know it is just a step in spiritual advancement. So, the purpose of life is to do everything you can to better prepare yourself for the next stage: enlightenment.** –Parker Heuser

8. Barrie Davenport

Who is she? Barrie's passionate about passions — especially about helping others find theirs. Looking for more passion in your life? Barrie's practical and actionable advice will help inspire your soul and move you in the direction you desire. ***The purpose of life is to live mindfully and passionately in the present moment, to love unabashedly, to be a lifelong learner, to seek adventure and growth, and to spread kindness and peace along the way.** –Barrie Davenport

9. Gary Vaynerchuk

Who is he? Gary is a loud serial-entrepreneur and social-media master who loves the hustle of turning passions into reality. He demonstrates that in this Internet era, with all the possibilities that come with it, you have no excuse not to do what makes you happy. ***To leave Legacy that is a North Star for all my family in the future.** –Gary Vaynerchuk

Continued on Pg. 17

***Join us at ArtsPark the 3rd Sunday of every month at 6pm for WORLD PEACE Sunday, February 16, 2020 • 6:00 pm – 7:30 pm**

Bring a chair and a flashlight, see you there.

***MEDITATE@8 CALL IN FOR LIVE MEDITATION**

Call: 712-775-7031 • Meeting ID 660-469-256# Thurs. 8-8:10 pm

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

Continued from Pg. 16

10. Justine Musk

Who is she? A car accident became Justine's wake-up call. After eight years of marriage to super entrepreneur Elon Musk, she realized she had turned herself into a side player and trophy wife. So, she made the decision to stop living in the shadows, take the lead role of her own story, and step into the fiery, talented, and powerful writer she is today.

***To cultivate your gifts and inner knowing in your lifelong quest for soul: that point in place and time where what you do is who you are and whom you serve, and to take care of yourself is to take care of the world. –Justine Musk**

11. Alex Blackwell

Who is he? On the brink of divorce, Alex found himself needing to make some serious changes in life. He not only managed to save his marriage (and to turn it into a very happy one!), but he also decided to invite others to benefit from his experience. On his blog, he shares openly and honestly about his journey of making positive life changes.

***To give love without being asked and to believe you are worthy to receive love always. –Alex Blackwell**

12. Will Mitchell

Who is he? Will is an Internet Entrepreneur since the age of 12 when he started skipping school to build his own businesses. Today he's running StartupBros with his best friend Kyle Eschenroeder, with the purpose to help "wantrepreneurs" build their first successful business. The central message of these two bros? ***The purpose of life is self-actualization – shaping the world in our vision through reaching our full potential. –Will Mitchell**

13. Joshua Becker

Who is he? A few years back, Joshua and his family got rid of over 70% of their belongings. They discovered that less stuff meant more life. The minimalist guru now helps others simplify their lives to leave more space for the things that truly matter. ***The purpose of life is to give it away in the service of others. –Joshua Becker**

14. Luminita Saviuc

Who is she? Luminita is all about purpose. Her words of wisdom are like a magic wand that touches the hearts of people all over the world. If you haven't seen it yet, make sure to check out her insanely popular article "15 things you should give up to be happy" (which got shared over 1.2 million times on Facebook). ***What is the purpose of life?** To love, to truly love. To become one with love and then to radiate that love outwards... And to love those who love you, and also those who don't. Not necessarily because they deserve it, but because love is the only thing we have to offer... To get to a place where, no matter where you look and no matter what you do, you can't help but feel an overwhelming love towards that which you see and for the things you do. That's the purpose of life... The way I see it, life is love and love is life, and the more love flows through our veins, the more joyful we become, the clearer our vision gets, and the easier it becomes to connect not only with our own heart and Soul but also with the heart and Soul of every living being that inhabits the planet. On the surface, we might all look very different from one another but at the core level, we are all the same. At the core level, we are all ONE, connected with each other in a very deep and powerful way. At the core level, we are essentially the same, all members of one human race. There is no separation except the separation we created in our minds because of our attachment to fear, and if we allow love back into our hearts, becoming one with it and allowing ourselves to live our lives from that place, then we will recognize ourselves in the world around us and we will finally understand that we are in the world and the world is in us... We are ONE. Luminita Saviuc

15. Brendan Baker

Who is he? Successful at his job at a young age, Brendan was early to realize that what is considered a success doesn't necessarily equate to happiness. This wake-up call set him on a mission to help others turn passion into profit.

***That could mean a difference to a person, to a community, to the environment or to the world. When you connect to a higher purpose that is beyond yourself that's when life truly begins. –Brendan Baker**

The Big Question in a Simple Answer

The purpose of life might seem like an overwhelming and difficult question (my dad wasn't the only one without an answer). Most of us probably spend more time contemplating what series to watch next on Netflix than thinking about our reason for living. But looking at the answers, it might not be so complicated after all. To be of service to others, to love unconditionally, to see through illusions, and to realize our full potential. It all comes down to one thing — feeling happy with love.

You see that meditation is a big part of becoming happy and finding your life purpose. 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 to 7:30 pm.

*Dania Beach Library classes are on Saturday Mornings at 10:00 am. Also, we offer ArtsPark outdoor Meditation the third Sunday every month, this month is February 16, 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 #

USPS MAIL CLASS (effective Sunday, January 26, 2020)

First Class Mail Letter (1 oz.) - Retail/Post Office Rate*	\$0.55
First Class Mail Letter (1 oz.) - Metered Mail/Stamps.com Rate	\$0.50
First Class Mail Letter - each additional ounce	\$0.15
Postcard	\$0.35
First Class Mail Flat (1 oz.)	\$1.00
First Class Mail Flat - each additional ounce	\$0.20
First Class Mail International Letter	\$1.20
Priority Mail Express (0.5 lb., zones 1&2)	\$22.75 and up
Priority Mail (1 lb., zones 1&2)	\$6.95 and up
First Class Package Service (1-6 oz.)	\$2.74 and up
Parcel Select Ground (1 lb., zones 1&2)	\$6.92 and up
Retail Ground (1 lb., zones 1&2) - Retail/Post Office Rate* Formerly Parcel Post and Standard Post	\$7.50 and up

Retail/Post Office Rate: Prices paid when going to Post Office to purchase postage. Unless indicated, rates listed are discounted rates for online purchase available through Stamps.com.



MIKE BALAN

AIR CONDITIONING INC.

Licensed and Insured

SERVING SOUTH FLORIDA SINCE 1999

- All Work Guaranteed
- Financing Available
- FREE ESTIMATES ON NEW INSTALLS

18 MONTHS

0%

INTEREST OR \$450 OFF

Phone: (954) 931-4752

Emer: (954) 968-0379

24 Hour Service AS LOW AS \$75.00 PER MONTH

Expires April 30, 2019

\$25 OFF SERVICE CALL AND PARTS

MUST HAVE COUPONS PRESENT AT TRANSACTION

Expires April 30, 2019

\$150 OFF UV Light Install

MUST HAVE COUPONS PRESENT AT TRANSACTION

We want to hear from you!

Please email to: Inside.Hillcrest@comcast.net or you can snail mail to: Inside Hillcrest at 3850 Washington Avenue, Suite 1016, Hollywood, FL 33021.

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



We reserve the right to condense, but we will not edit the piece in order to distort your intent. Anytime we condense, it will be indicated by ...

You can email us at: inside.hillcrest@comcast.net or call (954) 964-2559.

Inside Hillcrest is a newspaper published for the purpose of supplying information and providing Hillcrest residents an opportunity to interact.

Any view expressed in the Inside Hillcrest does not necessarily reflect the opinion or view of the publishers. Advertisers are screened; however, Inside Hillcrest assumes no responsibility for any work performed or quoted or any resulting loss or damage.

©Copyright 2019



ALEX SOFIANOS

AUTOMOTIVE TECHNICIAN

SOUTHPARKAUTOREPAIR.COM

South Park Auto Repair

PH: (954) 962-3896

Alex Sofianos

southpark3325@gmail.com

ASE Certified

3325 Pembroke Road
Hollywood, FL 33021

COASTAL

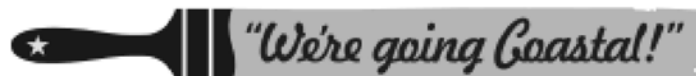
PAINTING COMPANY

**Painting,
Roof Cleaning &
Roof-A-Cide
Power Washing.
Top to Bottom Services.**

CALL TODAY 800-320-8083

LICENSED AND INSURED

www.coastalpaintingcompany.com







Complete Elder Solutions
 "Your family away from family"
Princella L. Seymour
 954-315-1785 561-699-7178 407-864-5065
 (Broward County) (Palm Beach) (Orlando, Central Florida)

We Help Manage Issues That Arise With Aging And Disability


completeeldersolutions.com 9900 W. Sample Road Suite 330
 customerservice@completeeldersolutions Coral Springs, FL 33065




Your Computer Coach
 "One On One" Personal Assistance With Your
 Computer - Laptop - Tablet - Printer




Gregory L. Gendusa
 Plantation, FL. 33324
 (954) 235-0431



Tutoring - E-Mail
 Exploring The Internet
 Basic Computing & More



Windows-Microsoft Office
 Apple OS/iOS/App Store

Gendusa@gmail.com 

Podiatrist - Foot Specialist



House Calls Available
Medicare Assignment Accepted

Bert J. Henkel, DPM
 4301 Hollywood Blvd.
 Hollywood, FL
 954.981.8000

TURNING 65?

Medicare Questions?

Jeff Messett
 305-613-4916

Medicare Advantage | Medigap | Part D Prescription Plans
 Long-term Care Solutions | Health Insurance | Life Insurance

*Jeff Messett is a licensed insurance agent and not connected to the Federal Medicare program.

Sandra Rodriguez & Team
 Deep-Cleaning Specialists



*"Happiness
 Is a Freshly
 Cleaned House"*

Sandrarodri88@hotmail.com **954-798-4036**



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

GOT BUGS?
 CALL KEVIN BIEDERMAN



OFFICE... (954) 962-2330
WE AIM TO ELIMINATE
(954) 325-8229

ELITE GUARD 

PROVIDING PROFESSIONAL SECURITY SERVICES
 TO HILLCREST ASSOCIATIONS SINCE 1998

OFFICES IN SUNNY ISLES BEACH AND AVENTURA

305-956-9520 www.eliteguard.com



Nature vs. Nurture? Here you'll enjoy both.

There's an art to living well and the residents of Five Star Premier Residences of Hollywood have mastered it. They spend pleasant days pursuing their creativity, engaging in social activities and dining on cuisine that redefines the joy of cooking. Our lushly landscaped grounds are just as aesthetically pleasing, which encourages residents to happily fill the blank canvas of life. *If you can picture yourself living in Hollywood, call Lisa or Alice for a private tour and complimentary lunch today.*



FIVE STAR
Premier
RESIDENCES
OF HOLLYWOOD

*on the corner of Sheridan St.
and North Park Rd.*



Who says you can't have it all?

- Gorgeous gated community
- Impact glass windows
- Wellness classes include tai chi, yoga and aqua aerobics in heated outdoor pool
- One-bedroom apartments starting at \$2,699
- Keep mentally fit through home study courses, lectures, guest speakers and a book club

More than half our employees have been here from 5 to 25 years!

2480 North Park Road, Hollywood, FL 33021
www.FiveStarPremier-Hollywood.com • (954) 947-2262



A FIVE STAR INDEPENDENT, ASSISTED LIVING AND MEMORY CARE COMMUNITY