

Inside Hillcrest

– Connecting Neighbors to Neighbors –



MARCH 2019

HOLLYWOOD, FLORIDA

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MARCH INSIDE HILLCREST

GENERAL OBLIGATION (GO) BOND PASSED BY HOLLYWOOD VOTERS

The vote is in and the \$165 million bond passed. The closest vote was the \$78 million for a new police station and that still got 54% of the vote. \$64 million will go towards fixing up public spaces including the two city-owned golf courses and \$23 million will go toward neighborhood and traffic improvements across Hollywood; new seawalls and flood control projects. These projects will be paid for with a property tax increase over the next 25 years.

I have often said that I have a lot of faith and trust in the current City Hall administration, but many will not still be in office throughout the process. A 15-member Oversight Committee will be formed. The goal will be to ensure that the funds are spent appropriately and that projects are completed as planned. 10 members of the Committee will be residents representing neighborhoods or civic associations and 5 will be professionals from various fields including, architecture, engineering, construction and finance. If you would like to volunteer to be on this Committee, go to <http://www.hollywoodfl.org/FormCenter/Advisory-Board-Committee-Interest-Form-8/Advisory-Board-Committee-Interest-Form-78>.

SPEAKING OF OVERSIGHT COMMITTEE

See inside for what our newly formed Hillcrest Community Oversight Committee has been up to.

Hillcrest Community Oversight Committee

(HCOG) – Chair: Steve Hurtig (25), Co-Chair: Brian Gaiefsky (27), members include Dr. George Jacobson (bldg. 4 and Parkview homeowner), Alex Gustafson (21), Ron Cleary (22), Dan Riehle (23) and Sandy Goldstein (19). This committee is newly formed to address the potential development of the City owned land just east of Hillcrest 25. Contact Steve Hurtig at: hillcrest25@gmail.com.

People are starting to get confused between the **Hillcrest Leadership Council (HLC)**, the **Hillcrest President's Council** and the **Compliance Committee**. Each entity has a very distinct purpose so here is an explanation:

The HLC is a voluntary body of presidents/officers from the 24 buildings who get together to share knowledge and ideas or for a specific purpose like a meeting with the City Water Department over our high water bills or any other common problem. Contact: Cindy Abraham, HLC Secretary at hillcrestleadershipcouncil@comcast.net.

Hillcrest President's Council – Chair: Jeff Ladner (11). This is an official Council composed of all the low and mid rise buildings from 1 through 18 who share common areas such as pools, recreation rooms, etc. and the maintenance issues and costs for these communal areas. This is the ONLY entity responsible for issuing fobs to give low and mid-rise residents access to the pools, fitness room etc. Apparently, there is only one guy who has the ability to perform this solemn duty. Residents contact the HLC with horror stories of waiting 6 months for their fob. We have tried to help but to no avail. A friend of mine told me after six months of trying to get her fob for the pool, she was told, "if you want water, go to the beach." If you are having a problem getting a fob for the pool, your building president should advocate for you or try contacting hcpresidentscouncil@outlook.com. Good Luck.

Hillcrest Compliance Committee –

Chair: Gil George (w16) Members include Claude Bernier (16), Maeve Savage (6), Betty Merk (15), Dr George Jacobson (bldg. 4 and Parkview homeowner). This committee needs two more members preferably from buildings 1,3,4,5,7,8,9, or 10 because these buildings will be the ones that are impacted the most by the ongoing construction at this point. Buildings 21 through 25 have their own committee to deal with Pulte and their

particular issues. The impact on 26 and 27 is over since the north end is built out and the other buildings are not adjacent to the construction areas.

Gil George needs two more Hillcrest leaders (or residents with leadership skills) to help address any and all issues that come up with the Parkview at Hillcrest development. This committee meets monthly to discuss resident's concerns and when needed, schedules a meeting with the Pulte representatives to resolve the issues. Interested parties should contact Gil George, (16) via email at; GilGeorge@yahoo.com.

SLIPS AND FALLS

Wow – what a month! Dr. Amir decided to write an article about the dangers of falling and in the past few weeks not only have a few of my friends taken falls, but I did too. I left the dishwasher door open so the dishes could air dry. Went to the kitchen in the middle of the night and tripped over it. I thought I broke my nose – the blood was gushing. Of course, I was freaking out. Luckily Brian is a light sleeper, so he came in and helped me up. He made an ice compress and told me to put it gently on each side of my nose (luckily it wasn't broken). I did that for about an hour and although it still hurt like hell, when I woke up, you wouldn't have known anything happened! I had black and blue marks and some scrapes on my legs, plus the bloody nose hung around for a few days, but my face looked fine. The cartilage in my nose is still sore three weeks later but I was lucky. One of the benefits of a Lebanese nose is that I didn't break my teeth!

Last week a friend in building 22 called to ask me to check on one of my neighbors in building 27. She wasn't answering the phone and my friend wanted to tell her that another friend of theirs was in the hospital because of a fall. Turns out MY neighbor was also in the hospital.

My good friend Larry Goldenberg, owner of Dr. Safety Bars who started advertising in IH last month has installed so many safety bars for folks in Hillcrest and the Hollywood Chamber – too many to count.



SPOTLIGHT ON... HILLCREST NEIGHBOR EDDY PIERRE PIERRE - by Steve Schneider

Hillcrest 25 resident Eddy Pierre Pierre has represented teachers, doctors and postal workers during his 22 years as an attorney. Sometimes he speaks up for them in federal administrative hearings, other times in federal court, trying to win disability benefits for his clients.

In one case, a doctor got an infection while working in a hospital. The infection prevented him from using his hand, which he needed to perform his medical tasks, Pierre Pierre said.

But government representatives contended the doctor was smart and could find other types of employment. By working with medical experts and vocational rehabilitation specialists, attorney Pierre Pierre was able to establish that the doctor could not work and deserved to receive Social Security Disability benefits. These benefits are based on work credits people accumulate while working over the years. The level of benefit matches the money a person would get when retiring on Social Security. Pierre Pierre also represents people who apply for Supplemental Security Income. This program also is administered by the Social Security Administration (SSA). The SSA website says the program "is designed to help aged, blind, and disabled people, who have little or no income; and provides cash to meet basic needs for food, clothing, and shelter." Clients and their advocates make their case by providing a paper trail of documents and evidence from medical experts who have treated the person applying for disability.

Attorney Pierre Pierre, an eight year Hillcrest resident, doesn't get paid quickly for his efforts. That's because more than 60 percent of people who apply for one of the disability programs get rejected initially. "Reconsiderations (the first step of appeals in most states) are denied at an even higher rate (up to 87%)," according to the disabilitysecrets.com website. So, oftentimes the client and attorney won't know the result of a case for several years or more.

The first step is to file an application, which may get rejected. Then come administrative hearings, which can also result in denial of benefits. At some point, though, the appeals process gets more serious. That's because his clients have the right to appeal their case in federal court (he is licensed to practice in about 15 federal courts). Putting in this much time and effort without getting paid demonstrates he believes his clients qualify for the federal disability benefit, attorney Pierre Pierre said. Graduating from Nova Southeastern Law School 22 years ago, the Hillcrester picked this type of legal practice after speaking with someone who started practicing law a few years ahead of him. Try it for a year and see if you like it, he was told.

Attorney Pierre Pierre found that he truly enjoyed representing disabled individuals. He honed his skills and became an expert in litigating disability cases while working for a large national social security disability firm that handled thousands of disability cases a year. Now, as the owner of American Disability Advocates, he takes on fewer clients so he can give them the attention each client deserves. The firm has an office in Ft. Lauderdale, on Cypress Creek Road, and handles disability cases from the initial filing of the application through all levels of appeals, including administrative and court appearances.

Attorney Pierre Pierre only works with highly experienced disability attorneys and staff whose level of expertise ensures a greater likelihood of success for his clients. Everyone in the office has worked with him on disability cases for at least 10 years. The office manager guides operations with 20 years of disability experience.

Attorney fees in disability cases are established by federal law. After benefits are granted, the government takes out 25 percent of the retroactive payment of benefits, which is paid retroactive up to one year prior to the date of filing the disability application. That 25 percent of the benefit goes to the attorney as a contingency fee. The law limits lawyers compensation to no more than \$6,000 of a retroactive payment if the case is won at or before an initial hearing before an administrative law judge.

"When applying for disability benefits, it means you are suffering from an impairment in your ability to function," attorney Pierre Pierre said. "Don't try to do it alone. Hire an experienced attorney early in the process and don't give up. Make sure you appeal each time you are denied until you have exhausted all appeal rights. Call us for a free consultation and to learn how we can help."

A jogger in his spare time, residents of Hillcrest and Parkview at Hillcrest may see him gliding by them, wearing his running shoes. Attorney Pierre Pierre, who also handles personal injury cases, does this to "keep sharp and clear my mind." **For information, contact American Disability Associates at (954) 884-5040.**

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



Greetings Hillcrest Residents,

Our Everglades are our most precious treasure. But recently, an attack has been made on our Everglades that puts this invaluable resource at risk. State courts have granted a permit to Kanter Family to build an exploratory oil well in the Everglades – just a couple of miles west of Pembroke Pines. This is a very disappointing decision, especially when you consider the context.

The Florida Department of Environmental Protection denied the permit. Broward County residents continually have expressed their will against fracking and drilling. And state voters overwhelmingly voted to ban offshore oil drilling this November. This is against the will of our state – and a threat to our environment and economy. But we are not giving up the fight. We have joined FDEP to file an appeal that will allow us to continue the process of combatting this permit and keeping oil drilling out of our Everglades.

Make no mistake – this oil well would be bad news for residents of Hillcrest and all of Broward County. Kanter claims that this oil well would have no impact on the environment, no harm to our water, and no effect on our economy. But the evidence is to the contrary. The area where this oil rig would be has been called one of the most well conserved areas of the Everglades, and it is home to dozens of

native species and ecosystems. The area where this is located is also critical to our water supply, and despite claims to the contrary from Kanter, all evidence suggests even a tiny leak would have severe damage on the quality of water we drink and use. The oil rig would also put out high levels of methane emissions, which are the most dangerous contributor to climate change and rising temperatures of any greenhouse gas. Finally, despite Kanter’s arguments that this would be a positive for our economy, the opposite is true. Tourism is our biggest industry, contributing \$112 billion to our state and thousands of jobs. If a spill were to occur, it could cost our state up to \$20 billion in eco-tourism dollars, putting our jobs at risk.

Because of these impacts, this fight is far from over. Dozens of activists joined me and other elected officials, as well as the Sierra Club and Democratic Environmental Caucus, at a large rally at Everglades Holiday Park. Those residents then stepped up and called Governor DeSantis and FDEP to let them know that they wanted to appeal the decision. We will continue to go through the legal proceedings, while also looking at our own County zoning and land use laws if the permit is allowed. More updates on the court case should be coming soon, but we must remain vigilant in the meantime, so stay tuned for updates. We will continue to join together and make sure that our treasured Everglades are protected from harm.



Dear Hillcrest Friends,

As you know fractures in persons over 65 can be devastating. I would like to reach out to each of you today and empower you to have a full assessment with your provider to prevent a potential fracture. Proper screening and treatment of high-risk individuals can greatly reduce the chance of having a fracture.

When Mrs. M fell on her replaced hip, she figured she had a bruise. However, when the pain was still present 10 days later, she decided to come visit our office. I examined her closely and noticed upper hip pain on palpation and lower back pain. She had previously declined any additional care after her initial hip fracture. I sent her for x-ray of hip and spine and diagnosed her with collapse of two lumbar vertebrae in her spine. These are the lower bones in the spine. She fractured them by just a simple slip and fall. Now she is left with chronic pain and back deformity. So unfortunate!!

The story could have ended differently. Every annual exam should address bone health. A simple bone density can determine if an older adult is at risk for fracture. Patients with osteopenia or osteoporosis are at higher risk and medical therapy should be offered. Having family members with hip fractures, low body weight, short stature, smoking history, drinking history, and steroid or prednisone use are all risk factors for a fracture with minimal or no trauma.

Men are also at risk and if they possess any of the above risks they should be screened. A bone density is a very simple diagnostic test, similar to an ultrasound that is used for screening. It will provide your clinician with a T -score your score compared to young adult. The more negative the score the higher the chance of fracture. If Mrs. M accepted the appropriate medical treatment, she would have had a lower chance of fracturing her spine.

It pains me to see patients suffer from preventable illnesses. I have made it my mission to help others and often spend the majority of patient visits counselling them about various treatment plans and need to start or change our path. Did you know that the death rate of seniors after hip fracture is 50% in the first year due to complications?

This is alarming and should motivate all of you to have a bone density and have a full fracture assessment with your provider. I am always available to discuss your bone health and all other age appropriate treatments.

Let’s prevent fractures together! Come be part of our preventative approach!

Sincerely,
Rotem Amir, MD
Healthy Partners
 3700 Washington St. Suite 500B
 Hollywood, FL 33021
954-967-6110

Hillcrest Oversight Committee Meeting, with Dick Blattner, Feb. 23, 2019

The Hollywood City Commission met on Wednesday, February 27, to hear bids from three developers who want to build on 30-acres of city-owned land adjacent to Hillcrest. Prior to that meeting, City Commissioner Dick Blattner met with the Hillcrest Oversight Committee the Saturday before to discuss the final bids that would be offered at the meeting. The following are the notes from this meeting:

We learned that most of the land under discussion is currently unused, but the city runs a fueling station in a Public Works area off of Park Road. A \$300,000 city-financed environmental study determined the land is contaminated with heavy metal and ash, Blattner said. In response to a committee question, he said the developer will have to pay to bury or burn the contaminated soil, as well as spend millions for other remediation efforts.

According to Blattner, if a large warehouse -- akin to an Amazon facility -- gets built, the developer will be required to scrape up six feet of ground and pave over the land. He said some land needs more remediation than other parts of the sprawling property, which is just to the south and east of Hillcrest. For example, pilings may be needed to build over the more polluted part of the area.

The city received four bids, two for residential, mixed-use; and two for large warehouses. Blattner said one of the warehouse developers dropped out recently. He said he hopes the city accepts one of the residential, mixed use proposals, although he plans to ask his fellow commissioners to disqualify one of those bids. One mixed-use bidder is connected to the Parkview at Hillcrest development; the other is headquartered in Aventura.

The development and construction process will take years as it goes through city and county reviews, and traffic studies, among others, Blattner said. Firm decisions on traffic, pollution and drainage issues won't be made until after construction begins. He said construction permits probably won't be issued until three years from now. Blattner expects the city and the developer to sign a contract in April, with a Technical Advisory Committee forming about a year later to review the project. According to Blattner, a development review will probably begin about six months after the Technical Advisory Committee starts its work.

He added, the city requires the selected developer to meet with city residents impacted by the construction. So, Blattner said, Hillcrest leaders can introduce themselves to developer representatives after the Wednesday meeting to discuss their concerns.

The major concerns raised at the meeting were: Where will an entrance to the new development be built? Will the environmental cleanup be thorough enough to protect nearby Hillcrest and Parkview at Hillcrest residents from air and soil pollution? Will the mixed-use residential or large warehouse proposals provide for enough drainage to absorb rain water?

Committee members said they opposed an entrance that would take vehicles through Hillcrest Drive to get to the neighboring property. An entrance on Park Road or Pembroke Road makes more sense, they said.

The ongoing construction of Parkview at Hillcrest is already adding traffic to an already burdened Hillcrest Drive, members said. The increase in traffic is a safety threat and also adds to air pollution, a committee member said.

Adding context, Blattner said a residential, mixed-use development would add 800 to 1000 housing units. Whatever proposal gains acceptance Wednesday, he said Hillcrest residents could expect to see between 1500 to 2000 people living, working or shopping at any of the new developments.

To offset traffic congestion in Hollywood, Blattner pointed to a city-county partnership based on a one cent sales tax increase that generates money for transportation. He said the city expects to get between \$50 million and \$100 million over the next 30 years from the tax hike. Some of that money will be used to create a Hollywood bus shuttle that can take people to busy parts of the city on 441, down Pembroke Road, and onto Hollywood Boulevard and the City Hall area, among other destinations.

The situation that applies to a traffic entrance for the construction project also applies to a detailed analysis of how the developer will deal with the polluted ground and a drainage system for rain water, Blattner said. Pressed by Oversight Committee members, he again encouraged them to approach the selected developer on Wednesday. "You can say, 'Now you have to deal with us. We're here. When can we have our first meeting?'"

Besides city and county reviews along the way, government agencies also will hold public hearings, Blattner said. These meetings will give affected parties another chance to speak up for their interests. The long-time city commissioner also put the proposed construction project in a broader context. In about seven years, he said, the area from Pembroke Road to Hollywood Boulevard, running through Park Road, may look much different than it does now.

Blattner said he'd like to see the city create an "iconic" entranceway to Hollywood from Pembroke Road and Park Road, which sits at the southernmost part of the city. To the north, on one side of Hollywood Boulevard, the old Police Headquarters will be torn down, to be replaced by new construction that will generate revenue for the city. The city plans to build a new Police Headquarters nearby.

On the north side of Hollywood Boulevard, Blattner speculated some of the old commercial buildings may come down and be replaced by attractive new structures. Blattner also fielded questions on issues connected with the three proposed General Obligation Bonds that Hollywood voters will approve or reject at a Special Election on March 12.

A major part of this discussion revolved around the proposal to float bonds -- borrow money -- to renovate two city-owned golf courses. One committee member said a potential developer for the improved golf courses has a bad track record on work it already did at a city-owned course.

Blattner said he did not know about this and would look into it. He added, some golf courses raise the ground for their courses. This allows the area to absorb more rain water. If done at the two Hollywood golf courses, Blattner said the city could save between \$500,000 to \$1 million a year on water bills to care for the grass.

The following Hillcrest Community Oversight Committee members attended the meeting: **Steven Hurtig (25)**, **Sandy Goldstein (19)**, **George Jacobson (Parkview)**, **Brian Gaiefsky (27)**, **Alex Gustafson (21)** and **Ron Cleary (22)**. **Dan Riehle (23)** was unable to attend. Cindy Abraham, the founder of the Hillcrest Leadership Council, also attended, as did Steve Schneider, a reporter for Inside Hillcrest.

CITY COMMISION MEETING - By Steve Schneider

The city of Hollywood will start negotiating with Park Road Development, LLC, which wants to buy about 30 acres of city-owned land off of Park Road and Pembroke Road. The company got the nod at a Special City Commission meeting on Feb. 27. Park Road Development wants to build 315 residential units, create 71,000 square feet of retail space and allow the city Public Works facility to remain on the site of the former city dump.

At the meeting, the preliminary site plan showed two entrances on Hillcrest Drive. One entrance would be for residents and a second entrance for retail which may include a grocery store. Members of the Hillcrest and Parkview at Hillcrest communities have expressed concern about these possible entrances, saying the roadway is getting more congested with the continued development of Parkview. Both communities are adjacent to the possible new development.

Dr. George Jacobson, a member of the Hillcrest Community Oversight Committee, reminded the commission that the construction of Parkview at Hillcrest could bring an additional 1,300 cars to Hillcrest Drive.

Hillcrest appeared to get some support at the meeting when District 6 Commissioner Linda Sherwood said, "I want to protect Hillcrest" when she addressed the developers and others attending the City Hall meeting.

Vice Mayor Traci Callari also said she wants to hear from people affected by the potential sale and development of the land.

If Park Road development fails to reach an agreement with the city, Bridge Development Partners, LLC, which the city ranked second at the meeting, may begin negotiating with city staff. Bridge Development wants to buy the land and build warehouses on the property, which is near an entrance and exit to I-95. Other warehouses dot the landscape on Pembroke Road.

District 2 Commissioner Peter Hernandez supports the warehouse proposal, saying it will generate more revenue for the city and require less city services than a residential and retail property. Commissioner Hernandez also got Bridge Development's representative to agree to remove the Hillcrest Drive entrance and exit.

If the two top-ranked companies do not sign a deal with the city, ImmoCorp, ranked third, will enter the negotiation process. A representative for ImmoCorp told commissioners the company wants to build 600 residential units. This offer was cut in half from an initial proposal the company made for building 1,200 units. The spokesman also said ImmoCorp would use about half of the 30 acres for a public park, walkways and greenways.

All projects will allow for the continued operation of the city Public Works facility on the property.

Prologis rounded out the bidders. The company made an initial offer to construct warehouses on the property. However,

representatives for Prologis did not make a best and final offer, which was due days before the Feb. 27 commission meeting.

Whoever ultimately purchases the property may have to spend up to \$10 million to deal with pollution buried underground and geological needs required to build on the property, according to a public document and statements made at the meeting. However, the proposed warehouses may require less cleanup because the developer would be required to dig up six feet of contaminated soil, and pave over it. The polluted ground would then be buried elsewhere or burned.

The meeting and the start of negotiations are part of a long process that could take at least a few years before officials, developers and city residents have a better idea about what may happen to the site. If an agreement is reached, signed and approved, the city and county will review the proposal and hold public hearings. The state may also have a say in the proposed pollution remediation plan.

For more information about the proposals the developers submitted, readers can go to <http://www.hollywoodfl.org/>.

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EARN EXTRA \$\$\$, BECOME A REPRESENTATIVE

March Kitchen Korner - by Cindy Abraham



THREE CHEESE ARTICHOKE DIP

Many thanks to Karen Renzaglia who brought this dip to a dinner party recently. It was so good, I grabbed all the leftovers and of course any type of dip tastes better the next day! She graciously gave me the recipe and believe me, it is super easy to make. Serve with chips, crackers, veggies or crusty bread. (Optional: add 1/2 cup chopped wilted spinach (4 oz. fresh spinach wilted in a little oil and chopped, makes 1/2 cup)

- 1 8-oz. block of softened cream cheese
- 1/2 cup mayonnaise
- 1 14 oz. can of artichoke hearts drained and coarsely chopped
- 2 green onions sliced thin (white and green parts)
- 1/2 cup grated Parmesan
- 1 cup shredded mozzarella (or shredded Italian blend)
- 1/4 tsp. hot sauce
- 1/2 tsp. Worcestershire
- Salt and pepper to taste



Preheat oven to 350. In a large mixing bowl, beat the softened cream cheese with the mayonnaise until smooth. Add remaining ingredients and stir together until combined. Pour into pie plate or baking dish and bake for 30-40 minutes until top is golden brown. You can switch to broil for a browner crust if you like.

My neighbor down the hall, who I could always count on to love leftovers, announced that he is now Vegan. Except for side dishes, I rarely make anything that doesn't have some kind of meat or cheese, so this was a toughie. But here are a couple of recipes that worked for him.

BLACKENED CARROTS

- 1 tsp. paprika
- 1 tsp. dried oregano
- 1/2 tsp. cayenne
- 1 tsp. garlic powder
- 2 TBS melted butter
- 3/4 lb. medium carrots halved lengthwise
- 2 TBS canola oil
- Salt and pepper
- 2 TBS red wine vinegar
- 1TBS honey
- 1/4 cup extra-virgin olive oil



1. Preheat oven to 375. In a small bowl, whisk the paprika, oregano, cayenne and garlic powder. Toast in a small saucepan on medium heat for about 2 minutes.
2. Put melted butter in a shallow dish. Dip the cut side of each carrot in the butter and then coat the cut side of the carrots by pressing down so the spices stick. Transfer to a plate.
3. In a large skillet heat the canola oil until shimmering. Add the carrots cut side down in a single layer and season with salt and pepper. Cook over high heat until blackened on the bottom, about 2 minutes. Transfer the skillet to the oven and roast for 12-15 minutes until carrots are just tender.
4. While carrots are roasting, whisk the vinegar and honey together and whisk in the olive oil. Season with salt and pepper. Transfer carrots to a panner and drizzle with the vinaigrette.

FUSILLI WITH BROCCOLI AND CHICKEN (leave out the chicken, butter and cheese to keep it vegan). Most dishes I make are for 2 people so feel free to double or triple recipe.

- 4 oz. fusilli pasta
- 8 oz. broccoli florets
- 8 oz. cooked chicken chunks or shreds
- 1/3 cup extra-virgin olive oil
- 5 cloves minced garlic
- 1/4 tsp paprika
- 2 TBS butter



1. Bring a large pot of water to a boil and add the pasta. After 6 minutes, add the broccoli. When the pasta is al dente, scoop out 1 cup of pasta water and drain the rest in a colander.
2. Heat the oil in a large skillet over low heat. Add the garlic and sauté until it starts to sizzle but not brown. Stir for about 2 minutes and then add the paprika and salt/pepper. Keep stirring until garlic is golden but not brown.
3. Add the pasta and broccoli to the garlic oil. Toss until combined. Add the butter (or more oil if vegan) and stir. Add cheese and stir again. Use pasta water to keep moist. Serve immediately topped with more cheese if desired. And remember pasta dishes are always better the next day!

CHILDREN

Having raised two children and being involved in my granddaughter's life, I am always interested when I hear novel ideas for interacting with children. Of course, many times I think "I wish I had known then..." but grandkids can be second chances.

I read this in AARP magazine about Amazon founder Jeff Bezos' parents and some of their ideas on grandparenting adapted from Vroom tips. These ideas are great for grandparents of course, but moms and dads can use them too.

As a proponent of educational toys and games, I liked these "Games to Get a Grandchild (or Child) Thinking; especially since they are customized for newborns to kindergartners.

1. CHANGING CHAT (Age 1 month to 1 year) – When you are changing diapers, make funny noise to get him/her to giggle or coo. Then giggle and coo back. Try to keep going back and forth. **The Science:** You are building the connections your child's brain will need later on for conversation and language.

2. WORDS ALL AROUND YOU (Ages 1-2) – Read all you can out loud – signs, recipes or ads in a magazine. Point at words and talk about what they mean. **The Science:** You are helping your child make the connection between written words and what they stand for.

3. CLOTHES CONFUSION (Ages 2-3) – As you fold the laundry, start calling the objects the wrong name or color. Call a pair of pants a "dress" or a red shirt "purple". See if your child can catch your mistakes. **The Science:** You are helping your child learn to pay attention, recall what he/she knows and use self-control to stop copying you and say the right word.

4. STATUES (Ages 3-4) – Have your grandchild pretend to be a statue while you try to make her/him laugh and move. Take turns being the statue. **The Science:** Helps the child learn to tune out distractions to achieve a goal.

HILLCREST'S OWN: KELLER WILLIAMS A TEAM FLORIDA

Our goal is to help YOU get top dollar for your home or condo. The better it looks and the better shape it is in, the more money you will get when you sell. We are the Hollywood experts and we can help. As licensed realtors we do what nobody else in the business does; we invest our own time and money to help you prepare your property for sale. We will advise you on what is necessary (and unnecessary) to maximize your profits! If need be, we advance our sellers the funds to do it right; from repairs to staging, showing and marketing, we do what it takes to get top dollar.

Right now, are still in somewhat of a Seller's Market; for homes as well as condos. When our sellers heed our advice, homes sell within 32 days and our condos in less than 47 days. Yes, the market can shift at any time due to economic changes; but when you hire the A Team, you are hiring strategists, not sale people. We are successful because we stay AHEAD of the market fluctuations, we don't chase them.

Today's buyers have very different challenges, so our sales strategies have changed dramatically. Our goal is always to top the last highest comparable sale, and our sellers who listen and take our advice will tell you that we hit our goal every time!



Brian Gaiefsky & Cindy Abraham



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MARCH 2019 STATE OF THE MARKET

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

It still amazes me to see some of the terrible looking listings for Hillcrest condos. Our sellers are quick to tell us if they want a picture changed out or for us to add something to a description, so I am baffled at the number of listings that are so poorly presented. Text with poor spelling and grammar are a big pet peeve for me. One listing claimed that the unit was "clean as a wistel". I guess someone said something so the agent used spellcheck. Now the listing reads "clean as a weasel". I swear I am not making this up as Dave Barry always says.

Pictures are so important these days and need to ACCURATELY represent the features of the unit. Making it look too good is just as bad as making it look too bad. Pictures with the toilet lid open are the first sign of an agent without the first clue of presenting a property in its best light. I have so much more to say about that one, but I won't...

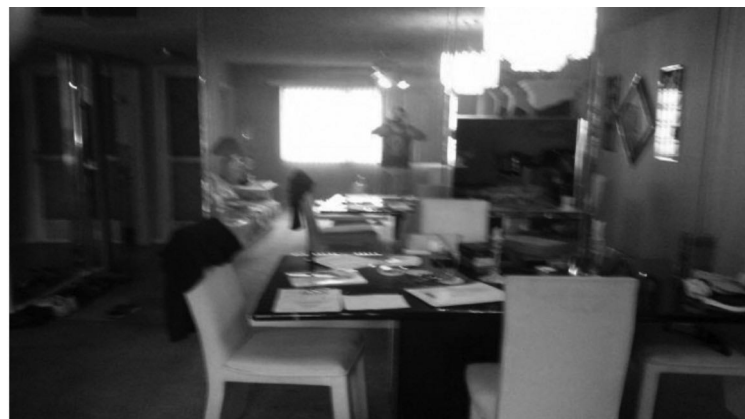
And what's with the fish-eye lens pictures?! Yeah, that'll fool 'em into thinking your living room is the size of a football field. Pictures that do not fill the frame or are out of focus are all too common - are flip phones still out there?

It has gotten so bad, that when I saw a small 1/1 listed here in Hillcrest with fabulous pictures and intelligent text, I should have known who it was. He is one of our greatest rivals for Hollywood home listings; and he isn't even a Keller Williams agent. This was his first Hillcrest listing. I had to call him and tell him - he is a rock star! He, like us, gives ALL of his listings the same care and

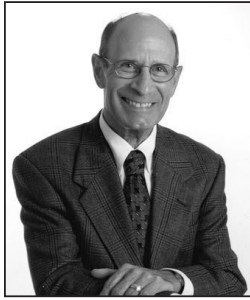
attention to detail. No, I am not going to tell you his name. You need to be hiring the A Team for Hillcrest listings.

So, you found an agent who will discount their commission? Good for you; in this "you get what you pay for" world, you just hired an agent who has not only just shown you what their services are worth, they have also announced that they won't even fight for their own money, so why do you think they are going to fight for yours?

This is my all-time favorite picture; it is a guy in his tighty-whities underwear in the mirror taking the pix. I can only hope it is the seller and not the agent...



Special Report: IT'S NOT THAT SIMPLE



Development is not simple but bear with me while I try to make it easier for all of us to understand.

There are two kinds of development: Intentional and Organic.

Intentional is when something happens because we—as the City Commission and as a Community, we want it to. For example, we seek those who might be interested in

investing in the city.

My interest is in Organic change. At street level, organic development is when I paint my house and improve my landscaping – and then my neighbors do the same. Suddenly a neighborhood becomes “hot.” Real estate and housing prices go up, without the need for governmental influence.

But what goes up can also go down, and that leads to organic decay or deterioration. If I don't cut my grass, or my roof is really dirty, or cars are parking all over my front yard, this type of neglect spreads faster than the increase of organic development.

What can a city do? Does it have a role in stimulating Organic development? Can government stop decay faster than it can support growth?

You can drive through lovely neighborhoods and see places where you would consider living or encouraging others to move there. But make a right turn and signs of blight are apparent. What is a city to do?

More on this subject next week in the March Commissioner's report and my mid-month commentary. In the meantime, I'd love to hear your suggestions, comments and ideas. You can send them to dick@dickblattner.com or post them on my Commissioner Dick Blattner Facebook page. And, as always, feel free to call me direct. I take good notes.

March 2019 IT Security Tips

You Should “Lie” When You’re Coming up with Your Password Security Questions

How often do you find yourself being told to LIE about something and it actually be for a good reason? Below are the types of security questions you are asked for password recoveries. If you think about it, they aren't the smartest nor the safest questions. Anyone trying to hack one of your accounts is probably willing to go searching for answers to these types of questions.

- What is your mother's maiden name?
- In what city were you born?
- What is your dog's name?
- How many siblings do you have?
- Where did you go to High School?

These are just common “Password Retrieval” questions in which websites will ask you to answer in order to keep hackers and intruders out of your accounts. And this is where the good “LIES” come into play.

Hackers aren't good at what they do, they're great at what they do.



If a hacker is trying to gain access to your account, all he or she really needs to do is to follow the breadcrumbs that you've most likely unknowingly left behind for them. Chances are, you've probably made it super easy for them. This is why we suggest you do some lying.

No one is going to guess your maiden name correctly if you make it up!

Bottom line, your best bet is to make up lies to any and all the questions you're asked for your password recovery, just don't forget the answers to your lies! You've got my permission to lie and also to take my advice. Don't forget to keep track of your lies. That's the only problem with lies, they're hard to remember.

Why You Should Switch Search Engines!

This probably won't come as a shock to you, but most search engines keep tabs on what you're doing, reading, buying, looking at, so that they can target ads to your taste and liking. Most of the time this is annoying.

If you don't like the idea of your search history being used to sell you things, then the following search engine just might be the engine for you! Check out DuckDuckGo, “the search engine doesn't track you” or any of your personal data, so you can search without anyone watching over your shoulder.

Sincerely,

Eric Chafin
 Business Development Manager
 954-624-9518
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Erik Chafin
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Women's History Month Recognizes The Many Historic Advances Females Have Contributed Across All Fields In Our Society.

As we take time to reflect on these important accomplishments, it's also an ideal time to address female financial inequality and advocate for women's efforts to be rewarded as well as their male counterparts.

While women have been—and continue to be—fearless leaders and innovators, they've historically earned less and have less retirement savings than men.

- *Women ages 45 to 64 are typically paid only 72 cents for every dollar paid to a man; younger women make less too – 91 cents on the dollar.*
- *The average American woman must save \$1.25 for every \$1 a man invests in retirement savings to build an equivalent nest egg.*
- *Women, on average, earn 76% of what men earn, resulting in an average lifetime earnings differential of \$250,000.3*

Women face unique challenges, including:

- *Many women in the "sandwich generation" are caught in the middle caring for aging parents, children and other family members.*
- *When it comes to saving for health-care costs in retirement, women need to set aside more—almost 20% more, on average—to cover their medical bills in the final years of their lives.*
- *Women generally have a longer life expectancy and outlive men by an average of 5 years, so Social Security and pensions may not provide enough to last throughout a woman's final years*
- *Life events such as divorce and widowhood have a more pronounced impact on women than men.*


Women make up nearly half of the total U.S. workforce and 44% of

women are the primary breadwinners in their households, so the trend is looking brighter for the rising financial power of women.

As political and societal shifts continue to work toward women's financial equality, it's crucial for women — and the men that have mothers, wives, daughters, girlfriends, aunts, friends, and other females in their lives that deserve their support — to take control of their own financial future.

David Treece and Treece Financial Group are here to help you and your loved ones develop strategies for retirement, investing, and creating a safety net for wherever life takes you.

Give us a call today at 305-751-8855 for advice so you can dream big and live fearlessly as you continue to make her-story. For more information, visit treecefinancial.com



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* * * **SCAMMERS** * * *

The new email scam to watch out for is an email claiming they received your order and you just need to review. For some reason there are always misspellings or grammatical errors. This is one of the emails I recently received:

Dear Customer,

We're received your purchase for "THE Division 2 : Hunting Game" on (Friday, February 14, 2019). Accepted.

Please make sure there was no mistakes on your orders.

To view, or manage, please find, attached on this email.

ThankYou for always trusting us..

Team Care

Don't open ANYTHING unless you know exactly who it is from. Again, the scammers know a lot about you and will send you emails from addresses that look familiar or about your specific job or interests. As a Realtor, I routinely get "Closing Statements" to review but I always know the name of the Title Company that I am dealing with on each transaction and if there is no recognizable address in the subject line of one of our properties, I just block them.

Same with phone calls, although I have to be careful because a new number could be a potential client so when I answer I number I don't recognize, I don't say anything. The natural human reaction for a real person is to say "hello?" after a while. If no one talks for 3 seconds, I know it is a computer or scammer and I hang up.

If you don't have to worry about losing business when you don't answer a call, don't EVER answer a strange number. Real people leave messages.

Continued from Pg. 10

5. FACE-OFF (Ages 4-5) Make a face that expresses a feeling – say, a happy face – and ask your grandchild to make a face that shows the opposite feeling. **The Science:** This exercise helps your child learn empathy by trying to understand your emotion and to express his own feelings.

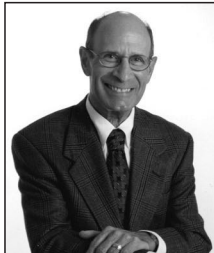
One more game that I used – and still use – when interacting with children over 5 is a word game I call OPPOSITES. I say a word and the child says the opposite word. Choose words based on the child's level. For example, I may use words like "up", "happy" or "big" with a younger child and then progress to "ceiling" or "ocean" with an older child. But there are no mistakes – if you use a word that is more difficult and the child doesn't know the answer, it is a learning experience. Just be careful not to choose too many difficult words or the child will become discouraged. The fun part is to celebrate them when they get it right. I used to steer clear of words like "stupid", "ugly" or "fat" until I realized that those words are a good way to talk about being kind.

When using words that have a negative opposite, I say the negative word with a corresponding look on my face and have the child say the opposite word also using body language to reinforce the positive.

Here is a list of words to get you started: down, big, low, sad, mean, cat, sweet, hot, night, wet, open, cry, noisy, and old.

MARCH 2019 COMMISSIONER'S REPORT

by Commissioner Dick Blattner



New Development on the way

On the 27th we voted to recommend a mixed-use development on the South Park Road site, from Washington to Pembroke Road. 315 residential units and some commercial development. Maybe a supermarket. Developer is responsible for environmental remediation. Five-years to completion.

Affordable housing

Based on the Interlocal Agreement (ILA) with the county, in exchange for a significant infusion of money over 30-years, we must implement a plan; which we did. But there is a lot more to talk about. There will be a workshop on March 20 at 9:00 a.m. There are now three housing projects along south Federal Highway which begin to address this need.

On Thursday ground was broken for Pinnacle at Peacefield, a senior housing development at 22nd and Adams. This took years to consummate but it is a significant project we are thrilled to have.

A Beneficial Outcome

Commission approved an agreement with HPD to complete the restoration of benefits lost during financial urgency. The department was very creative and cooperative in these negotiations, reducing our pension obligations while still providing competitive, meaningful benefits to personnel. Fire Department negotiations come up this week with a similar agreement. The leadership of both police and fire must be complemented for their efforts to help the city maintain its financial health and still create a positive work environment.

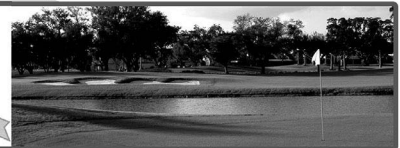
Upcoming events for remainder of March
March 20th, 9:00 a.m. - Affordable housing workshop and at 1:00 p.m. **Commission meeting and citizen comments.**

Finally - Baseball starts. Can football be far behind?

Best to all!



15th Annual
Golf Classic



Friday, April 26, 2019

12 Noon Registration

1:00 pm Shot-Gun Start

5:30pm Buffet Dinner & Award Presentation

Silent Auction & Raffle



*Golf at Pembroke Lakes Golf & CC
on Friday afternoon
Benefiting the Poor &
Homeless of South Broward*



Sponsorship Opportunities available at all levels

Last Year's Participating Sponsors



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For questions or phone registration/sponsorships:
please call 954-920-0106
or e-mail lvasquez@thejubileecenter.org

Mail completed form and payment to:
Jubilee Center
2020 Scott St., Hollywood, FL 33020

For Credit Card or PayPal go to <http://www.jubileecenterbroward.org/giving.html>

Our Mission: To provide emergency resources and relief from hunger and despair

★★★ CALLING ALL GOLFERS! ★★★

Jubilee Center offers services to homeless and needy in OUR community. Inside Hillcrest and Hillcrest 22 have long been supporters. The Annual Golf Tournament is a great way to show YOUR support and enjoy a great day of golf at the beautiful Pembroke Lakes Golf and Country Club. Your fee is your donation. Even if you don't play golf, sign up for the dinner (\$45.00). The awards ceremony, silent auction and raffle are lots of fun! See the next page for details on how to sign up.



ATTITUDE - Brahma Kumaris Sustenance

– Submitted by Etta Stevens

A beautiful aspect of our lives which we sometimes do not give adequate importance to is the need for taking care of our attitude towards everyone and how we look at each one. There was once a businessman who became known as the most successful person in his field because of his hard work and dedication. Thousands of people admired and respected him. Everyone's attitude was extremely nice and positive towards him. Sometime in the middle of his career, he started doing badly and suddenly people began to move away from him. The attitude of many people towards him started becoming negative and the same people who were happy with him, in his success, no longer were there for him, in his failure. The world had turned its back to him. Why did he face such a response from the people around him? Was something lacking in him? Did he commit some mistake? Not at all. But the world was like that for him. Bad. They say your attitude for someone should not only be positive but ever-positive i.e. continuously positive.

Our attitude towards a person is commonly based a lot on what we listen from others about him or her, as we discussed. On the other hand, a person who is determined to have a positive attitude will not let all that he hears, affect him. He will maintain a balance by knowing everything about a person or what others are saying about the other person is required and yet remaining the same. This is because sometimes in a particular role, in any sphere of life, it may be important to know everything about a person from others also. That does not mean that we should gossip about the other person and indulge in discussions about him or her. This may be unnecessary at times because sometimes people give incorrect feedback also. But that's not true every time. Sometimes the feedback may be correct and not so nice. Also, it may be important to know that piece of information about a particular person, which you are receiving.

At that time, use your power of discrimination and judgment to know whether what you are hearing is true or not because the other person may be incorrect or may purposely be lying or lying because of his or her own lack of discrimination and judgmental power. Also, at times, it may be good to refuse the other person's piece of information or if that's not possible, hear it, but not let it affect you negatively. In other words, neither should you be disturbed by that piece of information and neither should you share that piece of information with others. Lastly and very importantly your attitude towards that person whose information was shared with you should remain the same. Otherwise following your attitude change, your behavior towards that person changes and as a result, the relationship with that person gets spoilt. How to keep a positive attitude for a person about whom we hear negative information?

What that means do the right thing at the right time – resolve the problem-filled situation without harming anyone's interests on a physical or subtle level of mental energies. Also, keep good wishes for everyone involved, keep yourself free from waste and negative thoughts and maintain the positive environment of the workplace or home. Also, spread good information about everyone including the person who may have committed a mistake or the person who has given you the wrong information about that person. Lastly, remember everyone's original qualities are peace,

joy, love, bliss, purity, power and truth. Look at everyone with these spectacles of their original qualities and don't look with the filters of negativity and weaknesses of different colors. Then everyone will look beautiful. Attitude matters and it is the key to success. So always keep it nice, pure and positive.

Application: When someone criticizes you, remind yourself that you have something to learn from it. Ask yourself if there is at least a small aspect that you could incorporate in your life. Take this aspect and leave the rest.

FREE LOCAL SESSIONS:

***Hollywood Library**—Tuesdays 10:15am-11:30 am 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, this month, March 17,
2019, 6pm-7:30 pm, bring a chair or blanket. If you would like, bring a
flashlight also.

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

Brahma Kumaris Hollywood Meditation Group on Facebook

Meetup.com/Hollywood-meditation-group
www.brahmakumaris.org

Free Apps:

Bee Zone-- spin the wheel of "Virtuescope," mind gym's breathing
ball of relaxation, traffic control hourly reminder

Insight Timer—the largest collection of meditations from around the
world, can select by the time you have to meditate.

YouTube 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

*YouTube SONGS & MUSIC:

***Bliss, Lucinda Drayton 11, Voice of an Angel**

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

***Join us at ArtsPark the 3rd Sunday of every month at 6pm for WORLD PEACE
Sunday, March 17, 2019 • 6-7:30 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/mailing_list



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AN IMPORTANT REMINDER AND THINGS TO DO TODAY

The reminder: Our advertisers support Inside Hillcrest and make it possible to publish each month. The profits go back to our Hillcrest community in the form of supporting the care of our residents in need. Please take special note of our advertiser names and business so you can make an effort to use their services. They have proven to us they take good care of our residents and they deserve our loyalty.

Things to do today: The good people among us need to make a special effort to keep our universe in balance and to keep our sanity. Today, each of us is going to go one entire day without saying anything negative to – or about – anybody. Today we will say something pleasant to everyone we meet.



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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.


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