

Inside Hillcrest

– Connecting Neighbors to Neighbors –



MAY 2019

HOLLYWOOD, FLORIDA

VOLUME 13 • ISSUE 5

MAY INSIDE HILLCREST

SAVE THE DATE

The big news coming up is on page 5. The responses to the article on Slips and Falls by Dr. Amir have not waned. We are still getting calls from Hillcresters who have suffered injuries from slip and fall accidents. On **Wednesday, June 5th at 2PM at the Clubhouse 4500 Hillcrest Drive. Improve Your Balance to Prevent Falls, Balance Building Workshop by Silver Sneakers.** There is a number to call to RSVP and if you are receiving this issue of Inside Hillcrest, you will receive an email that you can just click on and reserve a space.

TO YOUR HEALTH

Last month I had my own follow-up visit to Dr. Amir (page 3). While sitting in the examining room, I started watching the monitor that described different conditions and treatments. I should have known better. When I was a teen, I worked at Osteopathic General Hospital and baby-sat for many of the doctor's kids. They had all kinds of medical journals that I would read, and wouldn't you know it – I had most of the symptoms! Turns out I didn't but it sure seemed like it until I started thinking I had prostate problems. Ah, impressionable youth.

This time I didn't start identifying with various medical issues, but I thought a friend of mine had mentioned he had cholesterol, so after watching some info about HDL and LDL, I did some research. The results are on page 3 and this is your educational opportunity for this month. Cholesterol should be a concern for all of us as we age so it was time well spent. There is "good" cholesterol and "bad" cholesterol and I could never remember which-was-which, until my Cousin Marty's wife Joyce told me to remember "L" is for Lousy. Good tip!

GO NATURAL

We have a new advertiser, Dr. Daniel Wasserman who is a Doctor of Oriental Medicine and works next door. He has been recommended by our neighbors. (Coincidentally, his doctor is Dr. Amir also). No matter what pain or problem you might have, I highly recommend getting in touch with Dr. Wasserman for a free consultation.

I am a big believer in trying a natural remedy first. They have been around for years for a reason. I have used acupuncture for back pain, and I am a believer.

GOOD PEOPLE DEPARTMENT

Etta and Larry Stevens have been Hillcrest residents in Building 22 since 1993 and Etta has been a long time contributor to Inside Hillcrest with her Meditation page. I still remember Larry singing and Etta entertaining at the annual winter shows we used to have at the Playdium. Inside Hillcrest did a story on their long and illustrious career on the Chicago radio scene in our February 2018 issue. Inside this issue is a wonderful article about the impact Oprah Winfrey made during their friendship.

MORE GOOD PEOPLE

A lot of our readers call Inside Hillcrest when they are looking for a local business that is honest and reliable. Ray Tepper in building 9 called me because he needed his car painted. I recommended **Garic Auto Center** which specializes in paint and body work. Ray was very pleased. I have probably referred close to 10 other folks for minor to major collision repairs and all rave about the quality of the service. For those of you who lease a car (like me), before you turn it in, let Garic repair any scratches and dents. This will save you the inflated costs that your dealer is going to charge you for "damages". I have been nailed on that technicality in the past, so I know. When you call, ask for **Ron Shapiro** and of course mention Inside Hillcrest.

For auto maintenance and mechanical issues, I am still a big **Mike's Great Bear Fan**. **Mike Pulidore**, the owner, has been a loyal advertiser for years and he is just up

the street. If you need any type of engine or mechanical problems, ask for Mike when you go. His long-time assistant, **Barbara Marvil**, (I call her Barbara Marvil-ous) is one of my all-time favorite people too! She is the one who takes your money.

BAD PEOPLE DEPARTMENT

According to AARP, older folks are more prone to forward emails with questionable "facts" than younger people. I routinely get emails– usually with a political bent – that are so over the top untrue that many times I Snopes-check it and then sent the truth back via "reply to all". That seems to get me removed from these group hate-lists.

However, we cannot get away from flesh and blood liars and tale tellers who seek to spread misinformation for no other reason but to tarnish someone's reputation. It is hard for me to understand why hateful people insist on bad-mouthing others who have done nothing to them. I have been told that jealousy is usually the motivator. Our own political arena is comprised of condo boards and we have all been lucky enough to have had former board members who served selflessly for many years, were well thought of and respected for their service. Why is it that a newcomer will come in and say/do everything he/she can to smear their reputation after they leave? Do they think that the respect that was given to someone who earned it will transfer over to them if they can damage a legacy? It doesn't work that way. Bullies may be feared but they are never respected. Malicious people – especially those in power - may get away with vindictive behavior but admiration will elude them. Bullies always seem to have a certain type of follower – usually folks with few friends outside the building - because they know how to make social misfits feel smart and relevant. One has to wonder how this new social paradigm that accepts crude and uncivil behavior has affected our microcosm we know as condo life.

SPEAKING OF PEOPLE WHO ARE FULL OF...

This month's pet **peeve** is a bit indelicate and not front page material hence the **movement** to page 7.



ABOUT EDDY PIERRE PIERRE, P.A.



Eddy Pierre Pierre is an attorney and owner of American Disability Advocates, a company dedicated exclusively to representing disabled clients on claims for Social Security Disability (SSDI) and Supplemental Security Income (SSI) benefits. He has been practicing Social Security Disability law for over twenty years and has successfully represented hundreds of clients at social security disability hearings, and in federal district court appeals throughout the country. A graduate of the Shepard Broad College of Law at Nova Southeastern University, he is an expert in the field of Social Security Disability law and well respected in the legal community.

Mr. Pierre Pierre has hosted many continuing legal education conferences, lectured and conducted workshop seminars on social security disability law and is a member of the National Organization of Social Security Claimant's Representatives, an organization dedicated to the highest quality representation and advocacy on behalf of persons seeking social security disability and SSI benefits. **For more information, visit www.AmericanDisabilityAdvocates.com or call (954) 884-5040.**

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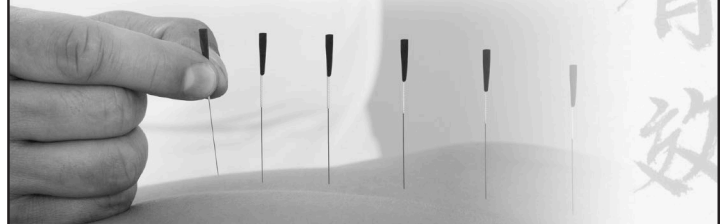
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DANIEL WASSERMAN, DOM
Doctor of Oriental Medicine
Acupuncture Physician



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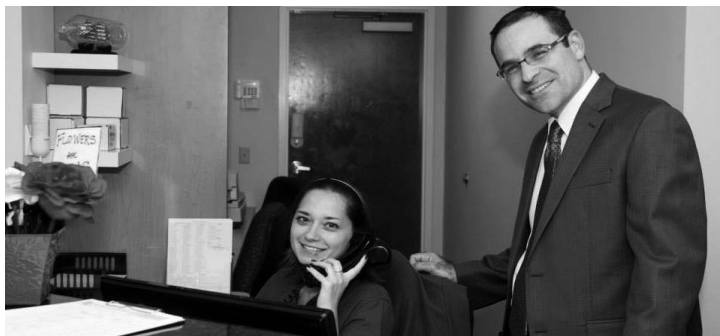
- Now accepting "Humana Gold Plus" and many insurances.
- Are you a veteran? The VA fully covers acupuncture.
- Located directly next to Hillcrest.



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Daniela Solivan in building 10 has this to say about Dr. Wasserman: "About 8 years ago, I was first introduced to acupuncture. I knew nothing about it, but wanted to give it a try, since I suffer from chronic lower back pain. Dr. Wasserman is one of the most genuine people I have ever met, always greets you with a smile and makes you feel at ease.

His knowledge and qualifications are incredible, and he helped me to find relief with various treatments. My pain level subsided, my mobility improved, and I sleep better."



UPDATE FOR BUILDINGS 21 THROUGH 25

By Steve Schneider



The State Legislature passed a bill on May 3 giving older hi-rise buildings until the end of 2023 to install an Engineered Life Safety System (ELSS). Estimates indicate associations may pay billions of dollars statewide to retrofit their buildings.

Association advocates wanted Tallahassee lawmakers to pass an opt-out provision, citing the possible cost of retrofitting buildings. But the Republican-dominated House and Senate declined to write an opt-out provision into HB7103, a bill that included many items, with the ELSS provision being added at the last minute. Lawmakers initially tried to write a stand-alone law, HB647, but failed to reconcile differences between the House and Senate bills. So it was pulled and ELSS language was added to HB7103.

This legislation was forwarded to Gov. Ron DeSantis (R), who has 15 days to sign it, veto it or do nothing, which means the bill becomes law.

The proposed law also requires data collection to go to the governor, Speaker of the House, and Senate president by Sept. 1, 2020. The information will detail the number of communities impacted by the installation of ELSS. This report could give lawmakers insight into the possible cost involved with installing ELSS statewide. The data may also give association advocates more information to push the state legislature to reconsider their request for an opt-out provision.

Lawmakers took action this year after approving a bill several years ago that required hi-rise buildings 75 feet or higher to install complete fire sprinkler systems, Florida Statute 718.112(2)(1). Under the previous legislation, hi-rise buildings had to install a complete fire sprinkler system by Dec. 31, 2019.

The law gave building leaders the chance to opt-out. But buildings opting-out were then required to install an ELSS by Dec. 31, 2019.

Installation of ELSS gives buildings “protection equal to or greater than a full fire sprinkler system,” according to Sprinklermatic Fire Protection, Inc. Their website explains ELSS works in three ways: a partial automatic fire sprinkler system in common areas; an integrated detection and alarm system; and a system to help restrict fire from spreading in the building.

Residents who want to learn more can contact their hi-rise building leaders.

IN MY OPINION

- Steven Hurtig President, Hillcrest East 25

I view the heavily lobbied Emergency Life Safety System as an attempt to hold in excess of 4700 buildings in the state of Florida hostage to an unrealistic financial burden and time deadline.

The politicians will tell you that their interests and concerns pertaining to this proposed legislation is for the safety of our Florida residents. However, we all know this is nothing more than a \$5 billion “money grab” for special interests with safety being the least of the equation.

Every building should have the right to determine its own future and evaluate the associated financial burdens and hardships placed upon its owners and residents.

Many of the buildings affected are in excess of 40 years old and are facing recertification issues that include but are not limited to, plumbing, painting, roofing, concrete restoration and electrical issues all expensive projects. Adding a state mandatory ELSS requirement will force many Senior residents on fixed incomes to sell their units due to severe financial constraints.

If the State of Florida is so concerned about our safety, the House and or the Senate should propose a line item to the next budget to subsidize a percentage of the ELSS costs. Time to put aside the sanctimonious rhetoric and put some skin in the game.



SB 1140 guarantees that your tax dollars will pay the lawyers who take you to court!

It would subject every local law—even those on the books for decades—to endless lawsuits. The trick? Would-be plaintiffs need only claim a law is superseded (or “preempted”) by state law, opening the floodgates for frivolous lawsuits. SB 1140 could become a golden goose for lawyers seeking to make a quick buck, while leaving local governments stuck in court and local taxpayers stuck with the bill.

Tell Tallahassee politicians: Don’t waste our tax dollars on frivolous lawsuits—



A VISIT WITH PETER BOBER – *By Steve Schneider*



Hollywood native, and attorney, Peter Bober, has seen what can happen when people try to resolve their legal problems without the assistance of a lawyer. Bober, who owns a local law firm with his wife, Samara, said more than 20 years of practicing law has taught him the necessity of getting sound legal advice as soon as legal trouble arises.

The former two-term Hollywood mayor said people are oftentimes reluctant to contact a lawyer to deal with a problem. "I've met many people who wait too long or don't reach out," he said during a recent phone interview from his office at 2699 Stirling Road. "Maybe they don't have faith in the legal system," Bober said. "Or, people might fear the cost." Many of the people who meet with him, he said, are seeing an attorney for the first time in their lives.

Failure to contact a lawyer or delaying that contact means people with a legitimate issue may not get compensation provided under our laws, according to Bober, who is a partner in the firm of Bober & Bober, P.A., which was founded in 2001. The family-owned firm handles both employment and personal injury cases on a contingency fee basis and only gets paid if a recovery is made.

Bober also offers consulting services to businesses that want to do business in Hollywood and need help navigating the government approval process. Bober relies on his skills of compromise and consensus-building, honed for eight years as a Hollywood commissioner and eight years as mayor, ending in 2016. He deploys these skills when private parties ask to meet with him as a mediator, in order to help them reach a settlement in a court case. Personal injury cases and auto accidents are prime examples where people can shoot themselves in the foot by not seeking the counsel of an attorney. For example, Bober said it is important for people hurt in an accident to speak with an attorney right away, even if an insurance company seems interested in settling. That's because the insurance company is looking out for its own financial interests, and not necessarily those of harmed individuals, or the people who have been paying monthly premiums.

What's more, it is important to contact a lawyer soon after the incident because the law only allows people to seek a legal remedy for a certain amount of time—the statute of limitations—after the date of the incident.

According to Bober, a lawyer can also help someone with a claim prepare the case properly. Recently, he said, a client was hurt in a serious auto accident, but didn't realize the importance of getting witnesses. "Someone approached my client at the scene of the accident," Bober said. "The witness informed my client he saw the accident actually happen, and was willing to help." But, Bober said his client didn't get the name of the witness, who then left the scene. He said, "Sometimes clients assume we can find witnesses later, but that is not always the case."

Still, skilled attorneys can make a case with indirect, circumstantial evidence. He cited employment litigation as an example. According to Bober, an employee-client of his was fired as retaliation after making a complaint against a company. The company denied the retaliation claim, but Bober said strong circumstantial evidence showed the employee was let go hours after making a complaint, which suggests the firing was connected to the complaint the former employee made.

Samara, his wife and law firm partner, also focuses on litigation matters. The firm's website said she "gained valuable experience in how judges think when she was a judicial law clerk in federal court... She also learned the tactics of defense attorneys when she was an attorney for a large Florida law firm in the employment litigation department." The Hollywood-based law firm is minutes away from where Peter Bober grew up. He settled into Hollywood a day after he was born in a Miami hospital. As a youngster, he played right field in Little League games at Rotary Park on Taft Street, where he jokingly said there is "sparse documentation of my athletic skill." This turn of phrase perhaps hints that he excelled at debate while attending Nova High School. During his teen years, Bober worked at the Tom McCann shoe store in the now-shuttered Hollywood Mall. He also worked at Waldenbooks, at the Hollywood Fashion Center, which also closed years ago.

After high school, Bober earned a political science degree at the University of Texas at Austin, where he fell in love with the vibrant music scene, which he hopes downtown Hollywood can some day emulate. Bober returned home after earning his law degree at the University of Pennsylvania. He lives in Hollywood with his wife and two teenage sons. Bober loves Hollywood, politics and working with people. Although he says he currently has no plans to run for political office again, "you never say never." Looking back at his 16 years at Hollywood City Hall -- time divided evenly between service as a commissioner and mayor -- Bober stresses the importance of compromise and consensus. He believes some politicians, at various levels of government, don't adhere to his governmental creed, which is based on the belief that everyone should have a seat at the table in trying to forge a consensus. Bober offered his thought process with respect to ongoing talks between the City and Park Road Development, LLC for the purchase of about 30 acres of city-owned land off of Pembroke Road and Park Road, adjacent to Hillcrest. The company wants to buy the land, remediate pollution at the now-closed dump site and build 315 residential units and create 71,000 square feet of retail space. A preliminary site plan shows two entrances on Hillcrest Drive, which is already handling increased traffic from recently built Parkview at Hillcrest homes.

Based on experience, Bober said it makes sense for the developer to meet with residents affected by the proposed construction to learn about their concerns. "There is always more than one way to do something," he said, and working to address resident concerns can oftentimes make a development even better. "Residents want their voices heard," Bober said. "People can live with compromise as long as they don't feel marginalized." Bober & Bober, P.A. offers completely free consultations on personal injury and employment cases, and charges no fee unless there is a recovery. You can reach Peter and Samara Bober at (954) 922-2298 or at info@boberlaw.com. To learn more about their law practice, go to www.boberlaw.com.

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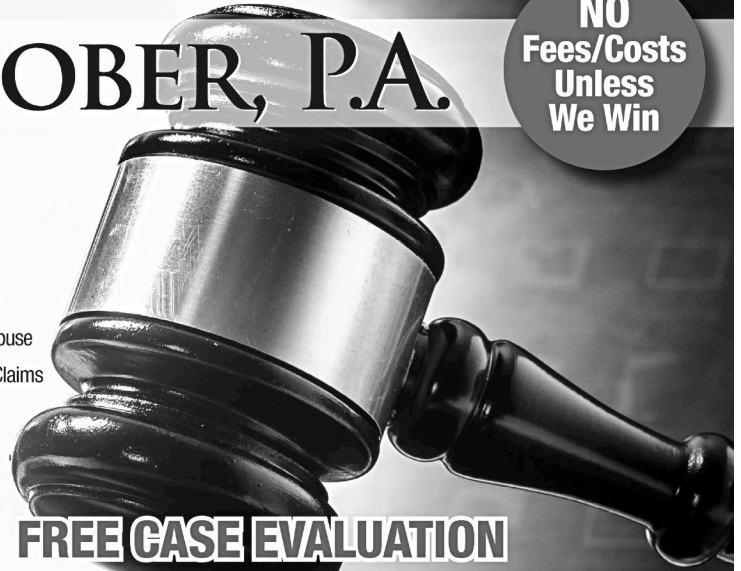
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The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

**CAUTION:
PET PEEVES
AHEAD**

OK, it is pet peeve time...again. If you have ever watched a health video showing what goes through the air when you cough or sneeze, and it grosses you out, then you need to start shutting the toilet lid when you flush.

Do you have any idea what particles fly through the air after you flush your toilet? If you keep your toothbrush in the bathroom, you are not going to like the answer.

If you are OK with that, great, but if you are in someone else's home, you need to show your hosts this courtesy. And for the love of Pete, if you have listed your property for sale, pictures of your open toilet are just nasty. Close the dang lid, people. And wash your hands.

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CHOLESTEROL - WHAT YOU SHOULD KNOW *(courtesy of WebMD.com)*

Cholesterol levels should be measured at least once every five years in everyone over age 20. The screening test that is usually performed is a blood test called a lipid profile. Experts recommend that men ages 35 and older and women ages 45 and older be more frequently screened for lipid disorders. The lipoprotein profile includes:

- **Total cholesterol**
- **LDL** (low-density lipoprotein cholesterol, also called “bad” cholesterol)
- **HDL** (high-density lipoprotein cholesterol, also called “good” cholesterol)
- **Triglycerides** (fats carried in the blood from the food we eat. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.)

Results of your blood test will come in the forms of numbers. Here is how to interpret your cholesterol numbers. The first thing you need to know is that the numbers by themselves are not enough to predict your risk of heart problems or to determine what you need to do to lower that risk. They are, instead, one part of a larger equation that includes your age, your blood pressure, your smoking status, and your use of blood pressure medicines. Your doctor will use this information to calculate your 10-year risk for serious heart problems. Then the two of you will develop a strategy for reducing that risk.

LDL Cholesterol

LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. That is why LDL cholesterol is referred to as “bad” cholesterol. The lower your LDL cholesterol number, the lower your risk.

If your LDL is 190 or more, it is considered very high. Your doctor will most likely recommend a statin in addition to making healthy lifestyle choices. Statins are medicines that can help lower cholesterol levels.

HDL Cholesterol

When it comes to HDL cholesterol -- “good” cholesterol - a higher number means lower risk. This is because HDL cholesterol

protects against heart disease by taking the “bad” cholesterol out of your blood and keeping it from building up in your arteries. A statin can slightly increase your HDL, as can exercise.

Triglycerides

Triglycerides are the form in which most fat exists in food and the body. A high triglyceride level has been linked to higher risk of coronary artery disease. Here’s the breakdown.

Triglycerides	Triglyceride Category
Less than 150	Normal
150 - 199	Mildly High
200 - 499	High
500 or higher	Very high

Total Cholesterol Level	Category
Less than 200mg/dL	Desirable
200-239 mg/dL	Borderline high
240mg/dL and above	High

LDL (Bad) Cholesterol Level	LDL Cholesterol Category
Less than 100mg/dL	Optimal
100-129mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very High

HDL (Good) Cholesterol Level	HDL Cholesterol Category
Less than 40 mg/dL	A major risk factor for heart disease
40–59 mg/dL	The higher, the better
60 mg/dL and higher	Considered protective against heart disease

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HOW TO AVOID THE MOST COMMON BUYER MISTAKES

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



It can feel like watching a car accident in slow motion: Our buyers are happily cruising along until — bam! They make an error that kills the deal. They think “well, OK, let’s find another” and then never finds the perfect place again and end up having to “settle”; never forgetting the one that got away. As agents, we see the train coming but we can’t save them from themselves. Although we do our best to set them up for success by sharing our expertise and years of experience to help them avoid these types of mistakes, there are always well meaning friends and family who lead them astray. The silver lining is that they likely won’t make the same mistake again. The downside is there are more mistakes to be made. One thing we do know, if a buyer listens and takes our advice, they are always grateful – and successful.

1. THE DEVIL IS IN THE DETAILS AND THE DEADLINES

There are THREE important people in your life when you purchase property (other than your family) – your Mortgage Broker/Lender, your Realtor and your Closing Agent. Choose wisely; follow their advice and heed their warnings. If you are not comfortable with any or all of the above – HIRE SOMEONE ELSE! If you have hired and fired more than two – it is YOU and not them. Also, when it comes time for the inspection, the appraisal and if necessary, a condo or HOA approval, you definitely need to listen to professionals. Missed deadlines and unrealistic expectations derail deals.

2. PAY ATTENTION

The nitty-gritty details of buying a home, like disclosures, inspections, and loan documents are not nearly as much fun as actually having your offer accepted. But they are ALL IMPORTANT to your pocketbook and peace of mind. Yes, we will review everything because we know what to look for, but we do not always know what is most important to you, so we need to work closely together. If you feel lost with the paperwork or a procedure, TELL us. It is our job to make sure you are knowledgeable about each step of the process so we can work together to make the right decisions. “There is no such thing as a stupid question” is never truer when you are spending thousands of dollars on a place you will be spending a good portion of your life living in.

3. ASK UP FRONT ABOUT THE MAJOR “DON'TS”

Not everyone knows NOT to buy anything major between the day you start looking and the day you close; not a car, not furniture, not a washer/

dryer. Do not do anything that necessitates a credit check. This is a red flag for lenders. Do not quit your job or change jobs, even if you will be making more money. Lenders want to see continuity in your past employment and income. Other mistakes include increasing credit card debt or paying bills late. Be prepared to prove where any cash you use for a down payment comes from. The old “safe deposit box” explanation doesn’t cut it. If a relative is helping you with the down payment, tell your lender so they can document it honestly. TALK to your lender and/or realtor about the costs associated with a purchase BEFORE you make the offer. No matter how long it takes us to find you a property, always consult with us BEFORE you make major financial or career changes.

4. DO NOT WAIT TO MAKE AN OFFER

When you find the perfect house, you can bet that there are several other buyers thinking the same thing. You need to be ready to go. That is why we will nag you about giving us a copy of your bank statement (with the acct # blacked out) to prove you have the cash to put down and pay closing costs. If you are getting a mortgage, we need proof from your lender that they are willing to lend you that amount of money. When a listing comes on the market, we will call you and insist that you be available to see it within 24 hours. When we find a house that you feel is a “10” we will high-tail it back to the office and immediately make up the offer. We will show you our strategies that get our offer accepted over others, but you will need to implement them. Once the offer is accepted, our real work begins. From contract to close is a whole other adventure! Let us be your guide. At A Team Florida, teamwork makes the dream work. We want to work with you to make sure you are going to **#LOVE WHERE YOU LIVE!**



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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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HILLCREST STATE OF THE MARKET – MAY 2019

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



Of the 61 units currently on the market, there are five 3-bedrooms, thirty-four 2 bedrooms (includes 11 corners), and twenty-two 1-bedroom units.

Fresh paint and decent flooring are musts; carpet and wallpaper are not desirable. Staging can add a big hunk of money to the sales price. If the unit has original baths or kitchen, they need to be super clean and fully functional – and of course, priced right. Most buyers want remodeled turn-key these days if they can afford it. Those who can only afford the lower priced units want to be able to move in (hence, the paint and flooring requirement) and redo slowly when they have the funds.

We predict that sales will continue to rise over the next 2-3 months barring any hurricane scares.

If you know anyone looking to buy, be sure they read our article on page 10 so they better understand the process. A good Realtor has a sit-down consultation before starting a search and can narrow things down for the buyer. This means they won't be seeing properties that do not meet their requirements. In this market, if a Realtor is showing 10 or more properties at one time, they are not listening. The list should only include properties that meet the buyer's wants and needs and there won't be many. So, waiting to make an offer is a big mistake. If you want to "sleep on it", someone else will be sleeping in it.

The number of closed sales continue to be a little less than we are used to; in the month of April there were 9. Four corner 2/2 units, two 2-bedroom units and three 1-bedroom units. A completely remodeled 1499 SF corner in an all age high-rise sold for 196K. The lowest was an original 1634 SF corner that sold for 119K. The 2/2 convertible sold for 105K and the three 1-bedrooms went for 82K, 89K and 100K.

However, 13 units went under contract of which nine were in All-age buildings. This time of year, the all-age buildings have their "season" with families wanting to buy and get settled over the summer before school starts. There really isn't a season for over-55 due to so many Baby Boomers retiring. Those sales tend to be spread out over the year.

May 2019 IT Security Tips

How to Spot Phishing Email Scams

Avoid getting caught in the nets of phishing email scams. Do you remember the big **Pokémon Go** scam a few years back? Hackers posed as “Pokémon Go” reaching out to users saying the games servers were overwhelmed and they were going to charge each account \$12.99. Unfortunately, this was a scam, and the hackers were successful in pulling it off because the email looked legitimate. The whole idea behind the scam was for the hacker(s) to get your password in the end.

Here is a guide to Identifying a Phishing Scam to Avoid Getting Scammed:

- **Scoff at Fake Email Notices:** If an email looks odd or even makes you nervous, just do a little further investigating. It doesn't hurt to know before you make any moves.
- **Call Customer Service:** Be nervous and inquisitive if an institution asks you for your login credentials or for additional money. Typically, when a business makes a mistake, or their “servers” are overwhelmed that would imply issues on their end. Most companies wouldn't charge you for their mistake. This is reason enough to investigate further. Make a call to find out more. This way you will know immediately if something is wrong. Be sure to get the phone number from another credible source and NOT the email you are questioning.

Be Mindful of What You Download

- This Security Tip should almost go without saying, but you should be extremely cautious when downloading anything (software, books, music, videos etc) from the web.
- Some programs that you download could include adware. Adware will report your surfing habits back to a third-party company that will use that information to send you ads and unwanted emails (otherwise known as spam).
- It's really simple. **If you are downloading at the office**, don't do it

yourself. Ask someone in IT to help or at least get their permission to download first. They might just send the approved source to download from and let you be on your way.

- **If you're downloading at home on your personal computer**, do your homework. First check to make sure you are downloading from an approved, legitimate source. It's okay to call for help. For instance, if you have a DELL, or a Mac, call their customer service with any questions. It's better to be safe than sorry.

Don't Share Your Zip Code When Making Credit Card Purchases

- Often stores will ask for your zip code when you're checking out with a credit card. Don't give it to them unless you absolutely have to. When you share your zip code you end up in yet another marketing database! By matching your name, taken from your credit card, with your zip code, companies can more easily mine more information, including your address, phone number and email address.

Sincerely,

Eric Chafin
 Business Development Manager
 954-624-9518
 echafin@connections.com
 www.connections.com

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40th for BUSINESS
ANNIVERSARY

Erik Chafin
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 Cell: 305.613.5101

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2ND ANNUAL NIGHT OUT WITH THE JUDGES

GLAZER & SACHS P.A.

Have you ever wanted to know what the daily life is of a judge, what kinds of issues they face, and how they run their courtrooms?



If you missed this event last year you will not want to miss it again.

It's truly a unique opportunity to learn about your judiciary.

Glazer & Sachs cordially invites you to our 2nd Annual Night Out With The Judges!

We have arranged for 7 local judges to provide you interactive insight into their lives including a question and answer session. Afterwards, there will be light refreshments while you mingle and have one on one time with the judges.

When: **May 22nd, 2019**

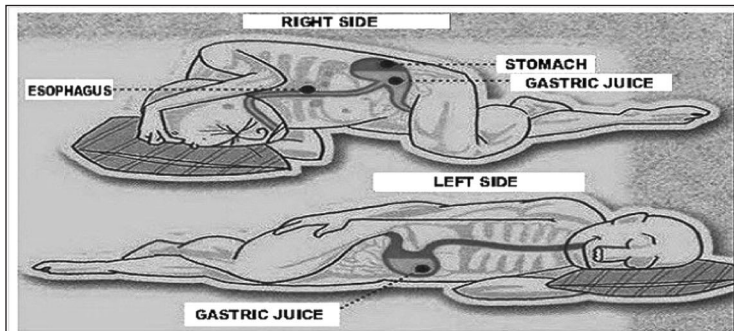
Where: **Dave & Busters (Hollywood)**
3000 Oakwood Blvd., Hollywood, FL 33020

Time: 6:30 p.m.

To RSVP, please call our office at: 954-983-1112.

SPACE IS LIMITED AND ON A FIRST COME FIRST SERVED BASIS.

NIGHTY-NIGHT – courtesy of the Internet and submitted by my sister, Kathy



Whether you sleep sprawled out on your back or curled up in a little ball, the position you sleep in can affect the quality of your sleep. Sleep position can play a role in snoring, heartburn, and even wrinkles. And some positions are better than others (sorry, stomach sleepers!)

Back Sleepers

Pros: Sleeping on your back is great for the spine and neck because the back is straight and not forced into any contortions. In an ideal world, you'd sleep on your back without any pillows, as this position leaves the neck in a neutral position. Back sleeping also has its cosmetic benefits. Spending all night with your face in the air, as opposed to smooshed into a pillow, leads to fewer facial wrinkles.

Cons: For those who snore or suffer from sleep apnea, sleeping on your back will enhance this. Lying on your back causes the back of the tongue to collapse into the airway, which obstructs breathing and creates those beautiful snoring sounds. Doctors suggest side sleeping for people with sleep apnea.

Side Sleepers

Pros: Sleeping on the side is the most common sleep position for a reason. If you are a side sleeper, you should definitely sleep on the left side. It alleviates acid reflux and heartburn, boosts digestion, stimulates the drainage of toxins from the lymph nodes, improves circulation, and helps your brain filter out waste. Due to anatomy and the location of your body's organs, these amazing benefits only come from sleeping on the left side.

Cons: Sleeping on the left side can put pressure on the stomach and lungs, so it's best to switch it up. Most notably, side sleepers may experience that dreaded arm numbness from resting on a single arm for too long. Finally, this position puts a lot of stress on the shoulders so if you have shoulder pain, you should not sleep on your side.

Stomach

Pros: Stomach sleeping eases snoring, but that's about it.

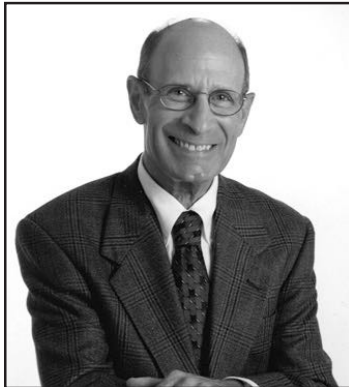
Cons: Sleeping on your stomach is probably the worst sleeping position, especially if you have back problems. It flattens the natural curve of the spine, which can lead to lower back pain. Plus, sleeping all night with your head turned to one side will strain the neck. If you do prefer this position, try sticking a pillow under the hips and lower abdomen to give the bottom of the spine a lift.

The Bottom Line

Sleeping is a personal experience, so you should sleep in whichever position is the comfiest for you. If you do suffer from back pain or snore frequently, try switching up your position. It may make a huge difference. The key takeaway is to continue doing what feels right, but if you just ate a huge meal, definitely sleep on your left side!

MAY 2019 COMMISSIONER'S REPORT

by Commissioner Dick Blattner



Some monthly reports are more difficult to write than others, but this one has some important information. Here we go:

SHOW ME THE MONEY

On April 17 we had our Fiscal Retreat, the first opportunity for the City Manager to project what the budget might look like for 2020. Revenue projections are always unreliable at this point. The Property Appraiser gives us much more reliable information in June

and July on how the property values have increased. For now, the City Manager is anticipating an increase around 8%. Expense projections, however, are pretty reliable, as most of our expenses are for personnel costs. For Fiscal Year (FY) 2020--which begins October 1--expenses are expected to increase by just over 8%.

If these projections are accurate—at this time-- the City Manager projects a \$4.8 million deficit, but don't worry: there is always a projected deficit this early in the process. In past years we faced increases of 15-18% and by the time the final numbers were in, we set the millage rate in late September and the budget was balanced.

Our next look at projections will be June 19. After that, there we will have workshops and two state-required public hearings in September. Much of the increase relates to the cost of administering the recently-passed General Obligation Bond. What I am waiting to learn is this: did the \$165 bond include provisions for the cost of administration? Let's all stay tuned for this important administrative process.

WHAT HAVE THEY BEEN DOING WITH MY WATER?

Nothing to get worried about. From May 19 to June 21, Public Works will be conducting its annual "flush" of the lines. The water can look cloudy because, during the flush, disinfection methods change. If you notice this-- or a slight change in taste-- don't be alarmed; our water is safe.

SANITATION UPDATE

There are lots of changes in the way garbage is being handled and our procedures are no longer appropriate. Solicitations have been sought and the results will be presented soon. Not sure of date yet. Among the contentious issues: recycling, as the market for recycled products has dried up. Some cities are discontinuing service because the cost of collection and disposal has spiraled. There was some interest in the City taking on collection, but the capital costs cannot be overcome as is the personnel cost.

DON'T FORGET WATER AND SEWER

The projection for converting septic to sewer has been put on hold. There are some issues and requires a recalculation. A workshop is scheduled for May 15 at 9:00am.

DIAMOND SERVICE AWARD

Each quarter, employees recommend one of their own for recognition. This year's Diamond Service Award winner is Sgt. Shaun

Gerber of the Hollywood Police Department. This award is well deserved. I can attest to his hard work and results just based on the letters and communications that are shared with us. Congratulations Shaun. The ceremony is May 1 at 1:00 pm in City Hall.

WHAT, EXACTLY, IS A PUBLIC-PRIVATE PARTNERSHIP?

Somewhat self-explanatory, but it means a private entity can offer to partner with a municipality, usually offering to construct a physical property at their cost in exchange for a property lease and some revenue sharing.

WHY IS THIS POPULAR?

1): the private sector can move faster than a municipality

2): the expense of operating the facility becomes an obligation of the private sector.

Multiple public-private partnerships are being brought to the City for consideration. All will have to pass muster at both the City Manager and Commission levels, as well as the public who will have the opportunity to provide their input. Watch this space to keep up on this very intriguing concept, which I like. Getting something done that reduces the city's cost of doing business.

ACTIONS TAKEN LAST MONTH

- Bought three residential properties left over from the removal of the old homeless shelter at 1203 N. Federal. These will be rehabilitated and sold.
- Accepted two grants of \$40,000 each, one for traffic control, the other for bicycling safety.
- Began the application process with the State Revolving Loan Fund for a loan of \$31,960,422 for remediation of the ocean outfall issue.

DICK'S MAY CALENDAR

15. 1:00 pm Commission meeting. 5:00 pm Citizen Comments
2. 12:00 pm Groundbreaking for WaWa on Federal Highway and Harding
8. 10:00 am HPD Fallen Officer Memorial Service
9. 6:00 pm Ribbon Cutting at Sintavia. High tech new business.
15. 9:00 am Water and Sewer Workshop
16. 7:00 am Cuisine for Art. Art and Culture Event at Hard Rock Casino.

Looking forward to a beautiful spring, as many of us plan our vacations. As always, please contact me with any concerns. And don't forget to visit my new and improved website. Same address as before: dickblattner.com.

(invite your friends to log onto dick@dickblattner.com and signup for these reports.)

“WHAT I KNOW FOR SURE” - Oprah Winfrey

– Submitted by Etta Stevens

Since my husband, Larry, and I had an interview radio show in Chicago over 25 years ago, and meet and became friendly with Oprah, I have been a fan of the magazine and of her philosophy. She asked souls to start writing in a journal many years ago to help them see themselves in gratitude and in a new way of life itself. She has encouraged people to meditate and has been a meditator for over 20 years. She has interviewed thousands upon thousands of guests on her daily TV show which she retired from over 4 years ago but continues to interview people on Super Soul Sunday on her OWN channel and continues to encourage, inspire, live a life of gratitude, never once forgetting the world in which she was born into. She has become a millionaire many times over but never fails to give back to our world an abundance of gifts including her wisdom and courage.

I wanted to submit this article which was published in her blog a while ago because I thought it was extremely important to let everyone know that a life of privilege does not come without work, honesty, and compassion. And MEDITATION. It has changed her life and mine as well. For the past, almost 13 years, the Brahma Kumaris have offered free classes at the Hollywood Library and will continue to do so along with many other venues we are proud to give as a service for the communities. Please read this article as you may find something that will inspire, encourage and uplift you into a higher place in these most difficult of times.

Oprah has been writing her “What I Know For Sure” a column in O for 18 years. Yes, that means she’s been tasked with writing the final page of every issue of the magazine for nearly two decades. Luckily for us, Mama O is never short on wisdom. Here, some of our favorite quotes from over the years—on love, faith, and success.

January 2001 - On seeking validation from others: “Look inward—the loving begins with you.”

July 2005 - Oprah wrote that she used to fear solitude—until her career began to revolve around interacting with others. “Alone time is when I distance myself from the voices of the world so I can hear my own.”

June 2006 - After a trip to her Leadership Academy For Girls in South Africa, Oprah felt run down after days of jet-lag, unhealthy eating, and—against her trainer’s advice—neglecting workouts. She learned this: Life is reciprocal: the energy you expand always comes back.”

Feb. 2007 - Here, Oprah wrote about the time a family member sold a story about her to The National Enquirer. She was devastated, staying in bed for three days. The account detailed her pregnancy at age 14, a part of her life that only close family and friends knew about. She expected the public to react with rejection—but instead, they treated her the same. She then realized she had to forgive herself, more so than the person who betrayed her trust. After that, she approached the rest of the betrayals in her life with this attitude: “When you know who you are and what you stand for, you stand in wisdom.”

May 2008 - Spirituality is a huge part of Oprah’s identity. That confidence in her spirit has allowed her to live with no fear, a feeling so powerful, that she came to this conclusion: “It’s the greatest discovery of life: to recognize that you’re more than your body and your mind.”

Dec. 2009 - She knows—and enjoys—that her gifts can get pretty elaborate (homes, vacations around the world, cars). But in Oprah’s opinion, the simpler, the better: “The best gift anyone can give, I believe, is the gift of sharing themselves.”

March 2010 - This issue’s focus on clutter had Oprah thinking about all the extra things that can crowd your life. Not just old personal belongings, but relationships that no longer add positive value to your existence: “Good riddance to decisions that don’t support self-worth.”

August 2011 - Oprah stressed the importance of trusting your instincts, a practice she credits for her successes. And as someone who has followed intuition no matter what, she’s learned that it’s OK to sometimes feel lost: “When you don’t know what to do, do nothing. Get quiet so you can hear the still, small voice—your inner GPS guiding you to true North.”

August 2011 - It had only been four months since the last episode of The Oprah Winfrey Show aired, and she was feeling hopeful. She now had more time to herself—to think, to explore, to create. And she loved it: “When you’re open to receiving them, the possibilities just keep on coming.”

December 2013 - Oprah insisted that gratitude was the easiest way to cause positive change, and it can often overwrite the negative in your life. She explained:

“That’s the gift of gratitude: In order to feel it, your ego has to take a backseat.”

April 2015 - Now, four years after The Oprah Winfrey Show ended, she reflected on how her newfound spare time left her with the ability to decide—and she embraced it: “Change is the one constant we can all be sure of.”

October 2017 - Oprah made it clear that she doesn’t waste time, wanting to be fully present for the events of her life by practicing the principles of intention, clarity, and authenticity:

“I look for the stillness beneath all of the noise of the world, where everything is timeless.”

June 2018 - She commented on the current national attitude toward the state of politics and culture, seeing it as unnecessarily negative. To her, there is always hope for the better: “Everything passes if you learn to hold things lightly.”

September 2018 - She wrote about perspective, reveling in the ability to get closer to one another by understanding different mindsets. “All pain is the same; we just choose different ways to release it.” Look at all souls as brothers and quite possibly we can make the “change we wish to see in this world”

Please join us every Tuesday morning, from 10:15 am to 11:30 am throughout the year as well as Tuesday evening from 6:30pm-7:30 pm. We will continue throughout the summer and into the next year. Join us and any other venue where we do have classes. It’s free, ARE YOU?

***Join us at ArtsPark the 3rd Sunday of every month at 6pm for WORLD PEACE Sunday, May 19, 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

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



Greetings Hillcrest Residents ,

I'm glad we had such a great tourist season this year, but I also enjoy when things quiet down a bit. It's not like it used to be, when everything closed up, but I can still tell a difference. Even if things have quieted down, our work at Broward County is as busy as ever! I look forward to continue working with residents like you to make your life better. Below you'll find some things I think are very important in Broward County this month.

Earth Day

April 22nd marked Earth Day across the world. With the ever-growing threat of climate change, Earth Day is more important than ever. We have a responsibility to be environmental stewards who look out for the next generation, and that begins with making a world that is both more sustainable and resilient. In Broward County that means, among other things, installing electric vehicle infrastructure, moving our bus fleet away from fossil fuels, and building infrastructure that will resist more powerful storms and rising sea levels. This month, I discussed potentially new solutions at a Green New Deal Town Hall that brought out over 100 excited Hollywood residents! I was particularly interested in discussing the ways a Green New Deal would create good jobs and increase the labor market. In Broward, we will continue to follow and expand our Climate Action Plan. I look forward to continued collaboration with all potential partners and allies on how to make our region better prepared for the future.

Transportation in Broward County

Broward County transportation is on the move! The County is taking action to cut down on congestion, improve public transit, and make sure that we have a better transportation system. We have signed an Interlocal Agreement between the County and the MPO that will determine the process for how funds are distributed to cities for local projects. On May 7th, we approved the budget to hire staff for improving intersections, laying down fiber optics network, and opening more bus routes. We're also working with the Florida Department of Transportation to ensure that we have everything in place to synchronize our traffic signals. These are the first major steps to delivering on the promises made when voters approved the transportation referendum in November.

Library Week

April marked National Library Week throughout the country! I am proud to be a former librarian, so this week means a lot to me. National Library Week is celebrated annually. The theme for this year is Libraries Equal Strong Communities. This year's Library Week was extra special here in Broward, because our Libraries Director, Kelvin Watson was named Florida Librarian of the Year! I know a lot of our Hillcrest residents love to write in their spare time. Some are even aspiring authors! If that sounds like you, the Library is supporting aspiring authors in Broward County through the Local Authors program and now provides BiblioBoard. BiblioBoard is a free tool that allow authors to professionally format their works and share them with an online global community. Broward County

Libraries supports strong communities by providing resources not only at our library locations but in unlikely places; like PopUp Libraries in a coffee shop, on buses, and in parks. Through numerous new initiatives, strategic partnerships, & services, the Broward County Library is attracting more usage of resources and greater attendance to public programs.

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, next 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.*

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