

Inside Hillcrest

– Connecting Neighbors to Neighbors –



MARCH 2022

HOLLYWOOD, FLORIDA

VOLUME 16 • ISSUE 3

MARCH INSIDE HILLCREST

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

AS A MATTER OF FACT, I DO KNOW JACK

This one goes out to my pool buddy, Jack who may be my opposite in political affiliation but who also takes offense when someone delivers biased opinions and calls it “news” without any attempt at fact-checking. For a recap of what Jack and I agree on, see page 10, courtesy of my sister Kathy.

DELIVERING NEWS THROUGH OPINION – THE DANGERS OF PUNDIT NEWS

In an article titled, “My Problem with Pundits” by Jeff Ox, he says: “We are truly living in the heyday of the pundit. People who present opinion as fact are inherently dangerous. Those who are given perpetual access to a national news platform are exponentially more so. Individual critical thought has never been so disregarded and actively discouraged.”

Intelligent discussion has gone by the wayside. People spend hours every day listening to media suits presented as authorities without any regard for expertise or accuracy.”

When did this decline in critical thinking come to pass? What happened to “Just the facts, ma’am?” When did people become so lazy that they no longer want to take the trouble to think for themselves? When did it become OK to just sit back and listen to a self-proclaimed authority who has more charisma than intelligence and regurgitate it all over anyone who happens to cross their path? As long as they come across as 100% certain, it is ok if they are 100% wrong. I miss Walter Cronkite.

Liars are not just those who make up stories, those who deliberately spread misinformation are just as guilty. If you read or hear something about an issue – or even about another person that doesn't ring true, it is your obligation to fact-check before “sharing” it with others.

Jonathan Swift said it best:

“Besides, the vilest Writer has his Readers, so the greatest Liar has his Believers; and it often happens, that if a Lie be believ'd only for an Hour, it has done.”

Somebody left a very interesting sheet in our mailroom outlining why the Ukraine is so important to Russia. As always, I fact checked it and it was pretty much right on. Even the stats that were a little off do not take away from the fact that the Ukraine is an extremely rich country not only in history but in powerful resources. I honestly knew nothing about the Ukraine and now I at least understand why Russia is so hell bent on taking over. Thanks to whomever shared it with me so I can share it with you.

So, for those of you who like their news without a spin and are IH email subscribers, this month, in the body of the email will be two links. One is a video from Gravitus Plus with an interesting narrative about history behind the Russia/Ukraine connection and another video about social media by Gary Turk, an award-winning spoken word artist, comedian, and filmmaker.

THE ANNUAL SAN GENNARO FEAST

If you can't make it to Mulberry Street (Little Italy) New York, this is the next best thing. Anthony Palmisano, President of San Gennaro Feast Inc. is bringing this great annual event to us. From March 17th to the 20th at Gulfstream Park, get ready to channel your inner Italian. Doors open Thursday, March 17th from 4PM to 11 PM and the traditional Italian Procession starts at 7P. The festival runs through the weekend starting at 10AM. Great food and entertainment (see page 3). Only the best Italian sausage and peppers, linguini and clams, fried calamari, pizza, shrimp scampi, zeppole, cannoli, pasta, pasta, and more pasta! Now that's Italian! I will definitely be there. The last time I went to the San Gennaro festival was in the 70's on Mulberry Street with my then boyfriend, Jimmy-Nine and a Half. Don't ask...

Hillcrest Compliance Committee Update March 2022

As of March 7, 2022, the handover from Pulte to Parkview HOA has been EXTENDED to May 31, 2022, in order to complete work

that still needs to be done. Most of the dead palm trees have been replaced. There are still 2 outstanding, one on Washington at the west entrance, and another behind pool #1. The dead trees around the lakes will be replaced. Bushes that were removed behind the 3 entrances off Washington, are being replaced. Many of the walkways have been patched or paved. The one area that still needs to be dealt with is the park by Washington beside Bldg.27. Another solution needs to be found to deal with all the tree roots. The construction of the new Gazebo in the park has started and will be completed this month.

If you need a FOB for the small Clubhouse, please contact Parkview at Hillcrest's Administrative Assistant, Minou Pierre at mpierre@castlegroup.com in the large Clubhouse M-Th 8:30- 12:30 or 1:30 - 4:30pm. It will cost \$25.00 and you will need to show proof of residency. Note, you cannot go to the BBQ's through the side gate any longer. Use the Clubhouse entrance. The small clubhouse barbecues CANNOT be used if the room as been reserved for a private event.

The Tennis/Pickleball Courts open at 9am and the Clubhouse from 10-9pm. Once all the repairs have been made to the fence, a wind net will be installed.

NEED SOME INK/TONER FOR YOUR PRINTER?

You are in luck. IH has changed printers and we have a bunch of STILL IN THE BOX 934XL/935 black and color cartridges as well as a couple of 950 BK XL Black cartridges, and 951 color cartridges. If these fit your printer, you know how expensive they can be. For a nominal donation to our Help for Hillcresters Fund, they can be yours. Write us at inside.hillcrest@comcast.net and I will drop them off to you.

WATER

When I was young, I rarely drank water (or much of any liquids) and was proud of it! Even if I did, I had the strongest bladder ever. I was a hit at the University of Florida “Woodsers”.

There was a big woods next to the law school and everyone would go out there and drink beer, build bonfires, and barbecue. There were no bathrooms so there was a lot of peeing in the woods.



Continued on Pg. 2

Continued from Pg.1

Not me! All the girls thought I was cool... Of course, I didn't connect my bad habit of not drinking water with the number of urinary tract infections I was getting or even my blood sugar problems.

About 20 years ago, I started to drink water. I actually had to put lemon in it because I didn't like the taste – if that makes any sense. Now I have a glass of water next to me whenever possible. I have learned that when I think I am hungry or want a glass of wine, drinking a glass of water makes that feeling go away. Sober and slimmer is good. I even add water (and ice – oh horrors!) to red wine. My point is that my sister sent me a GREAT article from the internet about the importance of drinking water that just made so much sense to me so I am sharing it with you in this issue.

TWO LADIES IN THE LOBBY

If I work with buyers, I must really like them because not only is this a tough market for buyers but historically I am a listing agent. Brian was always the buyer expert. But as those of you who hired us to sell your home or condo know, he is one of the best listing agents out there right now. As Sister Agatha used to say, he “can sell a dead horse to a policeman.”

But last month, I met the nicest couple who wanted to buy a condo in Hillcrest and I really enjoyed working with them. I was waiting for them in one of our lobbies and happened to sit next to two younger women talking about their kids. I must have had my “wise older woman” look on my face because somehow, I got drawn into the

conversation. They had mentioned they read Inside Hillcrest so that was kind of an ice breaker. One was talking about her 11-year old daughter who wanted to shave her legs but mom thought she was too young for that. Is that an age old issue or what?! I remember one of my friends in 7th grade battling about that with her mom – over 50 years ago! Anyway, my buyers walked in and that is as far as I got into the conversation.

So, mom, if you are reading this, my two cents is to please teach her how to shave her legs. Pre-pubescence is a tough time, especially for girls. If she wants to shave her legs, she is probably self-conscious about it. Hormones take a toll on girl's self-esteem at that age anyway. And there is a chance that someone made fun of her “hairy” legs. Believe me, there will be bigger battles to choose from as she makes her way through puberty. We had tongue rings and tattoos to contend with when my daughter was that age, so Lord knows what the kids want to do these days. Shaving legs is a pretty harmless thing to do if she is taught how to do it safely. It could be a great mom/daughter bonding rite. A safety razor and a couple of band aids is all you need.

SPEAKING OF KIDS

I had a nice visit with Dr. Frank Gaines, the principal of Championship Academy, an Elementary/Middle Charter School located right here in Hillcrest. Many Hillcresters attended events in the school parking lot and they were also gracious enough to let us use their cafeteria for HLC meetings when the Clubhouse was not available (pre-pandemic). Now that we are returning to normal, we are going to include their newsletter in Inside Hillcrest.

CHAMPIONSHIP ACADEMY HOLLYHOOD

- March 1st- PTSA General Meeting at 6:00 pm via Zoom
- March 2nd- Pizza Day sponsored by PTSA / Ace the test parent academy/FSA 5-5:30pm
- March Lith- Dress Down Day for \$2.00
- March 8th- Grade 7 Civics Computer based testing begins
- March 9th- Pizza Day sponsored by PTSA / Grade 7 Civics Computer based testing begins
- March 10th- Cognitive abilities test Grade 2 begins
- March 11th- St. Patrick's Dance for \$5.00 Sponsored by PTSA
- March 13th- Daylight Savings, Spring Forward
- March 16th- Pizza Day sponsored by PTSA
- March 17th- Early Release/ St. Patrick's Day (wear green)/ Cognitive abilities test Grade 2 ends
- March 18th- Employee Planning/ NO SCHOOL
- March 21st-25th- SPRING BREAK WEEK
- March 28th-Employee Planning/ NO SCHOOL
- March 29th- 4th Quarter begins
- March 30th- Pizza Day sponsored by PTSA

Character Trait

Self Control-the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.



March
WOMEN'S HISTORY MONTH

Please be advised that a copy of our school improvement plan can be found on our school website, as well as information on how to access the FSAR, FSA, LEA Report Card (school grades), and other assessment information.





SAN GENNARO FEAST

ITALIAN & INTERNATIONAL
FOOD & MUSIC FESTIVAL

THE FEASTS OF ALL FEASTS!

March 17 - 20, 2022



AMUSEMENT
RIDES AND
GAMES

GULFSTREAM PARK

901 S. FEDERAL HWY,
HALLANDALE BEACH, FL 33009

OPENING NIGHT ONLY!
1 FREE PARENT WRISTBAND
WITH THE PURCHASE OF
A CHILDS UNLIMITED
WRISTBAND
PREMIUM SHOWS
OF AMERICA
(Free \$25.00 Value)



MONSIGNOR
TOMAS BOLOGNA

Procession:
Thursday 7:00 PM
Monsignor will bless
The Feast and all
those attending!



GRAND MARSHAL
FRANK TALERICO



HOST
PHILLY GUZZ



LISA MESSINA



CHARLIE P



ENZO MUSTO



MARCO
TURO



JOHN MICALIZZI



BIAGIO



ANGELO VENUTO



GRAZIANA
LAZZARO



TEO
THE ROMANTIC
TENOR



THE ORIGINAL STUDIO 54 BAND

BEER AND WINE GARDEN

FUN AND EXCITEMENT FOR THE WHOLE FAMILY!

Thursday 4 PM to 11 PM
Friday 11 AM to Midnight
Saturday 11 AM to Midnight
Sunday 11 AM to 10 PM

www.sangennarofeast.com

f t i #@sangennaro_feast



*** * * NEW BOARD MEMBERS * * ***

Congrats to all the new board members. By now everyone has had their annual membership meeting, welcomed new board members, and elected officers. Now the job of assigning committee heads and getting unit owner participation to be on these committees starts. Many buildings that used to have 9 board members had the unit owners vote at the annual meeting to reduce the number to 7 which can be a wise move. Better to have 7 dedicated board members than have to add bodies just to stay in compliance. At long as there is an odd number, some buildings even have 5 or 3 board members. However, the number is dictated by the original by-laws so a unit owner vote is needed to change it.

What makes for a great board? Putting the right people in the right positions. You probably don't want someone who owns multiple cars in charge of parking or someone who never goes to the pool in charge of that area. The best board members have previous experience in "their" assigned positions or who are open to learning a new competence.

Someone once told me that the President is the defender of the board and the Vice-President is the defender of the membership. The best presidents that I have know in the past 24 years in Hillcrest have tact, diplomacy and an in depth knowledge of the building by-laws and the 718. The president's number one job is to make sure the other board members are doing their jobs: fairly, competently, and expeditiously.

The Vice-President position is not just a board member with a title. The best Vice-President's I have seen are ones who get along with everyone; good-natured and the go-to for unit owners when they

have a problem or grievance. This frees the president up to do his/her job and stay out of the "fray". This is not the position for a negative personality. The VP should be the nicest person on the board.

The most powerful position on the board is the Secretary which is why although the President can also serve as Treasurer (if the board approves) the position of Secretary can never be held by the President. You want the most articulate, educated, even-tempered person on the board (preferably with a strong business background) to fill this position. The Secretary needs to be well-versed in condo law and someone who can be trusted to work with the building attorney when issues arise that need legal counsel. Again, not a position for someone with an agenda or a massive ego.

The best Treasurers, of course, would have an accounting background. But anyone who ran a small business OR a large family can be perfect for the job of protecting the building finances. The treasurer position is my favorite because no one bothers the treasurer. They can work in peace most of the time. Of course, if an assessment comes along, they get their share of flak.

Board members should check their building by-laws for the specific duties for each position. Then they can mentally fit their fellow board members for the job when they are nominating and electing officers. Unit owners should ask at the next meeting to see copies of the mandatory Board Certification that show every board member attended a certified Condo Class within 90 days of being elected to the board. And for those who have been on the board for a long time and renew their certification yearly, hats off to you. The smartest people in the room are those that never stop learning.

Hello Neighbor!



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

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



AN INTERVIEW WITH ROBERT DUCKER

PRESIDENT OF THE HILLCREST PRESIDENT'S COUNCIL - SERVING BUILDINGS 1 THROUGH 18.

(Ed Note: I met Mr. Drucker at one of the meetings the HLC had with the Pulte representatives and was very impressed with his commitment, knowledge, and the extent of the improvements he has made in such a short time. IH reporter Steve Schneider interviewed him for our paper.)



The Hillcrest Presidents Council manages the four common amenity areas collectively owned by the 15 Hillcrest Buildings that are numbered from 1 through 18. "The Hillcrest Presidents Council is composed of the Presidents of the Board of Directors from each of the member buildings. "The Council is then governed by an Executive Board seated by the Council members elected during the Annual Meeting.

Those four areas include pools, adjacent parks, BBQ areas, clubhouses, a fitness center, and tennis and pickleball courts.

An interview with Robert Ducker, the president of Building 5 and the president of the Hillcrest Presidents Council, follows:

1. How long have you lived in Hillcrest? And why did you decide to buy here?

I have lived here at Hillcrest for almost 4 years. My wife and I decided to purchase a condo here because of the great value and excellent location in Hollywood.

2. Inside Hillcrest has heard positive comments about what you are doing as president. What did you do professionally? Are you using any of your skills from the world of work to manage the areas maintained by the President's Council?

Professionally I started my career in the printing industry out of high school. I started at the back of the printing press and over the years, I held positions as Lead Pressman, Supervisor, Pressroom Manager and eventually became Vice President of Manufacturing. I use the skills I developed along the way to negotiate contracts and work closely with vendors to make sure that we are getting the most value out of the money being spent.

3. When did you become president? And what changes have you been making with your fellow members of the President's Council?

I became a board member at large in March 2020. I spent the first year getting familiar with the complete inner workings of how the board operated and getting acquainted with vendors that service our property. In March 2021 I became the President of the Council.

I started making changes in July 2020 by restoring the sprinkler system at all 4 pool common areas as well as all the umbrellas at the pools and BBQ areas. When I noticed that pools 2 and 4 had higher water bills, we found that both had leaks. After the proper repairs were made, we refinished Pool 2. We bought new heaters for pools 2 and 3 and replaced the motor and put in new plumbing in the Pool 3 pump room. Because of these efforts, not only are the water bills in line but electricity consumption is down 30%.

New cleaning services started in Oct. 2020. We added two new exercise bikes, 1 new treadmill and a new elliptical treadmill to the fitness room next to Hillcrest 15. We have new walkways leading to the gates at Pool 1 between buildings 3 and 4, the gate entrance at

building 6 and the BBQ area at Pool 3. These are just a few of the improvements.

As with anything, maintenance of the common areas involves staying on top of things on a daily basis. I am out there every day taking preventive measures to avoid major issues that could cost us more money. When things run smoothly the amount of work that goes into accomplishing that is not always evident.

4. What plans do you have for more improvements?

Plans for 2022 include Rain Gutters for Clubhouses 2 and 3. I would like to finish the remodel of Clubhouse 1 and a completely overhaul that pump room. We need one more treadmill for the gym, a new TV for Clubhouse 1 and I would like to expand the hours for the residents to enjoy using the Clubhouse. I also plan to start replacing the lounge chairs at Pools 2 and 3.

5. How many hours do you spend doing your job as president? Can you tell us about the different things you do to keep the pool, lawn, and clubhouse areas in good shape?

I probably spend at least 60 hrs. a week between overseeing all contractors that we are getting the best service for our money. Our treasurer Jim Bowers spends about 15 to 20 hrs. a week working with me on our financial business keeping all electronic locks in working order at the 4 Pool Gates and issuing fobs for gates. Jim Bowers also is in charge of our reservation system for the 2 clubhouses for building meetings and renting for parties.

Dieter Merk, who is a snowbird and past President, stays involved and does whatever he can to help even when he is not in town. He has been working on our website and maintains it.

And Gene Sanquini who has been in Hillcrest since the '80's and was on the President Council board for years, still does everything he can to help us out. His knowledge of Hillcrest and hard work over the years is much appreciated.

6. What has been your biggest challenge since you became president?

As with any business, I need to constantly stay on top of our vendors and service providers to make sure we are getting what we pay for.

7. How often does the Hillcrest President's Council meet? Who serves on the Council? How can residents from Buildings 1 through 18 let the Council know about their ideas and concerns? And can Hillcrest unit owners see the budget?

The President's Council meets about every 3 months. As of now only Jim Bowers and myself currently serve on the board. Ideas and concerns can be made by speaking with your Building President or going to the website (www.hillcrestpresidentscouncil.com), Click on the Feedback tab, and leave your ideas or concerns. Hillcrest unit owners can obtain a copy of the President Council's budget from their Building Presidents.

8- Is there anything else you want to say? Please Enjoy our Amenities and Keep Safe.

March Kitchen Korner - by Cindy Abraham



“Healthy can actually taste pretty good”, she said grudgingly. Bottom line, as time passes our bodies change. Sugar levels, blood pressure and cholesterol numbers tend to change, and not for the better. Ironically, more than ever, food becomes one of our biggest joys. Depriving ourselves once we finally are out of the job rat race with time for leisurely meals, just seems wrong.

The ancient Greeks said it best, “Everything in moderation.” To me that doesn’t mean that I can’t have a big juicy burger but that I just don’t need to eat two or three a week. Sure, burgers are easy and fast to cook but now that I have the time to try new recipes, I do look for ingredients that I like but won’t make my arteries cry out in agony. Adding foods that we like to our diet is way easier than cutting out foods that we love. And the weird thing is that we don’t miss burgers much anymore now that we don’t eat them as often. I am wondering how much of our diet is habit and convenience.

The following recipes are a good example. I do like tuna but I want to cut down on carbs and sugar. Again, cut down- not cut out so I buy the low carb high fiber tortillas, either L’oven Fresh Protein Wraps or Flatout Multigrain with Flax. Both are fast and high in protein, fiber, and “good” carbs. I always leave out the salt in recipes when I know most ingredients these days have salt in them. I love salt but again, my tastes changed and I don’t miss it as much as I used to.

Also, cannellini beans are interchangeable with Northern white beans, navy beans and/or white kidney beans.

TUNA AND WHITE BEAN WRAPS

(makes 2-3 wraps) - Note: I like tuna packed in olive oil but if you like tuna in water, add the olive oil.*

- 3 cans tuna packed in olive oil or packed in water drained
- 2 large or 3 small low carb high fiber tortilla wraps or flatbreads
- ¾ cup rinsed and drained cannellini beans
- 3 TBS plain fat-free Greek yogurt
- 2 TBS light mayonnaise
- 1 TBS olive oil *see note above
- 1 TBS lemon juice
- ¼ tsp black pepper
- 1 cup chopped firm tomatoes
- ½ cup matchstick sized carrots
- ¼ cup finely chopped red onion or green onions
- ¼ cup snipped fresh parsley



Drain the tuna well and place it in a medium bowl. Process the beans, yogurt, mayo, olive oil (see note), lemon juice and pepper in a food processor until smooth. Pour the mixture into the medium bowl with the tuna and mix well.

In a small bowl, mix together the tomatoes, carrots, onions, and parsley. Divide the tuna and bean mixture among the tortillas or flatbreads. Top with the tomatoes, carrot, onion, and parsley. Roll up tightly and serve immediately.

We may as well revisit our Chicken Quesadilla recipe now that you have a pack of wraps in the house! This is also a good way to sneak in the

oat powder rather than flour which helps lower cholesterol (as well as the avocado) AND just a side note; always have fresh spinach on hand. You can put shredded or chopped spinach in almost anything without affecting the taste – from smoothies to sandwiches to stuffed mushrooms to spaghetti sauce. However, remember “Everything in Moderation”. For all it’s health benefits, **too much spinach can cause kidney stones or aggravate those with gout or gouty arthritis.**



FAST CHICKEN QUESADILLAS – SERVES 2-3

- 1 TBS olive oil
- 4 tsp all- purpose flour (or oat powder)
- ½ cup unsalted chicken broth
- 1 cup coarsely chopped spinach (about 1 ½ oz.)
- 1 TBS hot sauce
- Salt and pepper
- 6 oz. shredded cooked skinless boneless chicken (we used 6 chicken tenders)
- 1 cup shredded mozzarella
- 3 (8-inch) wraps or flatbreads
- Cooking spray
- 1 ripe quartered avocado

Heat the oil in a small saucepan over medium. Sprinkle flour over pan and cook 30 seconds stirring constantly. Slowly add the stock and cook for 2 minutes or until thickened, stirring constantly. Remove pan from heat; stir in spinach, hot sauce, salt & pepper, chicken, and cheese.

Heat a large skillet over medium. Spray one side of the 3 quesadillas with non-stick spray. One at a time, place the tortilla sprayed side down in pan. Put one third of the chicken mixture on one side of the tortilla and fold over. When brown on the bottom, turn over and brown other side until cheese is melted. Repeat with other 2 tortillas. Cut each into 4 wedges and serve with avocado.



Barbara Buxton, J.D., LL.M. Attorney at Law

Estate Planning • Wills & Trusts
 Powers of Attorney • Healthcare Surrogates
 Long Term Care Planning
 Florida Medicaid Eligibility • Guardianships
 Probate & Trust Administration

Law Offices of
BARBARA BUXTON
 A Professional Association

Aventura Corporate Center
 20801 Biscayne Boulevard | Suite 400 | Aventura, FL 33180
 Miami-Dade: 305.932.2293 | Broward: 954.760.7077
 Email: barbara@buxtonlaw.com | www.buxtonlaw.com

INJURED?

BOBER & BOBER, P.A.

**NO
Fees/Costs
Unless
We Win**

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

Attorneys
Peter and
Samara
Bober



FREE CASE EVALUATION

(954) 922-2298

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

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

WHAT ARE THE CAUSES OF MENTAL CONFUSION IN THE ELDERLY?

HYDRATION OVER 50 VITAL FOR GOOD HEALTH

By the time we reach 50 years old, the water composition in our bodies has already started its downward slide from 80% to just 50% and we may be experiencing the body's warning signs of dehydration. Recent research has highlighted the dangers associated with inadequate water intake and flagged the need for older adults to drink more water.

Not drinking enough water can lead to dehydration which in turn can lead to muscle pain, hat exhaustion and fatigues and it can even contribute t high blood pressure and kidney failure. Although the changes in our body composition are a natural part of the biological aging process many people are still unaware of the damage dehydration can do to our bodies.

The importance of sting hydrated as we get older is highlighted by Dr Amaldo Liechtenstein, a Physician, General Practitioner and Professor at eh Faculty of Medicine of the University of Sao Paul.

He always asks his fourth-year students the following question: "What are the causes of mental confusion in the elderly?"

Common answers are "tumors in the head: or "early symptoms of Alzheimer's" but most students are surprised when he lists the three most common causes of mental confusion as:

1. Uncontrolled diabetes
2. Urinary infection
3. Dehydration

The science behind it indicates the decline begins 10 or 15 years before we see the level of impairment we associate with the elderly. We need to start changing our behavior in our fifties to ensure healthy bodily functioning as we grow older.

"Although people over 50 look healthy, the performance of reactions and chemical functions can damage their entire body." Dr. Liechtenstein says.

If body water composition gets too low, brain cells won't function properly causing mental confusion. Even just a 2% decrease in water levels to the brain can result in short term memory loss while prolonged dehydration causes brain cells to shrink in size, causing memory issues too.

Your brain cannot store water and needs to take water from the body reserve; a reserve that is constantly depleted throughout the day through perspiration, urination, and other bodily functions. If you no longer experience your body's signals to drink water – and urge that decreases as we age – it is vitally important to replenish your water reserves by drinking water regularly throughout the day, even if you don't feel thirsty. This will enable you to think faster and focus clearly when you are functioning fully hydrated!

HELPING WITH HYDRATION

If you are over 50 and you notice that you are feeling irritable, breathless, or lack attention, ask yourself when you had a glass of water last. Dr. Liechenstein advises you to act to prevent dehydration by "getting into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits such as watermelon, melon, peaches, and pineapple. Oranges and tangerines also work."

If you struggle to remember to drink water you could also set an alarm at irregular intervals to remind yourself or get a water bottle with time markings to show you how much you should have been drinking at set times every day. Of course, nowadays you can ask Siri or Alexa to remind you at set hours.

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



Greetings Hillcrest Residents,

As we “spring ahead” towards a new season, we continue to fight together for progress and positive change in our community. Residents in Hillcrest are an engine that drives our city and our county to be so great – and I look forward to continuing working with you as we move forward into the summer months. As always, never hesitate to reach out to my office if you have anything you need or a great idea!

Ukraine - The images from Russia’s invasion of Ukraine have shocked the world and saddened Americans who mourn the senseless death of so many and the suffering of the Ukrainian homeland. This is a deeply personal issue to many in Broward County. In District Six and Hillcrest especially, many residents are Ukrainian immigrants or of Ukrainian descent. I want to make it clear – we stand with you, and our community is united in providing help and support. Many of our friends and neighbors in Hillcrest are also Russian immigrants or of Russian descent, and it is important that we do not judge or discriminate against them because of the actions of Vladimir Putin. In a time of horrifying war, the path to peace is all members of our community standing together.

Russia’s invasion of Ukraine should remind everyone just how precious our democracy is – and how important it is to prevent a slide into authoritarianism. This terrifying war is not happening because of the democratic will of the Russian people. It is happening because a ruthless dictator who uses a lack of democratic freedoms to destroy dissent. In America, we can speak out when a leader does something so beyond the pale. But our voting rights are under attack. Truth is dismissed in favor of conspiracies. Our democracy is at-risk. This should remind us how important it is to protect it.

Historic Society Presentation

I was honored to have the opportunity to be the featured guest lecturer at the Hollywood Historical Society’s monthly lecture series with the Friends of the Stirling Road Library. Each month, the wonderful leaders at the Hollywood Historical Society team up with the innovative minds at the Friends of the Stirling Road Library for an hour of programming on a local topic presented by a guest with expertise. I presented on the history of Broward County, particularly the role of water in our development and the rise of Port Everglades. The City of Hollywood and Joseph Young contributed the money and manpower to build Port Everglades. The Port would not have developed without Hollywood – and without Port Everglades, Broward County would not have boomed like it did. To view the whole lecture, go to the Hollywood Historical Society website or YouTube page. I would love to hear your feedback.

Contact Us

Our District office is conveniently located in the lobby of the Hollywood Branch of the Broward County Public Library at 2600 Hollywood Blvd, next to Hollywood City Hall. I am pleased to report that it has re-opened and is available to you from 10 AM to 4 PM, Monday through Friday. My staff is also working from my office in Fort Lauderdale and from other remote locations within our District. The Fort Lauderdale office is open for your convenience Monday through Friday from 9AM to 5PM. 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 954-357-7006/7790 or send me an email at bfurr@broward.org.

CONTEMPORARY AND TIMELESS WINDOW FASHIONS



Modern window fashions that help manage light, privacy and heat transfer with unmatched elegance.

- Roller
- Sheer
- Layered
- Roman
- Venetian Blinds
- Shutters

Free consultations and quotes!

ALLURE
 shade concepts
 blinds · shades · roll down screens · awnings

info@allureshadeconcepts.com
561.672.4558



COMPUTER HELP HAS ARRIVED!

COMPUTERS – LAPTOPS - TABLETS
IPAD – KINDLE FIRE- NOOK TABLET & OTHERS

- Selection – Setup - Installation
- Microsoft Windows & Office (Word, Excel)
- Apple Operating System & Using the App Store
- Basic Computing – Exploring the Internet & More
- E-Mail – Anti-Virus – Browsers - Photos

Just give me a call to get started learning

Gregory L. Gendusa
Plantation – (954) 235-0431

Jewelry Designs by Dino
One of a Kind Designs. Buy and Sell Estate Signed Pieces, Diamonds and Gem Stones.

Justingems Jewelers

justingems@aol.com
(347) 610-3067
E-Bay Store : dinotopia10



Get PROTECTED for HURRICANE SEASON ON TIME!

Open your windows and let the cool breeze in!



\$100 OFF
5 or More Impact Windows OR Any Impact Door

Windows - Doors
Sunrooms - Shutters

954 797 0797
Call For a Free Estimate!

100% FINANCING AVAILABLE

Lic. & Ins. - 05-G11765-X www.GMDoorWindowAndScreen.com Servicegm@gmdws.com

@gmdoorwindow

WE SERVICE BOTH WOMEN & MEN. MANICURES, PEDICURES, ARTIFICIAL NAIL ENHANCEMENTS: ACRYLIC NAILS & DIP POWDER SERVICES.

Hillcrest residents: Mention this ad and receive \$5 off any service equaling \$41 or more on your first visit.



Offer is exclusive to Hillcrest Residents. Offer cannot be combined with any other offer.

THE ABSTRACT NAILS
Call Tammy (786-922-3645) Suite #139
theabstractnails.com



MEN AND WOMEN WELCOME CUTS - COLOR - WAXING SHAVES - BEARD SHAPING

First time customers: Mention this ad and receive \$5.00 off one service.

WILD ONES BARBER
Call Carla (754-423-7010) Suite # 152
wildonesbarber.com

3251 Hollywood Blvd. (Located inside Phenix Salon Suites next to Publix)

*Appointments are preferred, walk-ins accepted (but please call to check availability before arriving)
*For safety measures, we do ask that ALL guests wear a mask when entering salon**

What's Happening In The Real Estate Market in Hillcrest and Hollywood?



Cindy Abraham



Brian Gaiefsky

The market for single-family homes has exploded. Right now, homes are at a premium and buyers are paying over list price; either all cash or coming up with the difference between the appraised price and the list price. Bidding wars are common.

What does this mean to us? Homes are becoming out of reach for many. The next best thing is a townhome or large condo. As we all know, Hillcrest condos are known for their size and views. And Keller Williams A Team Florida are known as the Hillcrest experts which is why agents shopping Hillcrest look for our listings.



Looking to buy or sell? Let's talk. Or send us an email or text:

Chat – 954-964-2559 - Email – Info@ATeamFlorida.com

Text – Cindy - 954-895-1617 Brian – 954-415-5323

ateamflorida.com info@ateamflorida.com 8-HILLCREST (844) 552-7378

Message to Our Neighbors from Keller Williams A Team Florida

For all of you who aren't sure, it is possible to be gay and Christian.

It's also possible to believe in God and science.

It is possible to be pro-choice and anti-abortion.

It is equally possible to be a feminist and love and respect men.

It is possible to have privilege and be discriminated against, to be poor and have a rich life, to not have a job and still have money.

It is possible to believe in sensible gun control legislation and still believe in one's right to defend one's self, family, and property.

It is possible to be anti-war and pro-military.

It is possible to love thy neighbor and despise his actions.

It is possible to advocate Black Lives Matter and still be Pro Police.

It is possible to not have an education and be brilliant.

It is possible to be Muslim and also suffer at the hands of terrorists.

It is possible to be a non-American fighting for the American dream.

It is possible to be different and the same.

We are all walking contradictions of what "normal" looks like.

Let humanity and love win. Be kind.



FEBRUARY 2022 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida



Remember from last month? In January, we went as high as 28 listings. Only 10 closed during January but 24 listings went under contract during that time. February we are back down to 20 Active listings and here is a twist – 14 are in the low and mid rise buildings. Finally, we are getting some inventory in our beautiful smaller buildings with the great views. Of the 12 closings, 10 were in the high rises with only four in the all-age buildings.

15 two-bedroom units went under contract and 11 one bedroom units; 8 are all-age and 18 over-55. As I have said before, it is a level playing field between the age-restricted buildings and the high/low/mid-rise buildings. We have a wide variety of buyers out there and there is something for everyone in Hillcrest. Level of remodel and views are still the top two “wants” with impact windows, washer/dryers and extra parking following close behind. Buildings that have redone their pipes are starting to allow W/Ds in select units (mainly corners in the high rises) and two of the low rises allow them in any unit for an extra \$10 tacked on to the monthly maintenance fee to cover the extra water used and the reduction in laundry room profit.

Thankfully, we are getting more and more board members whose goal is to look for ways to make life easier for their residents instead of the old “condo commando” mentality. As our reputation goes up, so do our prices.

HILLCREST FEBRUARY 2022 CONDO SALES

Building	Unit #	B/B	SF	List Price	Sold	DOM
19	402	2/2	1150	215,000	215,000	28
C-27	702	2/2	1426	215,000	200,000	13
27	810	2/2	1164	199,000	199,000	97
23	303	2/2	1132	175,000	175,000	118
18	202	2/2	990	169,000	159,750	9
21	901	2/2	1132	162,000	162,000	69
C-24	510	2/2	1284	160,000	155,000	63
23	103	2/2	1216	140,000	150,000	9
23	907	1/1/1	844	139,999	137,000	6
26	1007	1/1/1	844	139,000	135,000	7
21	904	1/1/1	844	129,000	129,000	66
6	304	1/1/0	690	125,000	125,000	19

PARKVIEW AT HILLCREST STATE OF THE MARKET FEBRUARY 2022

Curious as to how much equity you have built up in your Parkview home? Call us at 8-HILLCREST or email INFO@ATeamFlorida.com.

Last month only 3 single family homes were on the market, this month 5 single family homes are listed and one townhouse.

Five went under contract during February and there were also 5 closed sales down from 9 in January. Only two closed sales.

ACTIVE LISTINGS

ADDRESS	B/B	SF	LIST PRICE	PREV. SOLD FOR
S-3713 Greenway Dr	4/2/1	2,679	1,125,000	
S-3701 Greenway Dr	4/2/1	2,679	1,125,000	
S-4334 Large Leaf Ln	5/3/0	2,501	890,000	538,100
S-4325 Large Leaf Ln	3/2/1	2,423	870,000	475,900
T-Greenway Dr	3/2/1	1,952	649,000	423,800
S-1001 Banyan Dr	3/2/1	1,769	635,000	381,000

FEBRUARY PENDING SALES

ADDRESS	B/B	SF	LIST PRICE	PREV. SOLD FOR
S-1383 Silk Oak Dr (pool)	5/3/1	2795	939,000	544,000
S-4748 Greenway Drive	3/2/1	2220	860,000	495,000
S-1558 Myrtle Oak Terr	3/2/1	1905	600,000	418,000
T- 5185 Eucalyptus	3/2/1	1776	599,900	427,200
T-1040 Eucalyptus	3/2/1	1421	475,000	369,000

FEBRUARY CLOSED SALES

ADDRESS	B/B	SF	LIST PRICE	PREV. SOLD FOR
S-1312 Silk Oak Dr	6/4/0	2679	899,000/865,000	575,000
5110 Eucalyptus	3/2/1	1421	499,000/480,000	325,200

PARKVIEW AVAILABLE RENTALS

ADDRESS	B/B	SF	PREV. /CURRENT	NOTES
T-5063 Greenway Dr	3/2/1	1776	4000	Wtrfront/2-car garage
T-3976 Poinciana Ln	3/2/1	1421	3500	Pool/1-car garage


PARKVIEW PENDING RENTALS

ADDRESS	B/B	SF	PREV. /CURRENT	NOTES
T-5087 Eucalyptus	3/2/1	1768	4150	Wtrfront/2-car garage
T-3982 Long Leaf Ln	3/2/1	1580	3600	Pool/1-car garage
T-925 Banyan Dr	3/2/1	1768	4950	2-car garage
S-403 Myrtle Oak	4/2/1	2220	4800	Wtrfront/2-car garage
T-3932 Long Leaf Ln	3/2/1	1580	3800	Pool/Wtrfront/1-car garage

PARKVIEW RENTED IN FEBRUARY

ADDRESS	B/B	SF	PREV. /CURRENT	NOTES
T-5012 Greenway	3/2/1	1920	4200	Pool/Wtrfront/2 car garage
4164 Greenway	3/2/1	1499	3600	1 car garage





Helen Vella Basilone

GROWTH MINDSET
SPECIALIST

WWW.HVELLA.COM
HELEN@HVELLA.COM
407 232 4439

MARTY KIAR BROWARD COUNTY PROPERTY APPRAISER



Late Filing Exemption Deadline - September 19, 2022

If you missed the timely deadline to apply for or renew any 2022 exemption, you still have time. Applicants can late file for 2022 Homestead Exemption, Low-Income Senior Exemption, or any other exemption until September 19, 2022. To apply for these exemptions, please visit <https://web.bcpa.net/bcpaclient/#/Homestead> Property owners who purchased a new home or moved to a new home in 2022 can pre-file for 2023 at https://bcpa.net/homesteadonline_with_portability/web/index.aspx If you are already receiving Homestead Exemption on your current property, you do not need to reapply as this exemption automatically renews each year. Once the September statutory "late-filing" deadline has closed, we cannot accept any more 2022 exemption applications regardless of any good cause reason for missing the late filing deadline.

2022 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2022 Save Our Homes cap at 3%. This Save Our Homes assessment cap limits increases to the Assessed/Save Our Homes Value for properties receiving Homestead Exemption to no more than 3% per year or the increase in the Consumer Price Index (CPI) regardless of increases to the just value of the property. This cap results in considerable savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the assessed value of the property.

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

Deployed Military Exemption

Homesteaded property owners who were deployed on active military duty outside of the United States in support of a designated military operation in 2021 are eligible for an additional exemption for the 2022 tax year. Property owners deployed in 2022 will be eligible for this exemption for the upcoming 2023 tax year.

Applicants must provide US military documentation indicating their 2021 dates of active duty deployment outside the United States in support of one of the designated military operations: Operation Noble Eagle, Operation Joint Task Force Bravo, Operation Joint Guardian, Operations in the Balkans, Operation Nomad Shadow, Operation U.S. Airstrikes Al Qaeda in Somalia, Operation Copper Dune, Operation Georgia deployment Program, Operation Spartan Shield, Operation Observant Compass, Operation Inherent Resolve, Operation Atlantic Resolve, Operation Freedom's Sentinel, Operation Resolute Support, Operation Juniper Shield, Operation Pacific Eagle and Operation Martillo or in support of a subordinate operation to any of the preceding. Applicants approved for tax year 2022 will receive an additional exemption equal to the percentage of the year they were deployed in 2021. This exemption requires the holder to submit new supporting documentation each year to retain these valuable savings.

If your deployment crosses over two calendar years, we accept pre-filed applications for the upcoming tax year to make the application process more convenient for you.

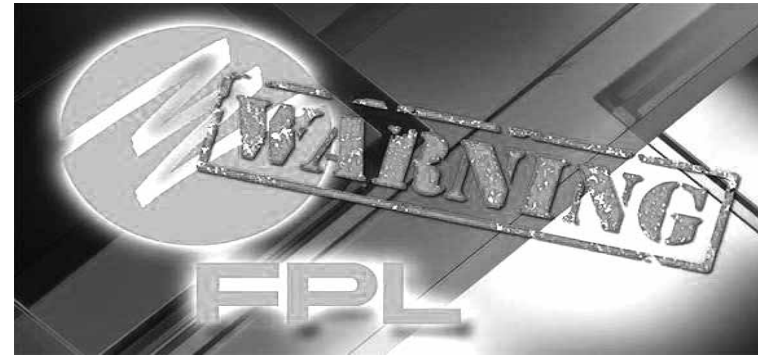
For additional information about this important exemption, please visit our website at <https://web.bcpa.net/bcpaclient/#/VeteransDeployed>. A servicemember's spouse or personal representative may apply on behalf of the servicemember.

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

Take care,

Marty Kiar, CFA,
Broward County Property Appraiser

PROTECT YOURSELF FROM FPL SCAMS



Warning: Scammers are aggressively targeting utility company customers across Florida and the rest of the country using sophisticated tactics to pocket quick cash. We continue to help provide our customers information on the most commonly used scams and how you can protect yourself by partnering with more than 100 utility companies across the country and sharing the latest scam-related information.

Some of the most common scams include:

- The caller pretends to be a Florida Power & Light Company (FPL) employee and insists your account is delinquent. Caller ID may even falsely display our number and appear to be FPL.
- The caller threatens to turn off power to your home or business within an hour if payment isn't made immediately and may even claim a truck is on the way.
- The caller demands immediate payment only with a prepaid card or wire transfer and provides a call back number that mimics our customer service line



254-716-9132
Mireille

Expert Tailoring and Alterations

www.legacykouture.com

We are able to accommodate
our French speaking friends

Located in Hollywood, FL
moi@fantini.us

ARE YOU TIRED OF BEING IN PAIN?



Come see our group of Board Certified Physicians right in your community ready to treat your pain with a variety of non-invasive, minimally invasive and surgical options.

Visit Our Website www.browardspine.com or call **954-272-BACK** to Learn More.



BROWARD SPINE INSTITUTE
A Comprehensive Pain Management Center



3702 Washington Street, Suite 101
Hollywood, Florida 33021

GLAZER & SACHS P.A.

Eric Glazer
Attorney at Law

Also admitted in New York and The District of Columbia

One Emerald Place
3113 Stirling Rd, Suite 201
Ft. Lauderdale, Florida 33312
Phone: 954.983.1112
Fax: 954.333.3983

eric@condo-laws.com



Condominium & Planned Development



DR. AMIR'S

WEIGHT LOSS & METABOLISM CENTER

Dr. Rotem Amir, MD
DABOM, DABIM

Office: 954.302.8161
www.drrotemamir.com

1250 E. Hallandale Beach Blvd., Ste 700
Hallandale Beach, FL 33009



SEEK TO AVOID PROBATE? CALL THE LAW OFFICE OF STANLEY G. SWIDERSKI, P.A.



LET 38 YEARS OF LEGAL EXPERIENCE GUIDE YOU

- Wills • Trusts
- Lady Bird Deeds
- Living Wills • Quit Claim Deeds
- Healthcare Surrogate
- Durable/Medical Power of Attorney



(954) 966-0700
1930 Tyler St. Hollywood

www.SwiderskiLaw.com

MIKE'S GREAT BEAR



AUTO CENTERS

ALIGNMENTS
BATTERIES
SHOCKS
TIRES
BRAKES
FRONT ENDS
TUNE UPS
AIR CONDITION

WE BUY & SELL USED CARS



THE LEADER IN AUTO SERVICE SINCE 1933

2804 Hollywood Blvd • Hollywood

1 Block East of I-95

954-922-4105

We Do UBER Inspections



Courtesy Shuttle
COMPLETE DIAGNOSTICS

LIC #AR1367 • REG # MV35398



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

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

WE WILL MEET OR BEAT ANY WRITTEN ESTIMATE

EUROPEAN CAR SPECIALISTS

FREE ESTIMATES

FRONT OR REAR BRAKES DISC/DRUM COMBO
Starting at **\$79⁹⁵***
*Most American Cars
Must present this Sharp Saver coupon at time of write up. Expires 4/30/2022

IS YOUR CHECK ENGINE OR SERVICE LIGHT ON?
Stop in for a **FREE COMPUTER CHECK**
For Autos Newer Than 1996
Must present this Sharp Saver coupon at time of write up. Expires 4/30/2022

SYNTHETIC BLEND OIL CHANGE & LUBE
\$39⁹⁵
Up to 4 Qts. Premium Oil Filter. 2009 vehicles and older. Most American cars. foreign cars & trucks slightly higher.
Must present this Sharp Saver coupon at time of write up. Expires 4/30/2022

FULL SYNTHETIC OIL CHANGE
\$49⁹⁵
• Up to 4 Qts • Premium Oil Filter
Most American Cars.
Foreign Cars & Trucks Slightly Higher
Must present this Sharp Saver coupon at time of write up. Expires 4/30/2022

FLORIDA TUB RESTORATION INC.
WE MAKE TUBS LOOK NEW AGAIN



Brando Valenzuela
President
Floridatub@yahoo.com

954-652-9518
floridatub.com

FREE ESTIMATES NO JOB TOO SMALL

LICENSED & INSURED

HANDYMAN SERVICES

SAFETY BARS FOR BATHROOMS & SHOWERS



PAINTING, TILE & LAMINATE FLOORS

DRYWALL REPAIRS & NEW INSTALLATIONS
SLIDING DOOR & WINDOW REPAIR

954-274-5879

Questions about MEDICARE? I can help!

Jennifer Romo
954-610-4930
Monday – Friday, 8 a.m. – 5 p.m.
JRomo2@careplus-hp.com
Hablo español

Call your licensed CarePlus sales agent **TODAY!**

CarePlus
HEALTH PLANS

WHY DOES THE UKRAINE MATTER?

The answer is a popular post on social media and gets forwarded often. But the list of reasons is a mixture of truths, falsehoods, outdated stats, and unproven claims. Whenever I get anything from social media – and we are sending out a very powerful video this month about the dangers of social media – I fact check it. Here is the verdict according to Snopes.

“Much of the data included in the viral “why Ukraine matters” posts were true. Some of the items on the list had become outdated, but more recent numbers still showed that the country had a strong standing in various categories of reserves, production, and exports. However, we were unable to find figures to confirm a few of the claims, and a small number of them were flat-out false. For all of these reasons, the social media posts were neither definitively true, false, outdated, nor unproven, but rather a mixture of all four.”

However, the point is to help explain the reason for the invasion by Russia notwithstanding Putin’s lies about his motives. And if you look under “”outdated, I put the actual number at the end that applies to the Ukraine’s position according to Google. The takeaway from this info makes Russia’s motives are even clearer. The Ukraine matters a lot!

The following statements are TRUE about how the nation of Ukraine is classified in reserves, agriculture, and industry:

The Ukraine is:

- 1st place in Europe and 10th in the world in proven recoverable reserves of uranium ores.
- 2nd in Europe and 10th in the world in terms of titanium ore reserves.
- 2nd in the world in terms of exploited reserves of manganese ores (12% of the world’s reserves).
- 2nd largest iron ore reserve in the world.
- 2nd place in Europe in terms of mercury ore reserves.
- 3rd In Europe (13th in the world) in shale gas reserves.
- 4th largest natural gas pipeline system n the world.

Ukraine Agriculture:

- 1st in Europe in terms of arable land area.
- 3rd place in the world for the area of black soil (25% of the world volume).
- 1st place in the world in exports of sunflower and sunflower oil.
- 5th place in the world in bee production.
- 4th largest potato produce in the world.
- 3rd in the world in clay exports.
- 8th largest in the world in terms of installed capacity of nuclear power plants.
- Ukraine can meet the food needs of 600 million people.
- Industrially, the Ukraine is Europe’s 4th largest natural gas pipeline system in the world.

FALSE:

The Ukraine is not 4th in the world for the total value of natural resources, 16th in the world in cheese exports or 1st in Europe in the production of ammonia.

OUTDATED

- followed by Ukraine’s current ranking and who is #1:
- 7th in coal reserves #51 – Venezuela is #1)

2nd place in the world in barley production and 4th place in barley exports #4 – Russia is #1)

3rd largest producer and 4th largest exporter of corn in the world #5 – USA is #1)

5th largest producer of rye in the world #6 – Germany is #1

8th in the world in wheat exports #6 – Russia is #1

9th in the world in the production of chicken eggs – not rated China is #1

3rd in Europe and 11th in the world in length of the railway network USA is #1

3RD largest exporter of iron in the world #5 Australia is #1

4th in the world in titanium exports #5 – China is #1

9th place in the world in exports of defense industry products #20 – USA is #1

10th largest steel produce in the world #13 – China is #1

UNPROVEN (No Data Available):

3rd in the world (after the US and France) in the production of locators and locating equipment.

4th largest exporter of turbines for nuclear power plants in the world.

4th larges manufacturer of rocket launchers in the world.

8th in the world in exports of minerals and concentrates.

“If Water Runs Through it, We Do It”
Residential • Commercial • Industrial
24 Hour Service

Full Service Plumbing
Sewer & Drain Services
Video Pipe Line Inspection



LICENSED & INSURED CFC-1425969



EXECUTIVE
PLUMBING
CONTRACTORS

888-954-LEAK
954-924-8211

2020 Lee Street
Hollywood, FL 33019

www.epcfla.com

8 THINGS PEOPLE WHO ARE HURTING NEED

The author of *The Compassionate Connection* explains how to genuinely support those who need us most. - By David Raket, MD

People have the urge to be “fixers” instead of healers. When a child comes home crying after having had a fight with another little boy, his parents might be quick to offer a tender cuddle. But they also feel the impulse to make the situation better. Before they even realize it, they’re suggesting how the interaction at school went awry (“Did you say you were sorry?”). They might offer ideas about how to think about the situation (“Don’t take it too hard. Kyle is just teasing you because he’s jealous!”). They might provide advice about how to behave differently the next time (“Just learn to laugh it off”). Or they may want to punch the other kid in the nose! But even the wisest, tried-and-true suggestions can create distance between caregivers and the person who’s hurting. The words they use, their tone of voice, the mere suggestion that a problem is small and manageable can reveal the ways in which helpers are not hearing and understanding what’s going on.

People do their most egregious “fixing” when they’re advising others about their health. Everyone has a helpful answer. If a parent has high blood pressure, they suggest low-sodium foods. When a colleague groans about the aches of arthritis, they say, “Have you tried an anti-inflammatory like ibuprofen?” Recently, when one friend complained she had gained too much weight during pregnancy and that she was really worried about the way her body had changed, another quickly came to the rescue with the suggestion: “Can’t you just walk a little bit every day?” No matter how good the intentions of the helper, the person who’s hurting is seldom better off with these kinds of solutions. Most importantly, the fix-it type of support offers only short-term solutions. The deeper, and sometimes long-standing, issue of what hurts still goes unaddressed. Instead of facilitating health, this kind of “help” actually prolongs pain and hinders recovery. When caregivers fail to acknowledge the big picture of another person’s suffering, they fall short as friends, and they fail as supporters and helpers. Everyone wants to distract from anguish, but the real healing happens when caregivers help patients turn toward it and be with it.

Turning toward suffering doesn’t sound like much fun. Who wants to do that? If I give a patient the option of getting a massage for the pain in his neck versus talking about the situation in his life that’s giving him a pain in the neck, most likely he will choose the former. But the pain won’t resolve until we turn toward the authentic cause. Both my patient and I need to give it our attention. This is the active process of facing what’s really going on as compared to passively treating the problem with a drug or a massage. With an active process, the patient gets what he needs most...another’s true presence. With that kind of attunement, life hurts less.

Over the years, I have found that people make many unhelpful statements that may rupture a connection, even though they believe they’re doing their best to be present with someone who is hurting. In fact, most often, these comments and questions function as distancing devices. Here are a few familiar ones:

“I know what you’re going through. When I broke my leg...”

This is a form of narcissism. People turn the conversation back on themselves and their own problems as a way of “relating” to the other and “just trying to be helpful.” How about: “When I had back pain, I read this book/did yoga/saw a chiropractor/had physical therapy/took narcotics/tried acupuncture, or you-name-it, and I avoided surgery.” This implies that what worked for one person should work for another. Maybe, but maybe not. A patient’s condition might be completely different, and others’ well-meaning but misguided advice could actually worsen the problem. When people are busy talking about their own lives, they’re not listening deeply to the other’s pain so they’re not really making a connection.

“You think that’s bad?”

This is the approach of instantly telling the person about someone else

whose problems were worse as a way of diminishing what the injured party is suffering. As a good friend explained to me, “I can’t tell you how many horror stories I heard about bicycling accidents after my husband took a serious spill that landed him in the hospital for a few days with six broken ribs, a bruised lung, and a face that looked like raw steak.” Does anyone really want to add to the burden of the injured person and his or her family by sharing these one-upmanship tales? Whom do they really serve? How are these stories helpful? And how do they reinforce the connection?

“Why are you telling me this? Can’t you see how upset I am?”

During a crisis or medical setback, family caregivers can become anxious and need to be taken care of themselves, diverting precious energy. This attitude also can cause the person they want to serve to conceal the seriousness of the problem or prevent him or her from reaching out for help when it’s most needed—as a way of protecting family members from becoming too distraught.

“Snap out of it...” “Pull yourself together...” “It can’t be that bad...”

With this attitude, people communicate that they don’t recognize the other’s suffering or hardship. This heightens an individual’s sense of aloneness just at the moment when support and connectedness are most needed.

“I’m so worried about you. I’m afraid you’ll never get better.”

This may be the most destructive communication of all. If we convey confidence and positive emotions through our mirror neurons, which in turn can create a healing epigenetic environment and a reordering of brain cells, we can do just the opposite when we express doubt, fear, and despair.

What Helps

In *The Healer’s Art*, an elective class offered to first- and second-year medical students at the University of Wisconsin School of Medicine and Public Health, we ask our students to identify which statements or behaviors had been unhelpful when they were suffering a significant loss. Here’s what didn’t work during a time of suffering:

- The person tried to explain it.
- The person told me, “Everything will all be okay.”
- The person avoided me or changed the subject.
- The person tried to fix it.
- The person talked about her own experience.
- The person belittled my feelings.
- The person didn’t allow me to cry or be sad.
- The person analyzed the situation.
- The person pushed his own spiritual beliefs.

Those words and actions ended up in the “did not help” column because people are often too quick to project their beliefs onto others without taking the time to listen and just be with them.

But we also inquire: “What did someone say or do that helped you get through your challenging situation?” Consistently, others’ simple caring presence and actions comforted them more than any advice did. Here are the most common on our list.

What helped? The other person:

- Just listened
- Cooked me some food
- Shared in and accepted my emotions
- Sat with me
- Gave me a hug
- Recognized my needs and didn’t ignore or avoid me
- Was patient with me
- Was just there for me

Continued on Pg. 17

The UPS Store®



4302 Hollywood Blvd
Hollywood, FL 33021

We offer
Free Pick Up!

Call: 954.963.8558



Copies	International
Mailboxes	Freight
Notary	Packing
Passport Photos	Moving
Shipping	Fax
Printing	Scanning

\$2 OFF
PASSPORT PHOTOS

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2020 The UPS Store, Inc. Offer Expires 5/31/2021

The UPS Store®

7¢
BLACK & WHITE COPIES
(8.5x11, single sided, white 20# paper)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2020 The UPS Store, Inc. Offer Expires 5/31/2021

The UPS Store®

25% OFF
SHREDDING* SERVICES

*Visit theupsstore.com/shredding for full details. Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2020 The UPS Store, Inc. Offer Expires 5/31/2021

The UPS Store®

Continued from Pg. 16

People who are hurting need to be held and cared for. It is not knowledge, but rather presence and connection that count. They need to know that they're not alone in their predicament.

"We'll get through this together," is a positive statement that conveys compassionate support and a willingness to be fully available. Perhaps this is why cancer support groups are so effective.

In the final analysis, I think it is important that caregivers do their best, but they will burn out if they believe they can change or fix people. It is more fun to be a friend and encourage through a caring connection. At least with this attitude, we will do no harm.

Keeping positive feelings is not always easy with souls who are suffering. Meditation or quiet time will help a soul get adjusted to time to chose the positive over the negative.

Meditation fills us with these positive qualities and powers very easily. This is because meditation is a beautiful relationship and connection with the Supreme Source of spiritual energy and power – God. God is full of those qualities and powers and never loses them ever, unlike us, who need to fill ourselves constantly when we lose them. The early morning is the best time to meditate and also before bed if you can.

MEDITATION IS THE ONLY WAY TO BRING UP YOUR CONNECTION TO YOUR HIGHER POWER AND COMBINE YOUR ETERNAL GIFTS OF LOVE, PEACE, HAPPINESS, WISDOM, AND PURITY.

Our MEDITATION CLASSES ARE NOT OPERATIONAL IN PERSON AT THE CURRENT TIME DUE TO THE PANDEMIC.

I AM CONDUCTING A ZOOM class every Tuesday Morning at 10:30 am ET.

Here is the Zoom Link: Join Zoom Meeting
Zoom ID: 830 9088 9112 password: etta

Social Security Disability Attorneys



SSD and SSI Representation

954-884-5040

Call Today for a FREE Consultation

www.AmericanDisabilityAdvocates.com

American Disability Advocates, LLC



GOT BUGS?

Call Kevin Biederman
 Office 954-962-2330
 WE AIM TO ELIMINATE
 (954) 247-4087

OFFICIAL PEST CONTROL COMPANY OF THE
 FLORIDA PANTHERS AND THE BB&T CENTER

Proud supporter of:

- Greater Hollywood Jaycees
- Greater Hollywood Chamber of Commerce
- Hollywood West Elks
- Hollywood Diamonds in the Rough
- American Cancer Society



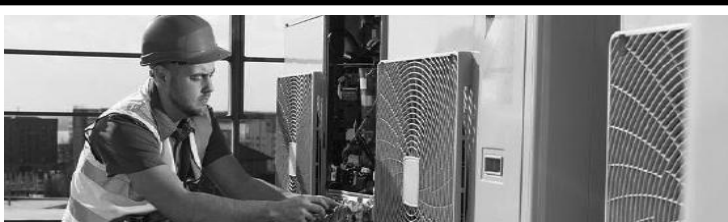
DISASTERSTRUCK Public Adjusters, Inc.

Licensed All-Lines Public Insurance Adjusters

ILYA LEVITIS
 Public Adjuster

Licensed in: Florida, New York & New Jersey

www.disasterstruck.com
 Email: ilya@disasterstruck.com
 Cell: 305-766-9161 Office: 954-455-1380
 Fax: 305-675-6303



MIKE BALAN

AIR CONDITIONING INC.
Licensed and Insured
 SERVING SOUTH FLORIDA SINCE 1999

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

Phone: (954) 931-4752
 Emer: (954) 968-0379

24 Hour Service

0%

FINANCING AVAILABLE!

**\$25 OFF
 SERVICE CALL
 AND PARTS**

MUST HAVE COUPONS PRESENT AT TRANSACTION

**\$150 OFF
 UV Light Install**

MUST HAVE COUPONS PRESENT AT TRANSACTION



ALEX SOFIANOS

AUTOMOTIVE TECHNICIAN

SOUTHPARKAUTOREPAIR.COM

South Park Auto Repair

Alex Sofianos
 ASE Certified

PH: (954) 962-3896
 southpark3325@gmail.com

3325 Pembroke Road
 Hollywood, FL 33021



We want to hear from you!

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

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



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

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

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

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

©Copyright 2021

ACCOUNTSULT, LLC

ACCOUNTING AND CONSULTING FOR CONDOMINIUM AND HOMEOWNER ASSOCIATIONS

Mark R. Buchalter

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

Podiatrist - Foot Specialist



House Calls Available
Medicare Assignment Accepted

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

TREECFINANCIAL.COM

Main Office:

Bayshore Executive Plaza
10800 Biscayne Boulevard
Suite 725, Miami, FL 33161
305.751.8855 O
305.764.9555 C
305.751.0068 F

Broward (by appointment):

Tower Club
One Financial Plaza
100 SE Third Avenue
Fort Lauderdale, FL 33394
954.526.3676 O

Securities and advisory services offered through Cetera Advisors LLC, member FINRA/SIPC, a broker/dealer, and a Registered Investment Adviser. Cetera is separate from any other named entity.

ELITE GUARD



PROVIDING PROFESSIONAL SECURITY SERVICES
TO HILLCREST ASSOCIATIONS SINCE 1998

OFFICES IN SUNNY ISLES BEACH AND AVENTURA

305-956-9520 www.eliteguard.com

A-1 Custom Mica, Inc.



Wood • Therma Foil • Mica

Established since 1987

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

Save up to 50% by Resurfacing

Expert in
new & refacing cabinets



954-980-5678

State Licensed # CBC022069 and Insured

Once again voted "Best of Hollywood Assisted Living"



FIVE STAR
Premier
RESIDENCES
OF HOLLYWOOD

A FIVE STAR INDEPENDENT, ASSISTED LIVING & MEMORY CARE COMMUNITY

Five Star Premier Residences of Hollywood is a resort-style luxury senior living community offering the finest in independent and assisted living, as well as our award-winning Bridge to Rediscovery Alzheimer's care program. Our 22-acre campus features gardens, lakes and walking trails, creating a warm and welcoming, secure and supportive place to live.

Our care is unsurpassed, with experts that run the gamut from our Culinary Institute-trained Executive Chef to our knowledgeable and compassionate Director of Assisted Living. Best of all, our rental retirement community never requires a huge up-front buy-in fee. Our services and amenities include restaurant-style dining, a full slate of social and recreational activities, heated outdoor pool, game rooms, computer center with high-speed internet access, fitness center, library, full-service beauty salon, putting green, transportation, 24-hour staff, and laundry and housekeeping. **For Leasing please call: (954) 787-3926.**

**Call Darline or Lisa
(954) 787-3926
to schedule a tour**

2480 North Park Road | Hollywood
FiveStarPremier-Hollywood.com

**Spacious apartments
start at \$2750/mo.**

ASK ABOUT OUR MOVE-IN SPECIALS



Assisted
Living
Facility
#5622



Find
us on
Facebook

J.D. Power 2019 Certified Senior Living Community Program recognition is based on successful completion of an audit, exceeding a customer experience benchmark through a survey of recent claims servicing interactions, and a financial strength rating. For more information, visit jdpower.com