

# Inside Hillcrest

– Connecting Neighbors to Neighbors –



NOVEMBER 2017

HOLLYWOOD, FLORIDA

VOLUME 11 • ISSUE 11

## NOVEMBER INSIDE HILLCREST

### HELP WANTED

I have known **Dinah & Jillian Pickett** for several years from the Greater Hollywood Chamber. They own the local **Home Instead** and are one of our “go-tos” for help with our elderly who want to stay in their home/condo during their later years. They are looking for qualified nursing assistants. We have some wonderful caregivers in Hillcrest who take care of our neighbors. Unfortunately, sooner or later the inevitable happens and I often wonder where these wonderful aides go. If you know someone who wants to work for a great company like **Home Instead**, please see page 5.

And our friend **Carlos Rivas** of **Allegiance Senior Consultants**, who has helped many of our neighbors find an ALF that suits them, is featured on page 6.

### GUEST WRITERS

In this issue we have a couple of guest writers. During the “kneel vs. stand” flap involving NFL players and the National Anthem, opinions ran hot and heavy. I rarely listen to people who take an unyielding stand on any controversy. I like people who are willing to listen to all sides, take part in an intelligent, civil discussion, and then agree to disagree. Most times I try to understand WHY each side feels the way they do; sometimes I change my opinion or at least soften my stance. I think everyone will agree that the root of most of our problems in this country now is people who dig in their heels about issues not because of the message, but because of the messenger.

Reading Letters to the Editor in the Sun-Sentinel is part of my morning routine. In one day, two letters made such an impact on me, that I wrote letters to both writers. Am I glad I did! I had the honor to meet John Simpson of Cooper City and Natalie (Cookie) Altman of Hallandale Beach. Both letters are reprinted on page 13 with their permission. AND here is the best part – both have agreed to write for Inside Hillcrest. John’s area of expertise is opinion pieces. He loves to study an issue from both sides and participate in point/counter-point discussions. Natalie writes

about issues she feels passionate about but also enjoys writing about humorous life experiences. IH is happy to reprint one of John’s essays on the Confederate symbol issue. Natalie wrote a great piece about Aging Gracefully. For the record, I am with her on that one 100%!

### HOMAGE TO EMILY LITELLA (Gilda Radner’s Saturday Night Live character circa 1978)

I wasn’t a fan of what Colin Kaepernick did – but then I heard that he had remained seated the first time he decided to protest, and someone told him that it was VERY disrespectful to sit during the National Anthem. The friend suggested that in the future Kaepernick should take a knee or kneel which to many is still a sign of respect while still getting his point across. However, I think he is nothing but a rich, egotistical, entitled, unpatriotic JERK if it is true he made a nasty crack about Senator John McCain who honorably served our country and was a POW during the Viet Nam war. The quote I heard was: “He’s not a war hero. He was a war hero because he was captured. I like people who weren’t captured.” Coming from a family where most of my male relatives including my son-in-law fought for our country, I was absolutely OFFENDED and...I’m sorry, what? Oh, well that’s very different...never mind.

In Congress, few Democrats or Republicans have the courage to buck the party line no matter who it hurts. Few have the courage to cross the aisle when the other side comes up with anything that would be beneficial to their own constituents. Even I, a raving Gator, can grudgingly admit it when FSU makes a good play. Thankfully, that happens rarely...

### OPINIONS AND A-----S – EVERYONE’S GOT ONE

I receive calls every so often from people who have strong opinions on some of the things I write about. I always invite the caller to WRITE down their thoughts so I can put them into print. How ironic that our two new writers are not Hillcresters! John gave me a list of topics to present to you, our readers. You are invited to write an article about the following issues. Be sure to note the tone of John and Natalie’s letters in this issue; intelligent, thoughtful and designed to make people think, not make people mad.

1. Top 10 issues you feel Congress should address.
2. Gun Control – what we need to do/not do
3. Education Reform – is our current curriculum keeping up with the times?
4. Prison Reform – rehabilitation vs. punishment; what role does mental health play?
5. Congressional Term Limits – are more than 2 terms healthy for our government?
6. What is wrong with our economy and how can we fix it?
7. Environmental Protection – what we need to be doing NOW.
8. Immigration – how to make it fair for everyone
9. Healthcare – how can we fix it without depriving any one group?
10. 10. Electoral College – do we need it and why?

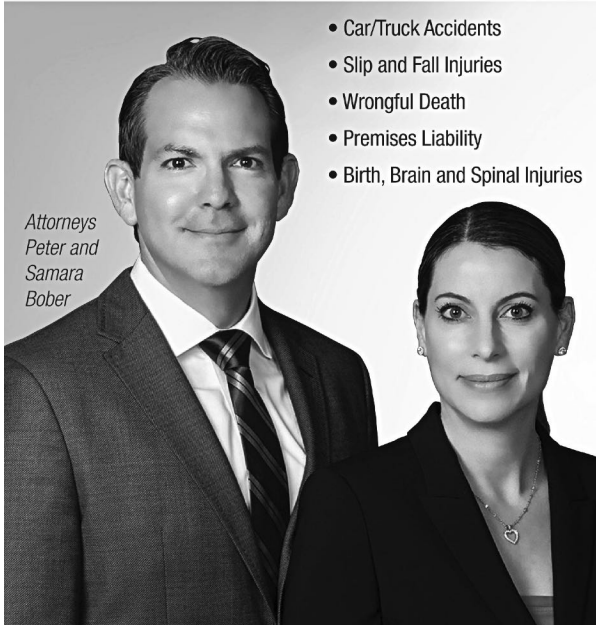
It may be fun to organize a group of folks who like to debate current events. We used to have a monthly get together at my place that we called “**For Argument’s Sake**” and it was interesting and informative. If you are the type who likes lively discussions, pick a topic from the above and if we can get at least 5 people who are interested, I will host a “**For Argument’s Sake**” get-together AND the participants can be Kitchen Korner taste testers. Only civil, open-minded people need apply. Call 954-964-2559 or email [inside.hillcrest@comcast.net](mailto:inside.hillcrest@comcast.net) if this sounds like something you would enjoy.



# INJURED?

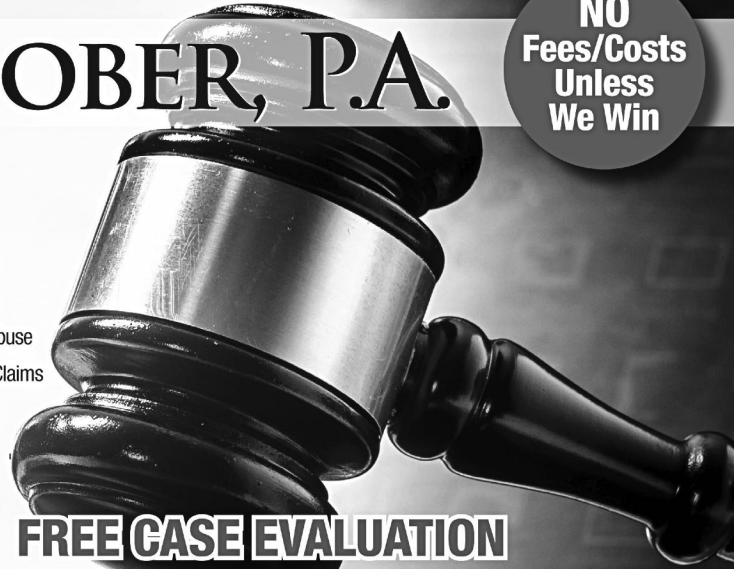
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### EDITOR' NOTE:

I met Carlos Rivas a few years ago when I listed a short sale here in Hillcrest for one of our residents who was in dire straits. She had numerous health issues and could not live alone. Of course, because it was a short sale, she was getting no money from the sale and her family was not able to help. I called Carlos and after driving her around to several Assisted Living Facilities, she found one she LOVED and Carlos worked out the financial issues with her Social Security and available government assistance to make it happen. Carlos has performed the same services for several Hillcresters since and I highly recommend his services.



**A MESSAGE FROM CARLOS RIVAS,  
ALLEGIANCE SENIOR CONSULTANTS**

When understanding your or your loved one's needs, we will be able to provide you with suitable facilities so you are not wasting time exploring facilities that are not the appropriate ones. Every facility is different some may charge more than others and some may not be able to handle your loved one's level of care.

We assist with visits to the different facilities until the right community is found. We are with you every step of the way and always available to help answer any questions you may have and to coordinate all the necessary arrangements to relocate to your new home. WE DO NOT CHARGE FOR OUR SERVICES.

We also explore any government and or state benefits that your or your loved one may qualify for, that can assist in services or financial support. Many clients always wonder "What happens if my money runs out"? The state of FLORIDA does provide financial assistance depending on those who qualify. After your full assessment is complete you will have enough information needed to have confidence in making the right decision.

If you are looking for a company you can trust to help make your assisted living search a lot more informative please contact:

**Allegiance Senior Consultants.  
Mr. Carlos Rivas, President**

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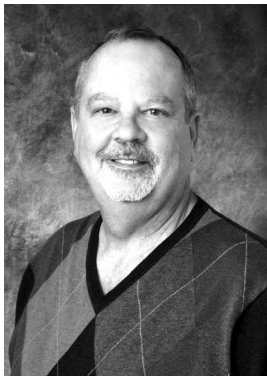
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## IN MY OPINION – by John Simpson



### Confederate Flags and Statues

I have been hearing for the past couple months people debating why “all of a sudden” blacks don’t like the statues of civil war generals and the confederate flag. There’s a lot of superficial debate going on about why the civil war was fought, why statues all of a sudden offend people and what statues will be the next to offend.

The history to focus on is the 100 years following the Civil War to understand the black oppression; the thousands of lynching’s, segregation, and overall oppression, then the past eight years. Until the civil rights movement in the 60’s, blacks didn’t have a strong enough voice to rise above the White Supremacy atmosphere in the United States. Their hurt, anger and frustration was kept inside, bottled up. With the Civil Rights movement in the 60’s, blacks were now allowed, without discrimination, to eat in the same restaurants as white people, buy houses and rent apartments in the same neighborhoods, go to the same schools and churches, get a higher education and compete for the same jobs. Slowly but surely the tide was changing. White Supremacy went into hibernation, like a bear in the winter.

Until 2008. On Inauguration Day of Barack Obama’s first term, Senator Mitch McConnell met with Republicans at a Washington, D.C. restaurant and they all pledged to oppose anything that Barack Obama proposed or supported, even if they thought it would be good for the country. Remember this? “Our goal is to make Barack Obama a one-term president.” That was the dog whistle for the White Supremacists to come out of hibernation. Little by little, they showed their hate for Barack Obama, and slowly over eight years dropped the phony cover that it was all about policy, “Oh we just don’t like his policies,” they said. Bit by bit, behind closed doors, in bars and restaurants and parties, with neighbors and co-workers, people became emboldened once again to express bigotry and racism, given the secret thumbs up by our leaders in Congress and the Senate. Out came the Confederate Flags again, but this time, they were dealing with second and third generations of middle class blacks, educated blacks, neighbor and co-worker blacks, successful blacks, equal blacks, blacks not afraid to stand up and push back. At every public display of White Supremacy, from public protests and marches to the white 20-year olds driving around town in their black, jacked up pick-up trucks, there was that Confederate Flag again.

Then along comes Donald Trump, promoting hate toward immigrants, minorities and blacks, his support of white supremacists, and his history of discriminating against blacks in his New York rental properties. In less than a year, the white supremacists’ movement took a giant leap forward. Still, and even more, represented by that ever present Confederate Flag.



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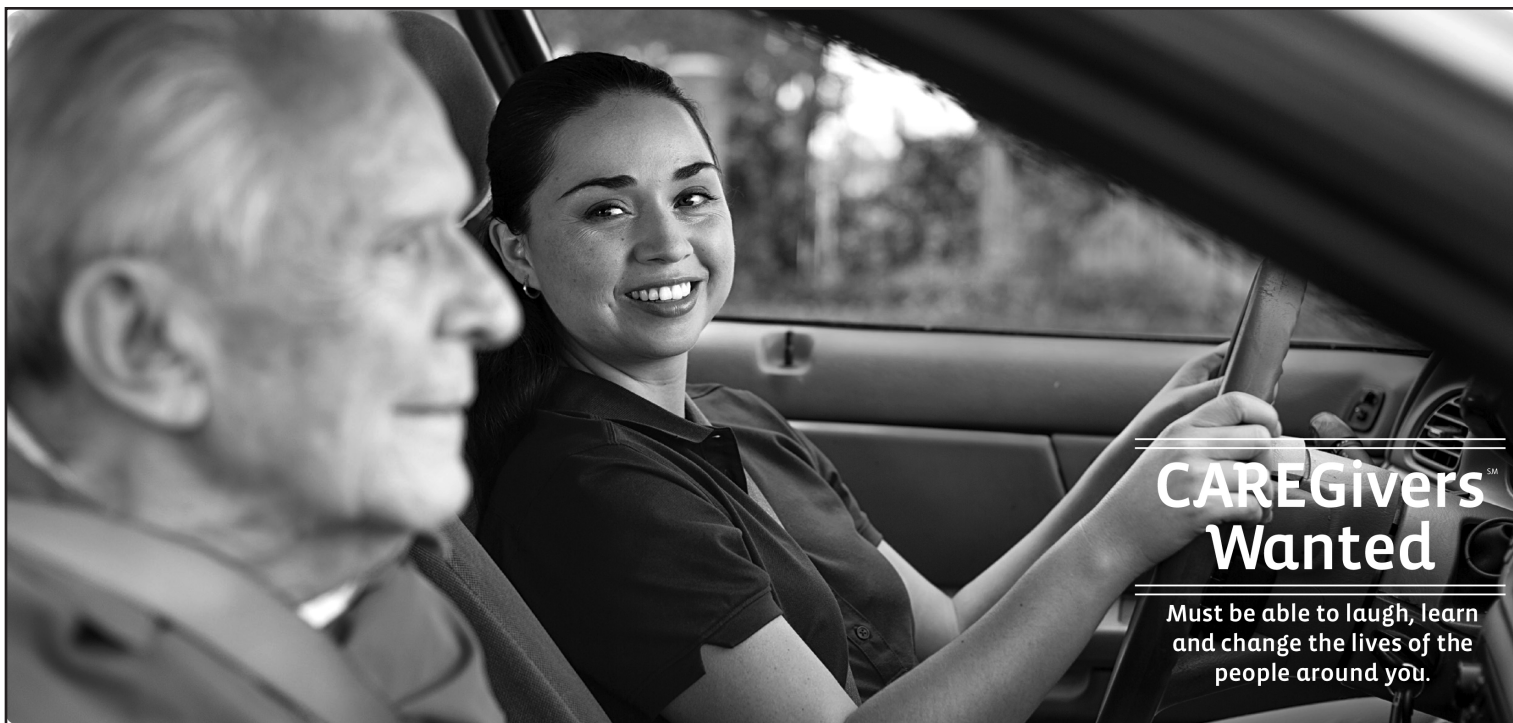

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If I tell you every day what a second-class person you are, how unworthy you are, express my hatred to you, tell you to stay out of my neighborhood; and every time I’m waving a green flag in your face, wearing a green flag on my black leather vest, got a green flag tattooed on my arm and pasted on my pick-up truck; before long, you are going to be inclined to tell me where to shove that green flag. My response might be, “Well, suddenly, he doesn’t like green flags anymore. Lordy, Lordy, I sure don’t understand what’s gotten into that boy. Maybe there’s something wrong with him.”

The same applies to the Confederate Flag, and by extension, the statues. Blacks understand the history of the Civil War. Until recently, it hasn’t been an issue. It’s the history of the last eight years that has sparked the opposition of the Confederate flag, and along with that the statues of the Confederate Army Generals. Stop covering up the real truth.

If whites, especially Southerners, are enraged at the current movement to take down statues and Confederate Flags, it is a monster they created in their lifetime, in their generation. The Confederate Flag and the statues of Confederate soldiers used to be symbols of history. A few extremists have turned them into symbols of hate, and now we must deal with that reality. These extremists have destroyed any opportunity for those statues to be a teaching moment. Where once they represented a piece of history, now they only represent racism and bigotry. We should remove these symbols of hate. Then we will go on to deal with the next symbols of hate, whatever they may be, until we learn not to hate.





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## Mary Maxwell – submitted by Dinah Pickett, owner Hollywood Home Instead

Editor's Note: To see the actual invocation, which is hysterical with her spot-on delivery, go to <https://www.youtube.com/watch?v=vPFCn3itBFE>.

As owner of the local Home Instead Senior Care franchise, I had the honor of hearing Mary Maxwell deliver the invocation at our international convention a few years ago. Mary has not only used Home Instead Senior Care services, but she is also a close friend and neighbor to the company's founders, Paul and Lori Hogan, in Omaha Nebraska.

I would like to share with you, a portion of her invocation and hopefully put a smile on your face.

'First of all, just to introduce myself. Over the years I have noticed that the two things most people want to know about you are the two things they are too polite to ask, so let's get that out of the way. I'm 72 years old and I weigh 145 pounds.

As you know, we seniors are sometimes not very likeable, let alone loveable. So, Lord, can you please continue to keep the people of Home Instead Senior Care patient and aware of why we are, the way that we are. And Lord, please remind them that the thing about old age is, you don't get a chance to practice. This is the first time I've ever been old - and it just sort of crept up on me.

Yes, there were signs... Random hair growth - that's special. Particularly that first time you go to brush that hair off your lapel and discover it's attached to your chin. You turn your left turn signal on in the morning and leave it on all day. Non-life-threatening skin growths, large enough to name after deceased pets and relatives, begin to appear. Neck tissue seems to develop a life of its own. Last November I was afraid to leave the house Thanksgiving week!

You do strange things as you age, like driving up to a curb-side mailbox and ordering a cheeseburger and fries. And Lord, I now you are aware that one Sunday at church I put my Dillard's bill in the offering basket by mistake.

Last Easter, after church services, my husband stopped to talk to an old friend, so I went on out and got in the car to go home. The gentleman sitting behind the wheel said, 'Oh, are you going home with me?' I thought about it.

And I won't even mention driving into the wrong end of the car wash; people get so excited when you do that. I don't know why the lady in the other car was screaming like that - was just as surprised to see her as she was to see me! I also won't mention discovering that you are wearing mismatched earrings and going home to change them and ending up wearing the other mismatched pair. And you know Lord, it is hard for old people to exercise. I did try to jog once, but it makes the wine just jump right out of your glass.

Well Lord, you understand seniors and so does Home Instead Senior Care. This is a poem I found in a local retirement home newsletter that I have always thought spoke volumes about Home Instead Senior Care.

Blessed are they that understand my faltering step and shaking hand. Blessed are they who know my ears today must strain to catch things they say. Blessed are they who seem to know that my eyes are dim and my wits are slow. Blessed are they who looked away when I spilled the coffee at a table today. Blessed are they with a cheery smile that take the time to chat awhile. Blessed are they that knows the ways to bring back memories of yesterdays. Blessed are they who make it known that I am loved, respected and not alone.

That's Home Instead Senior Care Lord and bless them all and at the end of the evening, please help me find my car in the parking lot. Amen."



**“I Cannot Visit Anyone for The Holidays”**

“I wish I was able to visit families and friends during the holidays,” is a regret I hear from many of you who are taking care of spouses or loved ones during the year.

Many of you devote your time being full time caregivers, and during the holidays find yourselves being “shut in” your condos. Because of dementia, Alzheimer’s, or an array of physically debilitating diseases, those who you care for are unable to leave the house. “How will they behave?” or “How can I physically care for them?” are your expressed major concerns.

This is a time of year that you can just give yourself a break and have peace of mind that your loved one is being cared for. Some assisted living facilities, such as Majestic Memory Care Center, offer short term stays known as “Respite Care.”

For a two-week stint, especially during the holidays, your loved one will be pampered and cared for by loving professionals.

As much as they will be taken care of, this will offer you the opportunity to reenergize yourself and visit those friends and relatives whom you have not seen or sat down with for years.

Please take advantage of “Respite Care.” It is designed just for you. **For more information call Teresa Cassidy at Majestic Memory Care Center at 954-926-5600.**

Laura Fusaro, Executive Director  
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## DAYLIGHT SAVINGS TIME

What is the reason for daylight saving time? We turn our clocks backward and forward twice a year – as we did on November 5th. One myth was because the farmers needed more daylight in the field. Another myth contended that it was for safety reasons; children should not be going to school in the dark.

Turns out a century ago, farmers lobbied AGAINST DST – they said it would reduce the time they had in the morning to get the cows milked and crops to market. At one time just after WWI, Congress had to repeal DST “to quell the revolt from the farm lobby”, according to Michael Downing, author of *Spring Forward: The Annual Madness of Daylight Saving Time*. Congress ended up implementing a new version in 1966.

According to David Prerau, author of *Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time*, it was politicians and industrialists during the World War I years, led by Woodrow Wilson, who maintained that increasing daylight hours would reduce demand for electricity and free up coal for the war effort.

The jury is still out as to whether DST reduces energy consumption significantly. But what it did do is was get more people to shop, a goal of one of the initial backers, the Chamber of Commerce! According to Olivia B. Waxman in an article in *Time Magazine*, “The Extra month of DST that the U.S. began observing in 1986, when “fall back” moved from October to November, boosted the golf and BBQ industries by between \$200 million and \$400 million, according to some estimates. That trend continues for many retailers today.” Who knew?!

## Meet Rico the Dog – by Cindy Abraham

Anybody who knows me know that they will NEVER see me petting a dog or cat. I am super allergic to pet dander. If I were not and had to choose, I would be a cat person. They are clean, quiet and keep to themselves. Frisky, drooling dogs gross me out a bit. I can't look at someone who is letting a dog lick their face – can't get past what else they may have licked.

Then I met Rico. Rico was an abandoned dog – half chocolate Labrador and half pit-bull – that lived in the fenced yard of a house I recently sold. The owner had a stroke and the house had been vacant for over a year. The neighbors fed Rico and gave him water. The interior of the house was a wreck The back yard was big and overgrown, full of abandoned cars and even a boat. Yet when you walked through the unkempt yard, you never stepped in anything and there was no poop smell. Rico must have found a place in one of the corners that he used as a bathroom.

When I first met him, his size and deep, loud bark was frightening. My partner, Brian led the way and it was soon obvious that Rico did not pose a threat. He just went and laid down while we showed the house. He never tried to get in the house or get out of the gate; never did the tail-wagging, slobbering thing – he was aloof and uninterested in our activities. I fell for him.

I bought dental treats for dogs and would go out of my way almost every day to drive by the house to give him one. Sometimes he was laying by the gate and sometimes I had to call him. He would approach the gate with an “Oh geez, her again” look. When I gave him the treat, he would give me a “I hope you aren't expecting a thank you, you are dismissed” look. Twice he didn't even bother coming to the gate. I had to throw it in the yard and leave.

When the house went under contract and the surveyors came, they insisted that Rico had to be put in the house because he was so big and fearsome looking and they didn't want to take any chances. The owner's sister was not happy because



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she thought Rico would go crazy inside – I reminded her that the place couldn't look any worse than it did already. I opened the door and shooed him in. Then I only closed the screen door so he would know I was right there. He never even went all the way inside, he just laid by the door until I let him out. Of course, when he passed by he had to give me a “Are you going to stop annoying me now?” look. I guess I am just the type of woman who can't resist a tall dark and handsome male who doesn't give me the time of day.

The owner's daughter agreed to take Rico before closing which I thought meant the day of closing. I went by the day before and Rico was gone. Typical “bad boy” - he broke up with me and I didn't even get the chance to say good-bye.



Greetings Hillcrest Residents,

Hurricane Irma marked a first for me. While it was certainly not my first storm as a South Floridian, it was the first hurricane I have lived through with IMPACT windows. In just one room of my home, I had six IMPACT windows surrounding the entire room. This room became the safe room for my entire home and family. With the winds and rains ravaging outside, it was great to feel like we were secure in my room and prepared in the best way possible. I was able to add these IMPACT windows to my home through an innovative program called PACE. I want to tell you a little bit more about the program that could make your life easier and provide an alternative way to keep you and your home safe during the next storm.

The Property Assessed Clean Energy Program is an innovative project designed to bring energy efficient improvements to your home. PACE allows property owners to receive up-front financing for qualifying improvements such as IMPACT Windows. PACE is a federal Department of Energy program that has partnerships with Broward County. It presents a fresh way to make major safety enhancements with streamlined financing and energy efficient technology that ensure sustainability. For residents like you, it is an alternative to consider to prepare for the next hurricane or make general improvements to your home.

Hillcrest has the resources and safety mechanisms – not to mention the wonderful staff and leaders - needed to keep residents safe. But even as the hatches are battened down, there is still room for improvements that make you safer and make your life easier. After the storm, many residents asked me about how to improve their home safety, especially their windows. A simpler way to finance and install IMPACT glass is a critical step in making sure that your home is maximizing safety while keeping your upfront costs low. The installation of IMPACT glass can help prevent severe damage during a hurricane, and requires less arduous preparation than traditional shutters or plywood. The PACE program also allows for other safety improvements for qualifying residents, including new roofing and structural repairs. These repairs not only help protect your home, but have serious positive implications for our environment. The program is designed to be energy-efficient, meaning that costly repairs down the line that require more resources will be replaced by preventative care that maximizes energy.

Here is how the program works. The financing you receive is based off of your income and added to your tax bill. Qualifying owners are given up front financing to make eligible repairs. In return, a special assessment is added to your property tax bill. The financing terms are determined by your PACE provider, but generally allow for very long-term repayments. This program does not require an up-

front payment. This incentivizes homeowners to invest in energy and safety improvements by spreading out payments over a large number of years. You may be eligible for needed repairs. There are safeguards to make sure you are not putting your condominium in jeopardy. In addition, this program can possibly raise the property value of a home over the span of the repayments. The increase in value is often worth more than the cost of repayments, making it a financial investment as well as a safety one. By increasing safety and energy efficiency, your home will be better prepared for the challenges of the future. This has the potential to raise the value of your home significantly. There are always considerations when it comes to income and repayment costs, so do your research before committing to any program.

Condominiums are eligible for financing under the PACE program just like houses are. Currently, Broward County has four providers. CounterPointe Energy Solutions (855-509-9922), RenewPACE (844-736-3934), RenovateAmerica (877-747-4889), and YGreene (855-965-7283). If you are interested, you should contact all three to see who will offer the best solutions for your home. Every financier is different, so you will want to ask any questions you may have.

Beyond safety, this voluntary financing is utilized for installation of solar energy panels and green energy improvements with the specific purpose of reducing emissions. These revolutionary improvements are the energy of the future. This financing can be a first step in a move toward a more sustainable future. PACE can be an effective, affordable way to make serious progress on transitioning to clean energy. If you are passionate about the future of our environment, I highly recommend checking out this program.

Next hurricane season will be here before you know it. With that in mind, you should think about making these improvements sooner rather than later. If you are interested in this program, all you need is your tax bill and your contact information, and our helpful staff at Broward County and our providers will assist you in getting started. I highly encourage everyone interested in this program to check it out at <http://www.broward.org/GoGreen/EnergySense/pages/PACE.aspx>. This website has Frequently Asked Questions and a further explanation of financing and improvements. This program is changing the way we think of home improvement and green energy, so it is worth considering if you believe it is right for your home and family.





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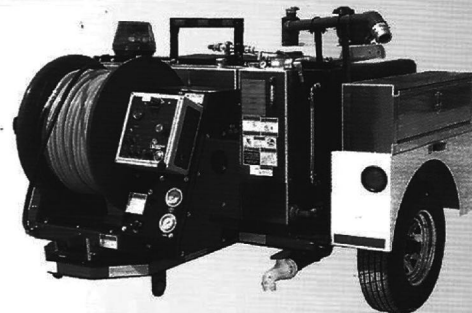
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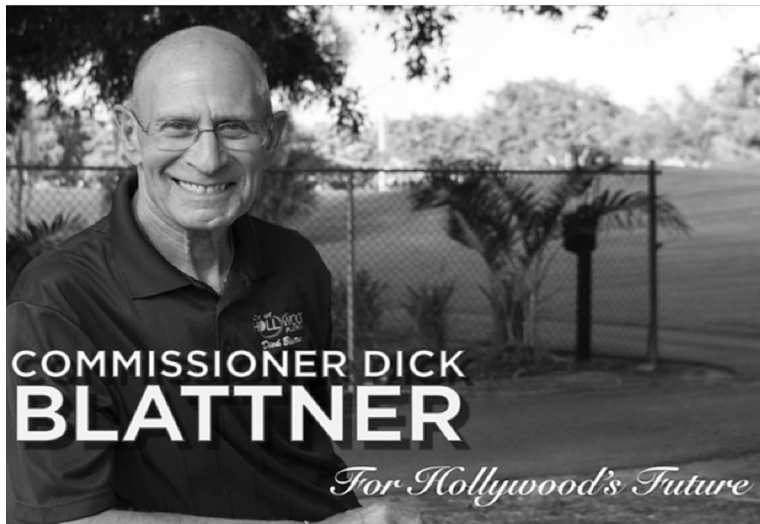
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# NOVEMBER REPORT

by Commissioner Dick Blattner



## UPCOMING EVENTS

**Wednesday Nov. 15. 10:30-noon.**

**Capital Financing Options Workshop.**

**City Hall, Room 215. Regular Commission meeting, 1:00 pm.**

This is the most important “visioning” session we will have all year as we identify projects we think will accelerate our progress for the next 25 years. Everything is on the table; we will prioritize and provide direction to staff to identify appropriate financing options. I see this as a referendum item on the 2020 ballot. I have written extensively on this in the latest edition of Horizons, which came out two weeks ago.

## COMMISSION ACTIONS

At the Nov. 1 meeting, in addition to some of the following items, City Manager Dr. Wazir Ishmael and CRA Executive Director Jorge Camejo will receive their annual performance reviews. I will report on

that next time.

**New City Attorney.** We hired Doug Gonzales, who has practiced municipal law for more than 20 years, including a stint in Hollywood years ago. Doug is a Hollywood kid and his parents were Hollywood pioneers. Welcome, Doug!

Approved raising to \$700,000 the budget to hire contractors who help with plan reviews and building inspections. The previous budget was \$400,000. We are still behind but this will help clear up some of the backlog.

Approved CRA request to proceed building two “parklets,” which are transportable stages that fit against a curb, providing a platform for neighboring businesses to stage events, serve coffee, etc. One will be on Hollywood Blvd., the other on Harrison St.

Approved purchase of new handguns for HPD. It’s been 15 years since our police officers were given new weapons. We also approved the purchase of more vests.

Applied for an \$8 million MPO grant to create bike lanes and sidewalks across the City. Our share of the total cost is 12 percent, or \$960,000.

## FINAL THOUGHTS

Thanksgiving seems early this year. We have lots of family coming in, making this a very warm and friendly holiday. Hope you have something nice planned for your family.

## LETTERS TO THE EDITOR THAT I ADMIRE:

To the Editor:

To those who criticize the players who kneel in protest when the anthem is sung, and our flag is displayed, I want to remind them that the act of kneeling is one of submissiveness often equated with prayer. It is not an aggressive destructive act like flag-burning or other mutilation of our country’s symbol.

So, when a player drops to one knee before the symbol of America, he is asking a plea to be heard, as if in prayer, before a power he has reverence for. He wants to draw attention, through this supplication, to what he knows is beyond his individual power and that is to affect change in the way minorities experience our justice system.

Right or wrong, arguable or not, it is his right and he is going about it in a most passive and humble way. There is no fist, no flame, just a knee to the ground. And no one is forced to respond. So why all the outrage?

Natalie Altman, Hallandale

To the Editor:

Colin Kaepernick took a knee during the playing of the National Anthem to call attention to the increase in police brutality toward blacks and minorities in this country and increased racial inequality; that we need to engage in healthy dialogue about the racism and bigotry that still exists and divides us in the United States. This was a peaceful protest.

The mistake he made, however, was to offer the opposition the “unpatriotic” argument by raising the issue during the playing of the national anthem. By attacking Kaepernick for his lack of patriotism, we do not have to confront our own bigoted and racist inner thoughts.

Keep the conversation going on patriotism, convince your friends that you hold the high moral ground in this issue, and you never have to discuss the real problem.

Don’t you think we should be better than that in 2017, folks?

John Simpson, Cooper City





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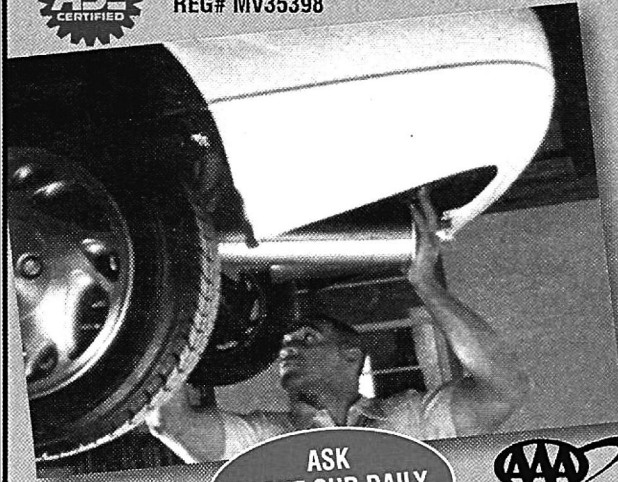
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## AGING GRACEFULLY - by Natalie Altman



People talk about "aging gracefully." I must say that my grandma Esther was a woman who aged gracefully. She never got nipped or tucked or suffered one minute for vanity. The only fillers my grandma knew

were the kind that went into blintzes and stuffed cabbage and she would never have spent a cent on anything that had "anti-aging" imprinted on it. "Better a pumpnickel bread," she would have muttered.

She wore sensible shoes, breezy house dresses with snaps down the front and her hair in a neat bun. She smiled broadly at everyone with her false teeth and sported a hearing aid in each ear. Despite all this non-fuss and leaving everything to nature, my grandmother was beautiful.

I think that's wonderful but as for me, I'm not going anywhere gracefully!

To begin with, I think the whole notion of comfort is highly overrated and not worth the unattractiveness. Big, boxy clothes may be comfortable, but they make you look enormous. And flat shoes are nice and comfy for the house but why go out looking short? I always tell my friends who comment on my five-inch stilettos,

"Don't worry, I'm going straight from them to the walker." I have no plans to transition to "sensible" shoes in between.

I wrap a Pareo around my bathing suit when I'm headed to the pool and inevitably it stays on the whole time. Somehow, I never have the urge to swim, Amazing.

And unless it's vital that I hear something, I don't wear my hearing aids. I smile and nod when people are talking to me and since basically people like to hear themselves talk, I don't think it's much noticed.

I don't use the term "senior" unless I'm referring to my last year of high school. I try to avoid doctor talk, early birds and coupons. I don't want to be sick, hungry at four o'clock, or too cheap to buy what I want, when I want it.

I don't hang out with "old people" -- anyone who wouldn't take a salsa lesson, change their mind or laugh till they hurt. "Old," too, is someone who can't be spontaneous, constantly complains about their daughter-in-law, or puts food in their purse.

I adored my grandma and was mostly good when I stayed with her but this one time I remember I was about six and it was freezing outside and a lot of snow was on the ground and there I was, up to my ankles in it, prancing around in my ballet shoes. My grandmother didn't understand how beautiful I felt in those shoes and how I fought with my mom to wear them instead of the ugly lace-up Buster Browns she always bought me. I was six and the die was cast. I'm still prancing.



## OCTOBER IT SECURITY TIPS



### How to Spot a Phishing Email!

A phishing email is a bogus email that is carefully designed to look like a legitimate request (or attached file) from a site you trust to get you to willingly give up your login information to a particular website or to click and download a virus.

Often, these emails look 100% legitimate and show up in the form of a PDF (scanned document) or a UPS or FedEx tracking number, bank letter, Facebook alert, bank notification, etc. That's what makes these so dangerous - they LOOK exactly like a legitimate email. So how can you tell a phishing email from a legitimate one? Here are a few telltale signs...

First, hover over the URL in the e-mail (but DON'T CLICK!) to see the ACTUAL website you'll be directed to. If there's a mismatched or suspicious URL, delete the email immediately. In fact, it's a good practice to just go to the site direct (typing it into your browser) rather than clicking on the link to get to a particular site. Another telltale sign is poor grammar and spelling errors. Another warning sign is that the email is asking you to "verify" or "validate" your login or asking for personal information. Why would your bank need you to verify your account number? They should already have that information. And finally, if the offer seems too good to be true, it probably is.

### Bookmark the Legitimate Websites You Frequently Visit

Here's a sneaky trick used by many hackers: they purchase and set up a fraudulent website that is a close misspelling of a legitimate one. Example: [www.facebookook.com](http://www.facebookook.com) or [www.facebokk.com](http://www.facebokk.com) instead of [www.facebook.com](http://www.facebook.com). All you have to do is accidentally fat-finger ONE letter in the URL and up pops a very legitimate-looking fake copy of the site you were trying to get to - and the login and links are full of key-logger malware and virus landmines waiting for you to click on them. This is particularly important for any social networks you belong to. For sites you frequent, use the bookmark function in your browser to save these sites so you can click on the bookmark to access them quickly. It's faster than typing, and you won't stumble into a hacker's trap!

### 3 Rules to Keep Your Data Safe in The Cloud

If you're using any kind of cloud application (and these days, who isn't?), you are right to be concerned about data privacy

and security. The company hosting your data is ultimately responsible for keeping hackers out of THEIR network, but most cloud breaches are due to USER ERROR. It is important that you, the user, are being smart about security. Here are a few things you can easily do to improve security in the cloud:

1. Maintain a STRONG password of at least ten characters with both uppercase and lowercase letters, numbers and symbols. Do NOT make it easy, such as "Password123!" While that technically meets the requirements, a hacker could easily crack that code.

2. Make sure the device you're using to access the application is secure. This is an area where you need professional help in installing and maintaining a strong firewall, antivirus and spam-filtering software. Don't access your cloud application with a device you also use to check social media sites and free e-mail accounts like Hotmail.

3. "Reverse-backup" your data. If the data in a cloud application is important, make sure you're downloading it from the application and backing it up in another safe and secure location. That way, if your account is hacked or the data is corrupted, you have a copy.

Don't download ANYTHING you're not authorized to download UNLESS you're willing to spend nights/weekends with your IT Guy or IT Department

So you have a big file you need to get over to your printer YESTERDAY and you can't get it to "send" via email because the file is too big. What should you do? The right thing to do is contact your IT department (us!) so we can assist by installing a secure, commercial-grade file-sharing application. What you shouldn't do is download a free copy of Dropbox or some other file-sharing software without telling us. Dropbox and other free apps come with a price: SECURITY.

These applications are known for security vulnerabilities and hacks. Plus, if we don't know about it, we can't manage it or secure it.

So the golden rule is this: NEVER download any software or application without checking with your IT department first!

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# BECOMING GREAT

by ARUNA LADVA, Brahma Kumaris, UK, England - *Submitted by Etta Stevens*

Historically, rulers were often attributed the title of 'The Great'. Alexander the Great, The Roman Emperor Constantine the Great, or Catherine the Great of Russia are just a few examples. Yet, what was exceptional about these human beings that qualified them to receive this title? Mostly these people ruled for a long period of time, or conquered large parts of the world, and sometimes they were seen as kind and benevolent leaders, but not always.

In our modern-day era we don't seem to award these titles any longer – for example, we don't say 'Queen Elizabeth the Great', or 'Bill Gates the Great'. Could it be that we are looking for a new kind of leadership, or that our measure of greatness is a very different one now?

In today's world we call many people 'great' in all areas of life. We praise 'great' actors or singers, 'great' speakers and teachers, and we applaud great innovators, scientists and writers. As we become inured to success in the world, our measure of greatness is rapidly changing its meaning. Greatness is no longer a symbol of someone having hierarchical power, especially in this technological age of instant communication, where fame and success is available to many, and in almost any arena.

We live at a pivotal time in which there is a lot of development, innovation, success, and yet that is not matched by an inner sense of satisfaction or contentment. So although great things may be happening to me, or happening out there, it is not always making us feel great as a person, or as a community. We always seem to fall short of something – which keeps us discontent, searching for more and more. And as the global community evolves spiritually, we are realizing that greatness is not all about external success. Greatness is about mastering our inner world, mastering the self. We are slowly but steadily moving away from the era of being 'ruled over', and heading into a new era of being self-rulers'.

The one who is calm and peaceful is great. The one who can give love in the face of hatred is great. The one who has humility when opposed with insult and arrogance is great. This really does change the meaning of greatness altogether. Because greatness is not about power, stature or conquering the world, but about who we are and how we are able to master ourselves in the face of change.

A big part of becoming great is also about making others great, contrary to the outmoded belief that, when I become great, it is I alone who climbs to the peak of name, fame and adoration. Being great is about putting others first, pulling others up with me, being

a leader and not about being a bully or a boss. It's about inspiring and building a community of great people. This takes fortitude and humility.

To be great means to step away from selfishness, to step aside from what I personally desire, and to look to the needs of the whole so as to repair the greater whole. The vision of a great person is broad and far-sighted. It goes beyond looking at the micro details and instead looks at the bigger picture. It means going beyond judgement and blame, and about not putting others down to appear better or more impressive.

Neither is greatness confined to the exalted few. We all can be great in our own way. In fact, we are programmed for this kind of greatness. It comes from the heart and soul rather than the head, and once achieved we will be living in a great new world of harmony and peace.

Being great in a world that is currently not so full of greatness, or great news is not easy, but it is important that we persevere daily to reach our highest potential. In fact, this is the very time in the world when inner greatness is needed. Our world leaders are no longer the icons we need to look up to. Instead we need to look inside to see our own greatness. We need to look inward and find the power within. When we all become beacons and spread our light, then we will co-create a community, a civilization of greatness. It's Time... to BECOME GREAT.

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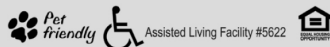


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