

# Inside Hillcrest

– Connecting Neighbors to Neighbors –



MAY 2018

HOLLYWOOD, FLORIDA

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## MAY INSIDE HILLCREST

### Not Business as Usual

Somewhere in our minds, we had to know that at some point even the Hillcrest condos would need a website. When I moved in less than 20 years ago, the building office bookkeeping was a paper ledger, with everything entered in pencil. I even remember the pushback when we wanted to get a computer for the office. Well as of last year, Florida legislatures made it mandatory for Home owners associations with 150 units or more to have a website that meets specific requirements by July 1, 2018. The website is required to have information for the general public interested in moving in to the community, as well as a portal for residents where they can access specific files and documents. These files and documents include: financials, meeting minutes, calendar of upcoming meetings, links to building newsletters such as Inside Hillcrest and others.

I was speaking with my web designer Raj Narayan, Creative Director of RK Answers, and he did inform me that as of March 27, 2018 the deadline was pushed back by Governor Rick Scott, to January 1, 2019. Which is great, because it gives HOA's just enough time to casually: get your website up and running, convert and upload all your documents in digital format, train your staff how to update documents, and get them in the habit of updating it regularly before the deadline hits. Raj's team at RK Answers can provide you with a website that meets all your HOA compliance requirements that someone on your staff will be able to manage with a user-friendly interface. In addition, unlike a majority of web designers out there, RK Answers provides ADA compliant websites so you can avoid an ADA Website Accessibility non-compliance lawsuit, that can cost anywhere between \$6,000 - \$100,000 in penalties. In reality, you can't afford not to use RK Answers. I'm sure you've got questions, and Raj has your Answers. Call Raj at (786)446-8888 or email him at raj@rkanswers.com.

### Technology is the new Religion

That's what it says on the internet, so it must be true. The internet can be very informative. For instant info, it can't be beat. Forgot the pork recipe you made one time with mangoes in it? Google it. Want to cheat

**Happiness is the new rich.  
Inner peace is the new success.  
Health is the new wealth.  
Kindness is the new cool.**

on a crossword puzzle? Can't remember the name of a song? Google it. One of the downsides is that the internet has taken gossip, rumor and innuendo to new heights. If you think the local yenta (yenta – a gossip or busybody) can get the word out, you ain't seen nothing yet. The internet is the queen mother of yentas – millions of people can be fed misinformation with the press of a "forward" button. Everyone should know by now to go to Snopes.com, plug in the latest chain email topic and find whether it is true, false or partly true.

Unfortunately, we don't have a Snopes.com to check out the latest nasty gossip about our friends and neighbors. Those yentas are up close and personal.

### Truer words...

Check out the saying in the box on this page. Most of us are at a time of our life when we instinctively know this. If we are smart, we are either in pursuit of the first three and practicing the fourth OR we are proactively holding on to the first three and practicing the fourth.

### Happiness is the New Rich

The reality is there are a lot of unhappy people in this world and if we are lucky, we can choose to cut them out of our lives without losing income. It is one of the perks of retirement. We cannot entirely avoid nasty people; they may still cross our paths, but at least we have the freedom to go in the other direction.

Money can't buy friends and family members who are positive-thinking, kind to everyone, smart about the choices they make and fun to be with. Money can't buy love either, but I understand you can rent it for a few hours.

### Inner Peace is the New Success

Speaking of yentas...they can destroy inner peace quicker than anything except illness or personal tragedy. Unlike the other two, they are avoidable. One defense against the local yenta is to grow a pair and ask if you can quote her...or him (is there a word for a male yenta?) Their answer usually is a denial that the story came from them; they put on an innocent look and say that they are just repeating what they heard. Apparently, it is OK in the minds of these morons (gossips are usually stupid) to repeat a lie if they are not the author. Another lesson I learned the hard way is that if you keep company with someone who always has something ugly to say about everyone else, you are fooling yourself if you think you are exempt. Negative people have a wide range...and they will suck the life out of you. I avoid them.

When someone comes to me with gossip, I either refuse to listen or I take them by the hand and invite them to go with me to ask the subject if it is true. Gossips tend to avoid me. Years ago, I had a friend who had the BEST answer when someone went to him and repeated something ugly that someone else said about him. He would say, "And what did YOU say?" If they stuttered something like, "I didn't say anything", his answer was "Why not? You are supposed to be my friend, yet you stood there and not only listened, but now you have the nerve to come to me and repeat it?" A responsible person and/or true friend will either refuse to listen, challenge the gossip or walk away. People who listen to and repeat ugly, unfounded rumors are just as bad as those who start them. Birds of a feather.

*Continued on Pg. 2*



**Got your Fob for the new  
Clubhouse and Tennis Courts?  
If not, see page 5.**

*Continued from Pg. 1*

Ever wonder how “Birds of a Feather” and “Opposites Attract” can both be true? I googled Birds of a Feather and got a definition: “People that have the same morals often tend to group. It simply means when people act the same, they normally hang out. Like a clique.”

And a warning: “You become like the five people you spend the most time with – choose carefully.” Yentas recruit others to join their little hate groups by doing what they do best – gossiping. New neighbors are especially susceptible because they want to feel like they belong.

Note to new neighbors: Any time you meet someone who has nothing nice to say about anyone, run the other way.

From personal experience, I believe “Opposites attract” describes successful romantic relationships. Generally, the great couples I know seem to fill in each other’s strengths and weaknesses. Susan Cain said, “Opposites attract, and I think temperament is so fundamental that you end up craving someone of the opposite temperament to complete you.” I do know that one of the signs that you are with the right person is that he/she makes you want to be a better person. There is nothing better than having a partner who seems so different

from you but has qualities that you love, admire and respect. I have no advice for how to find that special person. I think it just happens when you are ready. Luckily, love doesn’t have an age limit.

### **Health is the New Wealth**

This is also the time in our life when we wish we took better care of ourselves when we were younger. Unfortunately, if we did things that we didn’t know were unhealthy when we started doing them (smoking comes to mind), we are not grandfathered in against the consequences. The good news is that the opportunities to live a healthier life style are everywhere. We all have swimming pools and walking trails behind our buildings to get a little exercise.

See inside for a recap of some great articles in the May issue of AARP. Healthy food choices have never tasted better (see this month’s Kitchen Korner) and we have a wonderful announcement on our Meditation page that involves the new Clubhouse. We are lucky to live in Hillcrest!

### **Kindness is the New Cool**

I have enjoyed meeting our new Parkview neighbors. Steve Schneider, our crackerjack reporter, interviewed a few of the families. Their stories are inside. Steve’s natural warmth, interest in others and kind heart makes him one of the coolest people I know.

## **“Friends of Orangebrook Golf “ Building Momentum to Save Hollywood’s Green Spaces by Claire Garrett, Chair Orangebrook Revitalization Committee**

Friends of Orangebrook Golf held its Kick-off meeting on April 17 in the scenic banquet room at Nikki’s on the Green at Orangebrook Golf Course. An offshoot of the Park East Civic Association’s Orangebrook Revitalization Committee, its purpose is to raise awareness of the importance of preserving Orangebrook’s land free from development, and to advocate for renovation in order to make it competitive with other golf courses. The proposed new 18-hole Championship course together with the proposed 18-hole Par 3 course will result in substantially more revenue to the City enabling Orangebrook to become economically sustainable once again, which is necessary to its very survival.

Orangebrook is the last large green space left in Hollywood. In the words of Mayor Josh Levy, it is a “Treasure that should be preserved for future generations.” With the increasing threat of sea level rise and climate change, we will need our open green spaces more and more to collect stormwater and protect homes from flooding.

After renovation Orangebrook can become an economic engine for the City, supporting the valuable tourism industry while providing recreational opportunities for local residents and community space for events. Re-routing the courses during renovation will allow room to add popular amenities along the perimeter for the non-golfing public such as birdwatching, and walking, fitness and biking paths.

Orangebrook supporters feel that the General Obligation Bond is the best way to fund renovations. However, the City Manager did not include Orangebrook on the bond funding list that was presented at the March 21 General Obligation Bond

Workshop, citing lack of support in a small telephone survey that was conducted in February. However those phone survey results are at odds with overwhelming support for Orangebrook in the form of written support letters to the Mayor and Commissioners from the City’s civic associations and advisory boards, such as Hollywood’s Parks, Recreation and Cultural Arts Advisory Board, Hollywood’s Green Team, the Hollywood Council of Civic Associations (HCCA), the Park East Civic Association, the Hollywood Lakes Civic Association and the Hollywood Hills Civic Association.

Members of the newly formed Orangebrook Friends group are not leaving Orangebrook’s fate to chance, and instead they are signing up for volunteer shifts to help. They are knocking on their neighbors doors and talking with them one-on-one about Orangebrook, and inviting them to sign Petition Cards addressed to the Mayor and their City of Hollywood Commissioner asking that renovation of Orangebrook Golf Course be added to the General Obligation Bond. Several hundred signed Petition Cards have already been hand delivered to City Hall, and another 3,000 cards were recently re-ordered as more volunteers step forward to help collect signatures demonstrating that Hollywood residents really do value Orangebrook and want to see it restored.

Other volunteers are taking turns staffing educational displays recently installed at the Yellow Green Farmers Market at booths operated by folks sharing a desire to save Hollywood’s green spaces. At the time this article was written, displays were located at these 4 vendors: Bodhi’s Brew (Booth 278),

*Continued on Pg. 21*

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



Greetings Hillcrest Residents,

Over the next few years, Broward County is going to be going through some major changes. We expect to continue to grow rapidly, with more new residents and businesses coming to soak up the sun and take advantage of all that Broward has to offer. But over time, an even bigger demographic shift will be happening. Experts like to call it the “silver tsunami,”

and it is going to have major effects on Broward for years to come.

The “silver tsunami” refers to the thousands of residents from the Baby Boomer generation who will be reaching retirement age and leaving the workforce. Through 2030, the two age groups expected to grow by the largest amount are 70-74, and 75-79 – and it isn’t even close. All together, the amount of Broward residents in their 70s is expected to increase by over 80 percent in the next 15 years! This is a major shift that requires long-term planning in several areas. Broward County is looking at a whole host of ways to get ready for the “silver tsunami”, so that we can make improvements and adjustments and provide the best possible quality of life for our residents.

One area of particular concern is affordable housing. A recent study from Harvard University found that Broward County ranked last in the country when it comes to affordable housing available based on income – which means that retired seniors are finding it harder to find places to live for a fair rate. We aren’t proud of the claim to fame to be number last in affordable housing in the United States. We need to get better, and we need to make sure with the silver tsunami coming that we have resources in place to make sure our seniors don’t have to work until they are 80 just to pay rent.

There are places in Broward County that are affordable to live, but they are not necessarily where people want to live. This is especially true for people aging into retirement who want to live somewhere that they feel is safe and relaxed. But we can make these neighborhoods worth living for all residents if we invest in them. We should encourage both home ownership and housing rehabilitation in those areas, so we can improve the neighborhoods and the affordable housing crisis at the same time.

Another area where the “silver tsunami” is going to have a serious impact is transportation. As more residents move into their 70s, it is incredibly important we work to improve our Paratransit options and offer more connectivity for residents. We don’t want our seniors walking a mile or waiting an hour to catch a bus. Our County plan for transportation enhancement offers expanded bus and rail routes and more connectivity between cities. This means that our residents, especially those who are part of the “silver tsunami,” will have a much easier time using mass transit in Broward to get around. The plan will also help us make roadway improvements, including dedicated lanes and light synchronization.

That means that quality of life will improve for our seniors, who are able to go shopping for groceries or make appointments or spend their time traveling and enjoying our beautiful parks and beaches without spending extra hours stuck in traffic. We want to make sure Broward County is prepared for a big change in the dynamics of our demographics. With an eye towards housing and transportation, we will continue to work to make sure that the silver tsunami turns out to be just another beautiful day at the beach.



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## HILLCREST CONDOS FOB REGISTRATION EVENT



**ALL Buildings: Saturday May 26th - 10:00 am - 4:00 pm.**

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**4500 Hillcrest Drive, Hollywood, FL 33021.**

Proof of ownership, such as a utility bill, and a government issued ID will be required for fob registration. If you are a renter, a valid lease and a government issued ID must be presented.

Should you have any concerns or questions of any nature, please do not hesitate to contact **Millie Whitehead at the Management office at 754-263-7426.**

Parkview at Hillcrest Community Association, Inc.



## MEET YOUR NEW NEIGHBORS - *By Steve Schneider*

Some pioneer families moved into Parkview at Hillcrest in time to celebrate Christmas. But the hectic nature of creating a new home -- moving vans packed with possessions, digging through boxes to locate essentials, coming home from work to organize a new space -- made for a simple holiday cheer this past December.



Which was just fine for the Cherington family. They sat down to a Christmas dinner of roast beef on Large Leaf Lane, according to Laura Cherington, a chef by trade. Why? "Because they eat that in England," where her husband David grew up. "They also love Brussel sprouts," she added, noting her family probably downed some sprouts with a helping of mashed potatoes.

Granting a phone interview during a recent busy afternoon, Laura joked, "I might make fish and chips next Christmas." She prepares the meals in her one-story, three-bedroom, double-garage house in the first part of Parkview on the north side of Hillcrest which is called Phase 1. To date, there are over 80 closed sales and many families have already moved in.

For Laura Cherington, the kitchen is one of the favorite parts of her new home because the design of the house gives center stage to the area where she cooks. Taking a cue from his spouse, David, a carpenter by trade, installed speakers in the ceiling so Laura could listen to music while preparing meals. The couple eat their meals with David Jr., their first child, who will turn one in June. David Jr. will begin his second year of life at a nautical-themed party his parents are planning for him at the Parkview at Hillcrest pool.

Laura and David will observe their 15th wedding anniversary in November, a month before their one-year anniversary in their new home. They decided to buy at Parkview after initially looking at a model home off of State Road 84 in Ft. Lauderdale, near where they lived. Laura said they made the right move as the other development never got built. David was not available for an interview as he works now as the captain of a yacht, which sometimes travels the Mediterranean Sea. Buying a new home made sense, Laura said, because her husband doesn't want to make lots of repairs after returning from his trips.

So, Laura spends some time enjoying her patio with David Jr. The patio overlooks their backyard and a neighborhood walking path. "David Jr. gets his vitamin D," mom Laura said. He also gets practice socializing as mom and son acknowledge people as they walk by on the community path. "We're ok with it," Laura said. "We like having people around."

Melissa Oquendo and her family comprise a second pioneer family at Parkview. They moved into their two-story townhome on Christmas Eve. Melissa and Michael, her fiancée, picked this Long Leaf Lane structure because they wanted to live in a new home in a gated community, Melissa said. They moved here from a one-bedroom apartment in Dania.

More significantly, though, Melissa said they needed more living space because their "miracle baby" was born in October.

The couple, who plan to marry in 2020, believed they could not conceive. But a pregnancy test caused her to say, "Oh, my god" and start looking for a new place to live. Grace, the baby, also shares the new home. Melissa's mother, Maria Rodriguez, also visits every few months. Maria left her home in Puerto Rico to visit the couple in Dania a few days before Hurricane Maria ran over Puerto Rico. She eventually returned to Aguadilla, on the west side of the island, but decided to move here to help with the baby.



Growing up in Aguadilla, Melissa said she watched as surfers practiced their sport. Now she enjoys watching baby Grace splash around in the Parkview pool. She learned about Parkview after a friend who lives in a Hillcrest hi-rise building told her about the budding community. "We fell in love with what we saw, and made it work," the new Parkview owner said.

Melissa, who works for the federal government, described how she joined forces with Michael to give their new home a special touch.

"The sales people called it going to the candy store," she said, about the time the couple sat down with Pulte representatives to select their tile floor, kitchen cabinets and wall tile, and door and cabinet knobs and lights.

About their new home, Melissa and Michael said they celebrated the New Year by "going to sleep early." The move, the baby, and demanding jobs made this decision right for them, they said.

*Continued on Pg. 7*

Continued from Pg. 6



A third pioneer family moved into their Parkview at Hillcrest home in time to explore the new environment during the holiday season. Julie and Alex Kobelev, and their three children, entered the four-bedroom, two-and-a-half-bath house on Large Leaf Lane about a week before Christmas. "It was pitch black at night," said Alex, the owner and operator of a computer software company. The former Marine joked, "I had to go on patrol with my knife." The knife he mentioned rests on a plaque in the family den. The plaque honors a first-place finish in a squad competition testing physical endurance. Among other things, the Marines were required to run for almost 11 hours.

The recent move tested the emotional and physical endurance of the family. First, almost everyone started unpacking items, said Julie. But then the family flew to upstate New York for Christmas to visit Alex's mother for two weeks. So, he said, they had to pack for the trip. When they returned, it was back to unpacking and arranging possessions, according to Julie, who cares for three children -- Alisa, Alexandra and Anna, who was born more than a year ago.

Julie signed the contract to buy at Parkview while she was in the hospital with Anna, Alex said. They decided to move from their townhouse in Three Islands, in Hallandale, because "We ran out of space," according to Julie. With a third child, Alex thought, "Oh, god, we don't have enough closet space." He also wanted the new home to contain a garage. Besides storing a vehicle, Indian motorcycle and bicycles, Alex needed the space to create a "man cave." He has already installed a work bench and some tools, although he doesn't plan to use the tools to make major changes to the house. That's because he is busy running his business at least five days a week, and fields calls from clients on the weekend.

The couple said they could have purchased a home that has already been around the block, so to speak. However, needed improvements would probably mean the property would cost about the same as buying a new home, they said. What's more, "We weren't very happy with a lot of what we saw," Alex said. "We could have gone way out west to get more space and a better price." But Julie said Parkview was a better buy "because we're near the beach and everything else."

When Julie is not looking after the couple's three children, she is busy fixing up parts of the house. Alex said his wife painted some of the "girls' walls lavender." Julie also worked with Pulte representatives to add some personal touches to the family home. Chief among them: light-colored porcelain tiles designed to give

the appearance of wood to the downstairs living quarters. Pulte offered to install "carpet on the first floor," Julie said. However, the couple thought it was worth it to invest some more money and install tiles that will be with the family a long time, they said.

Eventually, 645 families will live in various parts of Parkview, with homes spreading across former 9-hole golf course land on the north side of Hillcrest. This part of the project was the first land to be developed. A former 18-hole golf course, on the south and west sides of Hillcrest, is now under construction.

According to a website by Pulte, the developer, townhomes and houses range from \$309,990 to \$524,990. The website reports buyers can pick from 13 designs that house three-to-six bedrooms, two-to-four bathrooms and one-to-two garages. The floor plans range from 1499 to 2800 square feet. The community comes with 70-acres of park land, a resort-style pool and a clubhouse, among other amenities.

Construction occurring at Hillcrest is not unique to South Florida. A 2017 article in the Sun Sentinel said, "builders across the region are targeting closed or struggling golf courses for development due to a scarcity of available lots." The paper made this assertion based on an interview with Anthony Trella, a homebuilding consultant. Trella also said local governments generally approve such plans because they generate tax revenues.

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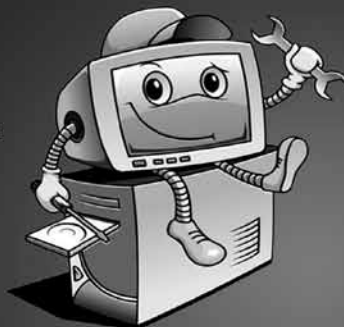
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Dear Hillcresters,

It's that time of year again ~ The 2018 Walk to End Alzheimer's Committee is meeting monthly to prepare for another successful year. Last week several new faces were present at Chima in downtown Fort Lauderdale to learn more about being part of the Committee. All industries are involved, which makes it a variety of people all with different stories of how this disease has affected them or someone they care about.

If you are interested in getting more involved with our Committee, please reach out or just come to the next meeting held at Willow Wood the 2nd Tuesday of each month @ 8:30am! This is the best and most positive community project I have ever been a part of and I would love for more to get involved so we can ultimately find a CURE!

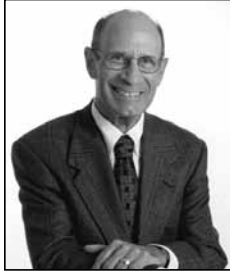
This month, Home Instead Senior Care is launching a new website to encourage families to start planning for the future. New research shows many people have planned for their retirement and for their funeral, but few have planned for the care they might need in between.

This month, learn how you – and clients – can compose a meaningful and productive older age that ends harmoniously.

Sincerely,

Jillian Pickett, General Manager  
Home Instead Senior Care®  
[www.caregiverstress.com](http://www.caregiverstress.com)

## COMMISSIONER DICK BLATTNER



One of my colleagues shared an email from a new resident who was very upset and angry when she found out her property taxes were more than \$7,000, when she was expecting to pay about \$2,500. Looking up the history of the house on the Broward County Property Appraiser's website confirmed our thoughts: the previous owner had a Homestead exemption. The value of the property, upon sale, was based on a new assessed value. This young couple feared they would not be able to keep their home.

My unanswered questions were these: 1), Did the realtor explain how taxes are determined and did they project what the assessment might be on the property if they bought it and 2), was this part of the conversation at the closing?

If the answers to these two questions was "no," the shock of having a mortgage statement showing a 300 percent tax increase is something anybody could understand. Most of us are on a budget, either a serious one committed to paper or one committed to our memory banks. An increase of this magnitude not only negatively affects cash flow, it can easily wipe out one's personal finances should some disaster strike, like a major roof repair or an air conditioning replacement.

As any homeowner knows, the mountain of paperwork signed at a closing can be terrifying. The banker or lawyer drones on about what each paper means, while the buyer signs away, rarely reading all the fine print on each page. All the buyer wants is to get out of there as soon as possible, so they can finally move into their new home.

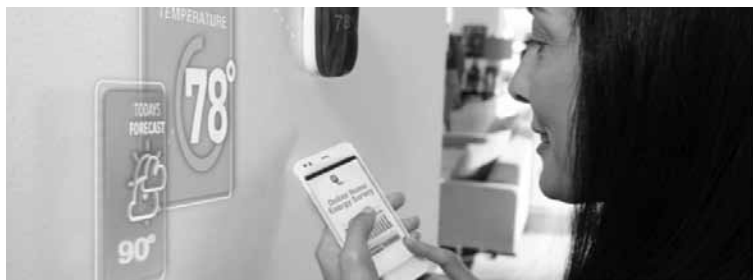
Certainly, the mortgage and title transfer process could be made clearer to clients. At the very least, the basic terms—principle, interest and taxes—should be highlighted in bold type for the benefit of the buyer.

Finally, it would be easy for my colleague and me to wash our hands and respond to the new resident by email with a brisk "don't blame us; we don't set property values" brush-off. As it is, all we can do is suggest the family review the purchase agreement with their realtor and/or the seller—and all the other closing documents to see if there was any communication failure, and to see if the realtor or sell could provide a remedy.

After speaking with a representative of the Broward County Tax Appraiser, here are two things prospective homeowners need to know:

1. Call the Broward County Property Appraiser, identify the property you're interested in purchasing and ask them what the new taxes will be. Their answer will give you a good idea what you can expect to see on your tax bill. If you're buying a single-family home, call the Supervisor, Michael Kaminski, Supervisor at 954-357.6294 or Email Michael by clicking on the link.

2. Don't forget, taxes are billed and collected in arrears, so your first-year taxes will most likely be the same as that of the previous owner. In the second year, your new rate kicks in. Make sure you go over these points at closing, because they will have an impact on your monthly mortgage payment (property taxes are normally collected and paid by your mortgage holder).



### RECORD HEAT MEANS HIGH BILLS

As summer approaches, we're already seeing temperatures rise which means we're all using more energy to keep our homes cool. Because A/C units run twice as long in the summer than during cooler months and account for more than half of your energy bill, you likely will notice your bills are higher than normal. In addition, the number of days in your billing cycle each month can vary, which can also result in a higher bill than expected. Take control of your energy use and beat the heat this summer with FPL's tips and helpful ways to save.

### WAYS TO SAVE ENERGY AND MONEY

You can save energy and money by increasing the temperature in your home. We recommend setting your thermostat to 78 degrees when you're home and 82 degrees when you leave.

Saving is up to you. With every degree you raise your thermostat, you can save about 5% on your monthly cooling costs.

View your Online Energy Dashboard to see how much energy you use each day and a projection of your next bill, so you can make changes to help lower your bill before you receive it.

Our free Online Home Energy Survey shows you how much energy you use, gives a breakdown of how much you are spending on appliances and cooling, and provides an energy-savings plan with expert tips and recommendations.

Visit [FPL.com/SummerTips](http://FPL.com/SummerTips) to help you find even more ways to save.

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Brian Gaiefsky  
Cindy Abraham



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## May State of the Market

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

**I COULDN'T HAVE SAID IT BETTER DEPARTMENT - Interesting blog from Commissioner Blattner on the previous page and another reason to hire a Real Estate agent that looks out for YOU!**

Currently there are 66 condos on the market in Hillcrest. 75 have closed since the beginning of the year. Again, if your unit has not sold within 60 days, you are doing something wrong. Of course, price is the number 1 mistake, followed by a lack of staging or ineffective staging, followed by poor showing techniques. Many don't get to the closing table because of poor follow-up or bad negotiating. As we demonstrated in the last issue, you will LOSE money if you do not heed the advice of your agent regarding price and presentation.

Assuming of course that your agent knows Hillcrest and knows what they are doing. As you also learned in the April issue, discount brokers are back and doing a very poor job of making their discounted services worth the small amount they save you in commissions. Do you really think that if they are not willing to fight for their own money they are going to fight for yours?

We just sold a 1/1/1 in one of the mid rises for \$10,000 MORE

than a discount broker got for the same sized unit in the same building. Not only was it more COMPLETELY remodeled, it was sold beautifully furnished. Our listing sold in 24 days and it took the other agent 101 days to get less money.

We routinely beat the highest comp when we sell our listings whether they are homes or condos because we have strategies that other agents either don't use or don't know about. We have a couple of unique strategies to sell homes that I haven't seen anywhere else. Our strength in outselling other agents in Hillcrest is not only due to our expertise but our in-depth knowledge of all the Hillcrest buildings AND our reputation with buyer agents.

However, our sellers need to heed our pre-listing advice. Our biggest problem is losing out to agents who are willing to list unrealistically high just to get the listing. If you can find an agent who is willing to list higher than we will, do us – and yourselves – a favor. Put a clause in the listing agreement that if he/she wants you to lower to the price WE recommended, the listing is cancelled. Call us and we will get it sold faster and for the highest price possible.

**CALL 8-HILLCREST FOR A FREE MARKET ANALYSIS.**



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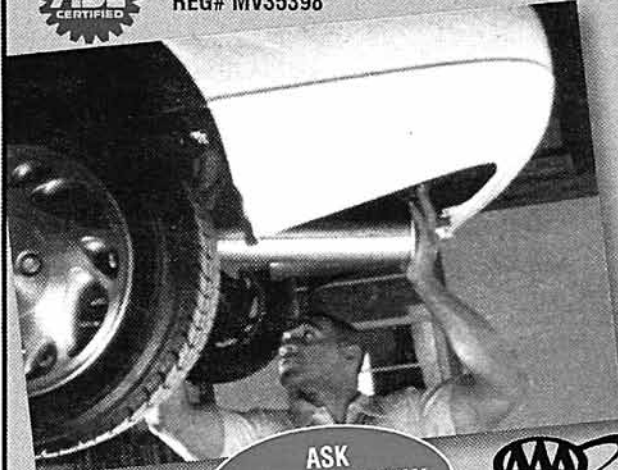
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# May 2018 IT Security Tips

## Bookmark the Legitimate Websites You Frequently Visit

Hackers will maliciously purchase and set up a fraudulent website that is a close misspelling of a legitimate one.

Example: **www.facebokk.com** instead of **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 visit – 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 websites 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!

## Removing Unwanted Freeware

Whether you like it or not, PC manufacturers love to stuff your brand-new PC full of "FREE" applications. Think about it, they get paid to do it. There is a very slim chance of getting a new PC without a side of Spamware.



You may or may not know this, but clutter and unnecessary applications and files are the enemy of a speedy PC. A basic rule of thumb should be that if you're not using a "particular" software on a regular basis, then it's best to just remove it completely. The last thing you want is for any software to be

sucking up processing speed and leaving the door wide open to hackers and malware.

When you purchase a workstation from Connections, we install a fresh and clean image, essentially this image acts as a blocker, prohibiting any of these "freebie" applications from being installed onto your computer.

## Don't Use Public WIFI Until You Read This

We're all guilty of using and connecting to free public WIFI. Whether we're sitting in a coffee shop, hotel or airport, the temptation to check our e-mail and surf the web is just too strong to resist. Before you decide to connect to any free, public WIFI, you'll want to make sure that the connection is legitimate, and if you're not certain, you might not want to access the connection for safety reasons.

It's not uncommon for hackers to set up fake clones of public WIFI access points to try and get you to connect to THEIR WIFI over the legitimate, safe public one being made available to you. Before connecting, check with an employee of the store or location to verify the name of the WIFI they are providing. Next, NEVER access financial, medical or other sensitive data while on public WIFI.

Also, don't shop online and enter your credit card information unless you are absolutely certain the connection point you're on is safe and secure.

The safest WIFI connection to use when you are out and about is the built in WIFI hotspot on your smartphone. Yes, you'll use your phone's data plan, but you won't risk your important data.

I hope you found value in this IT Security Tip! Please let me know if there's anything I can do for you!

Sincerely,

Eric Chafin  
Business Development Manager  
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# May Kitchen Korner - by Cindy Abraham



## CHOCOLATE SHAKE FOR BREAKFAST

Since I read and reported on the AARP articles about nutrition, I have been adding 2 TBS of pure cocoa powder to our morning smoothies. We go on jags – we did smoothies for about a year, then we got hooked on mini-wheat bagels with cream cheese and smoked salmon. Of course, now we have the bagels with cream cheese and Surinam cherry jam. On weekends when we have more time in the mornings, we still like eggs and bacon. But every little thing we can do to eat a little better and exercise a little more is a step in the right direction.

For smoothies, I buy regular fruit and let it get very ripe – mangoes, papaya, bananas, pineapple – cut them up and put them on a tray to freeze. Everything gets tossed into a bag with blueberries and strawberries. Don't tell Brian but steamed broccoli and cauliflower make their way into the bag also. I use vanilla almond milk and before I put the frozen fruit in the blender I throw in a handful of baby spinach leaves. This time of year, I add some Surinam cherry jam to the mix. Honestly, since we started adding the 2 TBS of cocoa, all we can taste is the chocolate. So, feel free to trick the kids into having a "chocolate shake" for breakfast rather than those sugar laden empty-calorie cereals.

Recap: In a blender, baby spinach, assorted frozen fruit, 2 TBS cocoa, cover with almond milk and blend.

## SOMETHING FISHY FOR DINNER

I like tartare – steak, tuna, salmon, you name it. Ok, don't. I do have limits. A raw egg will trigger my gag reflex. Our Lebanese national dish, Kibbeh, is made with raw lamb and I like that too. It's all about the spices and flavors that are added but I know not everyone likes raw meat or fish.

I generally don't like antiques. My girlfriend Melinda used to say, "Cindy doesn't like antiques because they look old" to which I would reply, "Melinda likes her Steak Tartare medium well." I liked Melinda and her husband Rudy so much, I made them my daughter's Godparents.

But I digress – as usual. I love the convenience of those small vacuum-packed frozen sushi-grade tuna steaks (about 4 oz. each) that are sold at Penn-Dutch and other stores. I have found a couple of great recipes for them. If you like sashimi, you will love these recipes. If you are willing to at least try them, you may be surprised and become a fan. Yes, I have red chili-garlic paste but don't sweat it. Add some garlic and cayenne. The tuna is easier to chop when it is still partially frozen. Put the cubes in a bowl lined with paper towels and let it finish defrosting. The towels will soak up the excess water.

### Tuna/Mango Chop

- 8 oz sushi grade tuna
- 1/2 cup chopped mango
- 2 tbsp soy sauce
- 2 tbsp lime juice



- 1 tbsp minced fresh ginger
- 2 tsp sesame oil
- 1 1/2 tsp Asian red chili garlic paste, such as sambal oelek
- 1 ripe avocado diced

Cut tuna into 1/4 inch cubes; toss with mango.

Whisk together soy sauce, lime juice, ginger, sesame oil and chili garlic paste; drizzle over tuna and mango. Add avocado and toss to coat well. Serve in scoops of Bibb lettuce garnished sliced green onions.

## Sardinia Tuna Tartare

I had something like this at a restaurant and was determined to recreate it. If you don't like arugula, use baby spinach. If you have a favorite Aioli recipe, use it to coat the toasted tortilla! Otherwise see the recipe at the bottom of the page.

- 2 large whole wheat soft tortillas (or 4 small ones)
- 8 oz. sushi-grade tuna
- 2 1/2 TBS EVOO (do we all know that this means Extra Virgin Olive Oil?)
- 1 TBS tiny capers
- 1 TBS red onion finely chopped
- 1 TBS fresh parsley finely chopped
- 4 TBS lemon juice, divided use
- Salt and black pepper



- 1 Bunch baby arugula (I don't generally like arugula, but it works in this recipe)
- 1 Lemon wedge cut into four pieces

Pan fry the tortillas on each side until they are semi-crisp.

Using a very sharp knife, cut the tuna into very small dice. In a medium bowl, mix tuna with 1 1/2 TBS olive oil, capers, red onion, parsley and 2 TBS lemon juice. Season with salt and pepper to taste.

In a small bowl, toss the baby arugula with remaining 2 TBS lemon juice and drizzle with the remaining TBS oil.

Arrange the baby arugula (or spinach) on the toasted tortillas, top with the tuna mixture and serve with lemon wedge.

## Aioli

- 2 garlic cloves pressed
- 1/4 teaspoon (or more) coarse kosher salt
- 1/2 cup mayonnaise
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice

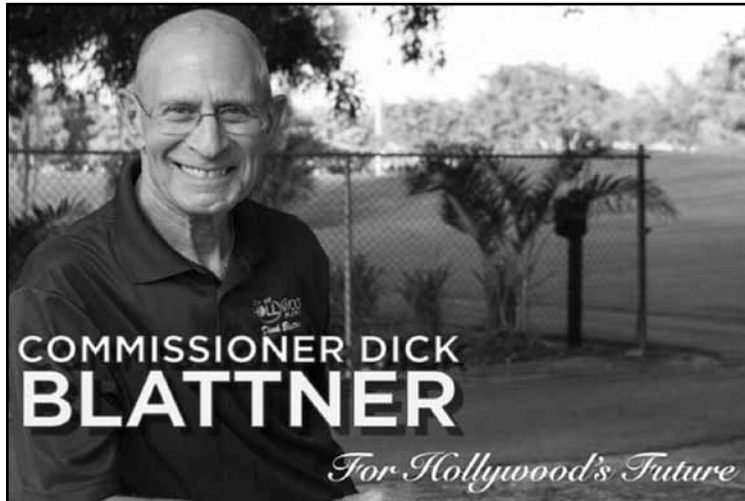


### PREPARATION

1. Mash garlic and 1/4 teaspoon salt in small bowl until paste forms. Whisk in mayonnaise, olive oil, and lemon juice. Season to taste with coarse salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.

# MAY 2018 COMMISSIONER'S REPORT

by Commissioner Dick Blattner



Someone must have stolen my data! Facebook announced my birthday a month ahead of time and then a week ahead!

## NEWS & NOTES

**Urgent Care.** For all the times you had to go to the emergency room for a minor cut, sprain, headache, etc., yes Virginia, there is an alternative. I had a need to stop the bleeding from a skin tear and went to Memorial's Community Health Center across from the hospital on the south side of Johnson St. Very nice facility, excellent care, in and out in less than an hour. I hope you won't need this service, but if you do, you will be pleased with the staff and care at this facility.

## Hispanic Unity of Florida

Headquartered in Hollywood, this is an amazing organization that helps new resident immigrants adjust to the community, find jobs, increase literacy, etc. Led by the irrepressible Josie Bacallao, HUF just received a \$500,000 grant from the City Foundation to increase their reach and scope. They were also recognized by the IRS for their outstanding efforts to help residents file taxes. Working with Childrens Service Council for the past 16 years, they have returned millions to taxpayers who otherwise would not have known they were entitled to certain income based rebates. Clearly those refunds get spent in the local economy.

## Septic to Sewer

You may not realize it, but half of Hollywood is still on septic. The Commission has made a commitment to convert to sewer over a 20-year period. As part of this expensive project, funds have been set aside to assist property owners with hook up and septic tank removal.

## Parking Meters

**Downtown parking meters allow for 12-minute increments, If you use the Parkmobile app (download at the App Store). This is good news for those of you who just need to pop in to one of the downtown shops to pick up your order.**

CRA and Commission meeting summaries

- \$104,706 for 14-month lease for new Code vehicles. These leases roll over; less expensive than purchase.

- \$296,818 for data communications equipment and services
- \$130,000 for consulting services for new sanitation services contracts. Very complicated project which will address garbage, recycling and hard junk.
- \$1,166,705 for gravity sewer service renewal and replacement services
- Approved new Noise Ordinances. Makes it easier to identify origination and issue citations
- Appointed 11 members to a Dune Master Plan Task Force. Essential because all upcoming beach renourishment requires dunes.
- 4th of July. Because of the construction on A1A, public safety issues have surfaced. Recommendation from HPD is to cancel the fireworks, but just for this year. Still under consideration but the matter has to be concluded in a week. Watch for announcement.
- Heard update on Hollywood Rail Station Master Plan for development in the vicinity of the shuffle board courts. This is a game changer. Final presentation in a month of two. Looking good!
- Received grant from Homeland Security for \$115,113 to improve emergency management training
- Approved grant request of \$13,700, to be matched, to facilitate removal of derelict vessels from our two lakes.
- Brightline service to and from Miami begins this week. I will be attending the opening of the amazing Miami station on Friday, riding Brightline from Ft. Lauderdale to Miami and back. This service expansion now opens further discussion of local passenger rail service for the coastal cities (See the above comment on the Hollywood Station Master Plan).

## THIS IS A BIGGIE

Things you always wanted to know. Go to the city's website (Hollywoodfl.org) and type Open Government in the search box. You will find amazing information about our income, expenses and property tax growth by district/neighborhood. Excellent graphic. Thanks to Cintya Ramos, Director of Financial Services.

You can also find weekly updates on activities in our city by going to [www.floridashollywood.org](http://www.floridashollywood.org). Lots going on and this is how to keep up.

## HURRICANE SEASON STARTS IN 45 DAYS!

It's not to early to stock up on batteries, water, etc. Trim trees.

## GENERAL OBLIGATION BOND

I am confident we will have one. Still lots of discussion of what to include, when to do it, etc. I will be reporting on this every month; more often when there are any public meetings.

Be well and let me know if there is anything we should be working on.



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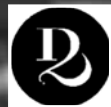
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## AARP BULLETIN - MAY 2018 - by Cindy Abraham



If you don't get the AARP Bulletin, you should. If you do, you should read it. You don't have to be over 55 to benefit from their well-researched articles. My first issue arrived when I turned 50 and I was not happy. I thought you had to be 55 to get it and that it was an indication of a "coming of age" that I didn't appreciate. Then I found out that 50 is the hallmark. The best thing about it is that I found out I am a "perennial" – sounds like

millennial but has a nicer ring to it. Especially since it means we come back stronger every year.

Many issues debunk the current health crazes with cold hard facts and a whole lot of research. This past issue was especially informative. Coconut oil for instance has been found to have no known health benefits and is 82% saturated fat – 30% more than butter. However, Empi – our Hillcrest 27 angel – told me to use it on my face overnight. So, I did. What amazed me is that it goes on greasy and within minutes, my skin just soaks it in. It seems to work as well as any of the other skin hydrators I have used in the past.

Another topic was antioxidants. As faithful readers know, I am a Surinam Cherry fan. Those little cherries that bloom all over South Florida during the month of April are a favorite of mine and a great source of antioxidants (nutrients that cool inflammation and reduce plaque in your arteries).. According to AARP, the only way to ingest anti-oxidants is through fruits and vegetables NOT pills. That went on to say that pills can indirectly hurt heart health by interfering with the body's natural production of antioxidants. A handful of nuts every day is still the "tastiest news in heart disease prevention."

I have often said anyone new to the US who watches our TV commercials must think cars and drugs are very important in our culture. There seems to be a pill for everything although many either don't work or have harmful side effects. As a devotee of Meloxicam for my arthritis, I am not anti-pill, but I am suspicious of many of the claims. Anything that sounds like a conspiracy theory; "what doctors and/or the big Pharmaceuticals don't want you to know...", or miraculous claims, ancient Chinese secrets, product endorsements and amazing findings are generally BS.

As far as supplements go, AARP suggests natural foods are best and, in many cases, the only way to get the nutrients your body needs. Taking fish oil pills? Just eat fish. Smart drugs? At this writing, no such thing. Prevagen – all the rage on TV commercials aimed at the elderly - is being sued by the New York State attorney general and the FTC for fraud. But the claim is clever; the dietary supplement it provides is from jelly fish and if one believes that, they would be more inclined to take a pill than eat a jelly fish.

Two positive findings in the May 2018 AARP issue: A tablespoon of pure dark cocoa powder taken daily for 3 months (swirl it in your coffee, smoothie or flavor your almond milk) does improve brain function. And the reason why adults in India have a lower Alzheimer rate has been attributed to curcumin found in curry. I am not a curry fan and the study dictates 90mg of curcumin twice daily

for 18 months. But there is another option; a highly absorbable supplement called Theracurmin that a UCLA study found to be even more effective than curcumin. I do believe that some memory loss as we grow older can be a benefit - unless we have friends and family to remind us of all the stupid stunts we pulled when we were younger or even in the past couple weeks.

Fad diets and cleanses were addressed. Gluten-Free can raise the risk of heart disease. You should only be gluten free if you have celiac disease or other symptoms of gluten sensitivity. Thank goodness for that. Some of my gluten-free friends think it is a religion and annoy the hell out of me trying to convert me.



AARP advises against the Paleolithic, Ketogenic diets as well as cleanses, detox diets, weight-loss supplements and teas. They did note that the Mediterranean diet which is high in fruits, vegetables, whole grains, fish and healthy fats with an occasional glass of red wine (hopefully "occasional" means one every half hour after 5PM) is a healthy way to lose weight and keep it off. They go on to say that having a weight loss bet with a buddy or two with money at stake is very effective.

Pain relievers: DOESN'T WORK: Daith Piercings and soft neck collars. DOES WORK: Dry Needling and Rollers. Skin Smoother claims: DOESN'T WORK: Collagen creams, hemorrhoid cream for puffy eyes (OK occasionally for a quick fix but the hydrocortisone can thin the skin if overused), placenta creams and drinking more water than the body needs. DOES WORK: Microneedling, hyaluronic acid, coned sutures (not the ones from 10 years ago), and lasers for liver spots.

DOESN'T WORK: Colon cleanses and prebiotic and probiotic supplements. DOES WORK: foods like garlic onions, asparagus, bananas, yogurt and sauerkraut.

Peppermint oil does indeed work for Irritable Bowel Syndrome and as for Fecal Transplants: "In a study of 30 people (average age 67) with inflamed colons from C-Diff infections, 29 recovered through this therapy", according to Rosario Ligresti, M.D., director of the Pancreas Center at Hackensack University Medical Center in New Jersey. It has also been successful treating ailments such as lupus and diabetes.

**“It Is Time To Change Your life”**

by Etta Stevens



The time is NOW! Begin to help yourself along this path of peace and love. It will not only help you stay balanced and more successful in your life, but your children and your families will also experience the change in you. We cannot wait another minute, our planet and our loved ones need us. As Ghandi said, “Be the change we wish to see in the world.”

Dear Neighbors and Friends,

With the turbulence and unbalanced state of the world at this time, we must find a place where we can find peace and happiness again. It really is available to us if we just sit quietly and look inside our hearts. I remember when I was a child, nothing seemed to bother me, and my life was just perfect. Nowadays frequently both parents must work to sustain a healthy lifestyle and income.

Even under these circumstances, there is a way to bring back balance, peace of mind and happiness into our lives.

We must return to our original values and virtues. An easy way to do this is through peace of mind from daily meditation. With this thought in mind, we are pleased to announce that the Hillcrest Community Clubhouse and the Brahma Kumaris Spiritual Organization have joined together to present a free meditation class for all Hillcrest and Parkview residents beginning Wednesday, June 6, 2018, at 5:30 to 6:30 PM weekly.

As an experienced and certified meditation teacher, I would love to have you join us on that Wednesday and every Wednesday following as we all together work towards a happier and healthier lifestyle through meditation.

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Continued from Pg. 2



Chris Collier of Hollywood Heat, Booth 275 at the Yellow Green Market displays his popular hot sauce as well as the "SAVE HOLLYWOOD'S GREEN SPACES" sign with Orangebrook Petition Cards

Heat Wave (Booth 275), TradeWinds Bistro (Booth 103) and Fancy-I-Naturals (Booth 294), and additional locations are in the planning stages. Hollywood residents are encouraged to visit these vendors to sign Orangebrook Petition Cards, and to leave them in the convenient drop-bag for hand delivery to City Hall each week.

Follow this group on Facebook ([www.Facebook.com/Friends-of-Orangebrook-Golf](http://www.Facebook.com/Friends-of-Orangebrook-Golf)) where all the latest news, pictures and events are posted. Check it out and "Like" the postings and share with friends. Look for the link to the Change.org petition where you can post your comments as well as your online signature. Write a letter to Mayor Josh Levy and your district Commissioner or email your message to [Mayor-commissioners@hollywoodfl.org](mailto:Mayor-commissioners@hollywoodfl.org) to request General Obligation Bond funding for the renovation of Orangebrook.

Friends of Orangebrook Golf welcomes everyone to join its efforts and sign up for a volunteer shift to help save Orangebrook from development. Help is needed to circulate Petition Cards, staff the educational displays at the Yellow Green Farmers Market and at other local events around town.

Also needed are speakers to address the commission during the Citizens Comments portion of the City Commission meetings which are held every third Wednesday of the month at 5 pm.

Please contact [Saveorangebrook@gmail.com](mailto:Saveorangebrook@gmail.com) for further information, to obtain Petition Cards, or to inquire about volunteer activities in your part of Hollywood.

Dear

***Voters in 2000 chose to put a deed restriction on Orangebrook to protect it from development and require that it remain a 36-hole golf course. It is currently in need of renovation to return it to economic sustainability. The GO Bond is the best way to fund needed renovations.***

- Orangebrook is the last large green space left in Hollywood, a "Treasure" that should be preserved intact for future generations

- Orangebrook provides drainage for surrounding areas and protects homes from flooding

- Orangebrook is a potential economic engine for our tourism industry

- Orangebrook is a popular amenity providing recreational opportunities for local residents and community space for events

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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.

**LETTERS TO THE EDITOR**

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](mailto:inside.hillcrest@comcast.net) or call (954) 964-2559.

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