



June Inside Hillcrest

By Cindy Abraham

Let's start with the most important issue first: mangoes. Yes, we are deep into mango season and this is a very prolific year! In the Kitchen Korner section I have included all the recipes that I have (I don't make mango bread or muffins so google it). As far as measurements go, my friend Allan Libero gave me SEVENTY-FIVE overripe mangoes last week. I am here to tell you that processing 75 mangoes takes 5 hours yields 28 jars of Mango Rum Jam and a gallon and a half of Mango Liqueur. Because there were so many, I did not have to reserve any of the sliced mangoes for the liqueur. All the mango flesh went into the jam and I used what was left clinging to the seeds to make the liqueur. Because they were so ripe, it only took 3 days to marinate and I wore gloves as I squeezed the juice/alcohol from the sodden seeds back into the bucket before I discarded them.

Anyone making a donation to the HELP FOR HILLCRESTERS FUND will receive their choice of an 8 oz. jar of jam or a small bottle of Mango Bango (the liqueur.) You can email us at Inside.Hillcrest@comcast.net or call us at 954-964-2559. This is the fund that we use to help our residents who run into hard times. The building presidents keep us posted as to whom to reach out to. Charity does indeed begin at home here in Hillcrest.

HILLCREST VALUES

Other than our limited parking situation here in Hillcrest, the fact that most units cannot install a washer/dryer is a big reason why our values are lower than they should be. With all the issues with germs, bedbugs, pet dander, etc. it is definitely a plus if many of our current residents and future buyers can have their own washer/dryer.

The lucky buildings that have board members who use their "power" to try and make condo living more comfortable for their residents, have been struggling with the washer/dryer issue



Building A Better Community

for years. We are finding out that "the plumbing can't take it" story may not be true and the big obstacle – dryer vents – is no longer an issue with the new vent-less dryers. We are no longer a community of primarily snowbirds who didn't want or need extra appliances to sit idle most of the year. Now we have families and elderly people who dread that long walk down the hall depending on how far down the hallway they live. Although individual W/Ds help ease the building electric bill, individual units can cause the common water bill to go up if residents wash more often; not to mention that a building revenue source would be negatively impacted. Depending on the size of the building and whether it is over 55 or all age, buildings can collect between 15K and 35K per year in laundry machine revenue.

Enter a building president who has all the leadership qualities one could ask for including mechanical knowledge, thinking outside the box and sincerely caring about his building residents. Turns out that the 11-1/2 units can easily convert their half bath to a small laundry room and the 2/2s, depending on the configuration, also have a space that backs up to the plumbing needed to install a washer/dryer. Some folks have opted to replace their dishwasher with a washer and install a vent-less dryer in another area. So he gave the residents the option. Turned out not that many owners wanted their own W/D but some did. So how did he solve the financial issues that went along with permitting some owners to have a washer/dryer and not affect the build-

ing budget? He ensures that installation is done with permits of course AND those owners who have their own laundry equipment pay an extra \$10.00 per month in their maintenance for the convenience. Problem solved – now if he can only figure out how to add more parking spaces!

I would love to be a fly on the wall when some of our condo commando board members read this:

1. "Hmm, I wonder if we can do that in our building."
2. "Oh great, now we have something else to deal with." (I don't blame you on this one; if the owners like the idea, let them form a committee to do the research and come up with the guidelines.)
3. "No way, not in MY building." (Note to the Magenta Yenta – it is not your building. "Being powerful is like being a lady, if you have to tell people you are, you aren't".

– Margaret Thatcher

If you would like to know if you are a normal, caring person who should be on a board or a Condo Commando, take the quiz on page 9.

REDEVELOPMENT UPDATE

By now, every building should have their initial check for the \$500,000 promised. There may be a discrepancy in how many units you have vs how many units the tax records show. There are two ways to go about solving the discrepancy. Loudly proclaim your building is being screwed (*only if you pass the Condo Commando quiz*) or calmly contact Lewis Rissman at the Hillcrest Country Club and he will help you or you can email Bill Riley, the attorney for the developers at William.Riley@gray-robinson.com.

One thing that should be completely understood by everyone is that no matter which side you are on in the development issue, everyone involved wants the best for Hillcrest. Everybody is entitled to their own opinion but

See **INSIDE HILLCREST** on page 2

INSIDE HILLCREST

continued from page 1

nobody is entitled to their own facts. I have heard lies about cash payoffs to individuals so they would support the development and conversely, stories about people being paid off to claim they didn't understand what they were signing in order to discredit the results.

Some people wonder why I don't want to discuss the development issue with them. Besides the fact that it is not a priority in my life at the moment, it seems like some people don't want a discussion, they want an argument; especially those who never even attended a presentation and can only spout hearsay. I understand how Sir Isaac Newton felt when he said, "Sir, I have investigated the subject. You have not. I do not propose wasting my time discussing it with you."

It is shameful that some board members stood in their lobbies the night of the presentation for their building to discourage residents from attending. The stories about what was said and not said have gotten out of hand. Luckily we have a complete recording of one of the presentation meetings

(building 23 on February 23) which is available to anyone who wants it in an MP3 format or as a CD. Email us at hillcrestleadershipcouncil@comcast.net.

INSIDE HILLCREST DELIVERY

We have so many email addresses since the advent of the redevelopment that we have to split them up into five groups. We have snowbirds mixed in with former residents mixed in with current residents and board members. If you are not getting our email issues of IH and want to, let us know. Email us at Inside.Hillcrest@aol.com.

As far as we know, only one building bans Inside Hillcrest so the owners have set up an underground delivery system. But we also hear that there is another building with board members who screen each issue and discard them if there is any information in there

that they disagree with. If there is a time that you cannot find a copy of IH in your building (delivery is the 15th of the month), give us a call and we will drop off a copy for you.



Questions about the Hillcrest Redevelopment?

Don't listen to rumors; go straight to the source.

Email Bill Riley, Attorney for Concord Wilshire, at

William.Riley@Gray-Robinson.com.

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The Entitlement Generation

Entitlement is especially prevalent in kids today who did not earn their own way in and have no idea what items cost, Kay says.

"As parents, we owe our children food, clothing, health care and shelter, not fun with friends, designer clothing, cellphones with data plans, a car or a party-school college experience," Kay says. "If kids want those things, they need to earn it for themselves. Otherwise, they feel entitled instead of appreciative."



She emphasizes that when kids work for things, they value them more. And this includes a college education.

Students who choose to work a moderate amount toward their college expenses often do better academically, according to the nonprofit College Board. Eighty-five percent of first-time, full-

time undergraduate college students received some type of financial aid from academic years 2006-07 to 2010-11, according to the National Center for Education Statistics.



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Tips for Avoiding Dehydration

With summer around the corner there are plenty of things we must consider to keep our health at its finest. As we have experienced, living in South Florida temperatures may vary anywhere between a 80 over 100 degrees fahrenheit. Many times, we are unaware of changes within our own body temperature. One of the most pleasant things you can do for yourself as well as your body is making sure you remain hydrated at all times. As we age, we develop a greater risk of dehydration. The risks associated with dehydration include health issues such as low blood pressure, kidney health, urinary tract infections, impaired judgment, constipation and may even lead to more severe traumas that can result in emergency hospitalization.

Here are a couple of tips you may consider to decrease chances of dehydration:

- Fluid intake is key. As we age, our body water content decreases. Keep your water bottles handy and available to you through out your day. The more fluid your body retains, the more it will be to your benefit. If you get bored with plain water spice it up by adding fresh fruit for flavor.

- Drink 8 oz. of water with each consumption of medications. Some medications may cause your body to be more prone to dehydration.

- Do your best to minimize your alcohol and caffeine consumption, although we want to keep in mind that all liquids do count towards our fluid consumption for the day.

- Educate your caregivers on the signs and effects of dehydration to make them aware of your needs. A few

of these include dry mouth, sunken eyes, headaches, rapid heart rate.

- Consume the recommended daily serving of fruits and vegetables. These foods are high in water content mostly water-based

- Be aware of the color in your urine, darker urine is usually a sign of dehydration. If you take a vitamin daily, only your first urine of the day should be colored. You want to make sure that you are regularly urinating too, riding the body of toxins and waste.

Health conditions sometimes make our bodies less able to adapt to heat. It is important to remember that following these tips will help keep your body and vitals stable. We have to serve as our own care takers and take responsibility for our bodies.

Be aware.... Don't fight the thirst sensation!

Dr. Mohsin Jaffer has been practicing family medicine in Broward County for nearly 30 years focusing on the care of seniors. His practice, Senior Medial Associates has 12 convenient locations throughout Broward County. You can find the Hollywood location off of University and Taft at 1759 North University Drive. Contact **Senior Medical Associates** at **954-842-2175** to schedule a complimentary Meet and Greet for you or your loved one today. Dr. Jaffer is also very keen on being active in the senior community. Senior Medical Associates is always seeking outlets for community involvement. Whether it be a health lecture, sponsored meal, or club project please reach out we would very much enjoy partnering with you.

A Message from Commissioner Beam Furr

Greetings Hillcrest,

It's summertime and the Commission is on recess until August. That doesn't mean that we've slowed down the pace of work that we accomplish for you every day. I am looking forward to this time in order to catch up with many of the civic groups and associations that I haven't had the opportunity to visit on a regular basis. This is also the time where I get to work with my staff, and the County Administrator, to formulate the vision that I have for this upcoming year's budget.



Commissioner Beam Furr

In fiscal year 2015, Broward County appropriated \$4.1 Billion. That's a lot of money, and it makes for a very complex budget. However, the budget is more than an account of how taxpayer's money is spent. The budget is a policy document that reflects the goals and priorities of our community. After all, the way we ascribe value to a service is figuring out how much we are willing to pay for it.

For example, it should come as no surprise to you that I am a big fan of libraries. I worked as a media specialist in the Flanagan High School Library, and I see libraries as a cornerstone of education beyond their connection to schools. In this year's fiscal budget I would like to see Broward County Libraries expand their operating hours. This means that the Libraries Division needs to have its funding restored to pre-recession levels.

I want to restore our County Parks to their pre-recession

operating hours. Moreover, there are several Climate Change and Conservation proposals that need to be funded. I want to see this budget establish a dedicated funding stream to address Homelessness in Broward County. All these things are possible, but the question is how we pay for these projects using money we already have. I don't think that the Commission should continue to constrain itself to only use existing revenues.

I believe that there would be support for a Tourist Development Sales Tax dedicated to funding the continued health of our Beaches. There should be support for an additional dedicated revenue stream to fund a comprehensive approach to end homelessness in Broward County. But more importantly, before the County even presents a budget, I want to hear from you.

Tell me what it is that you suggest the County pay more for, and where you feel we can afford to sacrifice. Email me at bfurr@broward.org, or telephone me at 954-357-7006. Tell me your priorities, and let's work together to make them realities.

Wishing you a wonderful 4th of July.

-Beam

P.S. Two public hearings are needed to adopt the budget and tax rates for Broward County. The first public hearing will be held on Thursday, September 10th and the second will be on Thursday, September 17th. At the first public hearing, the Board will adopt a tentative budget and tax rate, and then we will adopt the final budget and tax rate on September 17th.

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IN MY OPINION

BY SHANE KRAMER

Josh Duggar Molestations Not a “Wrongdoing” — it’s a Lifetime of Emotional Scars for Victims!!

I’m not much for watching television. I’d rather sit in my favorite chair and read a good book, so when the subject of a series on TV gets cancelled it does not really interest me... who really cares about housewives in crisis or old dirty swamp people?

Curiosity got the better of me when the Duggar family was put under the microscope.



Josh Duggar

So, this family has made multi-millions of dollars showing the world that they know how to procreate. Nineteen kids — for real? Do these parents, Jim Bob and Michelle, ever leave the bedroom or do they have it down to a fixed routine that guarantees another little Duggar in nine months. This just blows my mind. And each and every one of them are a paragon of virtue. They lead clean lives and pop out babies and get to

have their own reality show.

It’s funny how people are quick to judge other nations and their societies. Would we American’s be as quick to embrace a family from India that did the same thing, or even another American family of a different race or religion? I don’t think so — so what makes the Duggar’s a family that we should hold in esteem and accept their values?

We can chalk it up to TV spin doctors. Kinda like the Kardashians

an clan only with halos instead of bikini’s. Truthfully, I’m over the Duggar’s and the Kardashian’s!

Now the Duggar’s are reaching an age where they are getting married. Each and every one “a virgin” of course. During courtship of the daughters, the parents made a big deal out of “side hugs” - instead of full frontal hugging. They are starting to have a new bumper crop of Duggar’s for the next century. Or maybe not!

Good old Josh Duggar it seems, molested his sisters and a few other little girls. An incestuous pedophile among the angels. He has been under fire since late May, when it was revealed that he “inappropriately touched” five young girls when he was 14 — including sisters Jill and Jessa, who came out as victims.

Of course, the parental units were informed and forced to come out of the play room (in my house that would be the bedroom, but then I digress). They needed to get Josh to do a quick turn around! Not come clean about what he had done, but more like a quick sweep of the broom under the rug, a few repentant words, and another prayer that would lead to absolution.

Did they stop to consider what emotional scars were left on the little sisters? DOUBTFUL!! Every action was carefully choreographed to cover up this misdeed and they nearly got away with it — but, like bad news, someone always uncovers the truth.

A few of the Duggar sisters have been trotted out to give interviews to the media. All of them stating that Josh did not force them in any way and that he should be forgiven for his lapse of judgement. The problem is that we will never know if the psychological issues to these young girls won’t surface until they themselves begin to date and then marry. In the meanwhile, Josh is off the hook.

We can beat this to death with the “what ifs” are rehashed but that won’t get us answers. We need to address the underlying issues — what caused a young man to seek out his much younger sisters to test out his own sexuality?

This is not much different from the on-going Bill Cosby saga. Older male accosting younger and weaker women or girls. Control and power? The same act — male equals power, female equals weakness. If you thought this way you might be right but I’m thinking that it just may be the opposite — male equals weakness and lack of ability to control his thoughts and actions — this may be more the scenario.

And don’t forget that there is still the issue of the value of women in our world. The media still minimizes women, holds them to a different standard and creates the illusion that women exist to slave over the men in their lives. They don’t illustrate equality for the sexes. This must change. Need I remind you that we are in the 21st century and that this has been an ongoing battle since the beginning?

It is time to change and it is my opinion that it must first be recognized then worked on so that we can have our future generations inherit an emotional platform for health and real happiness. We can put a man on the moon....but, we can’t treat women with the care and the respect that they deserve. Come on now, we’re better than this!




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The profound lesson I found in a Fortune Cookie

By May Paron

Back in the days when going out to dinner was a rare and special treat, when “fast food” was not a household expression — I had my first Chinese dinner, Chicken Chow Mein, at the Canton Tea Garden. I thought it was the most delicious meal I’d ever eaten, and when I broke open that first fortune cookie, I truly believed that the message it contained had been written especially for me.

Today, my taste in Chinese food leans toward chicken with stir-fried vegetables, but I still look forward in child-like anticipation to reading and sharing the message in my fortune cookie. Even the revelation that a company in Brooklyn produces thousands of the cookies daily hasn’t diminished my pleasure in this simple ritual.

So there I sat with friends last week, sipping Chinese tea, and waiting for the moment when our waitress would present the cellophane-wrapped cookies. When she appeared, Lois broke hers open and began to munch, mumbling “hmm, sounds serious.” “what does it say?” I asked. “TODAY WILL BE ONE OF CHOICES FOR YOU,” she answered. Just then Bob broke in, chuckling, “mine says, “WHAT WAS HIDDEN WILL NOW BE REVEALED”. Hope it’s not the skeleton in my closet.”

Everyone laughed but me. I just sat there, silently repeating the words I’d read. Something peculiar had happened when I saw them, a sudden feeling that they held some special significance for me. “come on, May, urged Lois”, it’s your turn.” Looking up, I blinked and replied: “SIMPLICITY OF CHARACTER IS THE NATURAL RESULT OF PROFOUND THOUGHT.” “Oh, sure”, someone chortled, “we’re all deep thinkers here,” and the spell was broken. Then I did something I’d never done before, took the tiny piece of paper and slipped it into my change purse.

Later that evening when I climbed into bed, I took the paper out and re-read the words, as my reasoning mind mocked: “this is a commercial product, mass-produced and distributed at random to anyone who happens to be next in line to receive it.” It was true

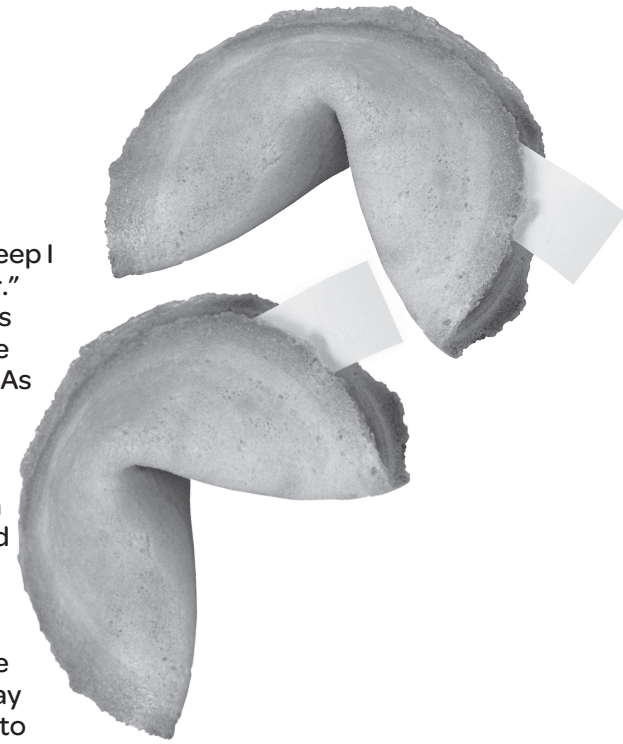
of course, but just before I fell asleep I mumbled “simplicity of character.”

Because wisdom can sometimes appear in the least likely place, the next day I sat in quiet meditation. As the minutes ticked by, something surfaced that had confused and disturbed me, an inability to understand an apparent breakdown in communication with several old friends. Recently, our attempts to connect with one another had failed. Whenever they were free, I wasn’t and when I’d call, they were unavailable. I remembered one day when, after trying unsuccessfully to reach one friend in New York, I finally caught up with her at her daughter’s home, where she’d been housesitting. She apologized for not being in touch, but the conversation was strained. Puzzled and vaguely disappointed, I hung up the phone and tried to put it out of my mind.

Then, shortly before Christmas, a friend I hadn’t seen in years came to visit. Soon after her arrival, I found myself thinking “My, how she has changed!” And after she’d left, I exclaimed to Lou: “I can’t believe she’s the same person I used to know so well. All that talk about illness, who has what disease, and their complete medical history. That’s all she talked about. I could hardly wait for her to leave”. I didn’t understand it then but slowly the pieces of the puzzle were coming together, triggered by a ten-word message in a Chinese fortune cookie.

There was no real mystery here, only my failure to look beyond appearances and recognize what was really happening. My friends hadn’t changed, I had! And so my interest in some of the things that had united us in the past. Instead of fretting about why we couldn’t connect, I might have remembered that we are all here to interact. To guide one another, to be mirror reflections of beliefs and behaviors for as long as it is necessary to learn our lessons, and to let go with love at the right time.

Divine Mind had undoubtedly presented many signs to me. But self-willed and determined to cling to old friendships, I’d chosen not to see the



truth, that perhaps we’d simply outgrown one another certainly I was aware that my friends were actively engaged in many pursuits, running in all directions, ever busy with one project or another. And hadn’t I done the same things in the past in my quest for recognition, approval, and some degree of success? Everything was “out there”, waiting for those clever and ambitions enough to claim it. But how much thought was behind all that feverish activity? Had I ever taken the time for serious reflection in those days? Not much. Oh, maybe a few minutes for prayer, but then I’d be off and running again. And talk about preoccupation with illness!

Painfully aware of my “bad genes”, hadn’t I too, been absorbed in disease and the terrible fear that such negativity produces? Having accepted the fact that I probably wouldn’t live to a ripe old age; I’d tried to do it all while I was still able to. Lacking focus, I’d take up some cause or project, run with it awhile, and then go on to something else. I was a perfect example of one who knows a little bit about a lot of things. What I knew least about was my true self, but it was not too late to learn.

Deciding to channel my energy into reversing the so-called facts, I changed my focus from one of illness to one of wellness, and bought some books on health and fitness. I began to exercise, to take vitamins and minerals, and have annual check-ups. Soon I felt better,

See **FORTUNE COOKIE** on page 8

Medical ID Theft: It Could Cost You Your Life

This past February, Forbes Magazine reported that Medical Identity Fraud increased almost 22% in 2014 according to the most recent study by the Ponemon Institute with approximately 2.32 Million American victims. The study also reports that medical ID theft has increased significantly every year over the last five years.

While the chances are small that your blood type may be changed in your medical record, the consequences of that could end your life. It has happened. But it doesn't have to come to that to cause you serious financial and emotional consequences, along with legal issues and ongoing unresolved identity problems. Here are some of the most recent facts from that study.

- It is costly to be a victim. Sixty-five percent (65%) of victims had to pay an average of \$13,500 dollars to resolve the problem. Those costs included paying off the medical provider or repaying the insurer for the services the thief received, and/or hiring attorneys and other specialists to work on their behalf. Compare that to credit card or bank account ID theft where fraudulent charges or withdrawals have to be returned to the consumer.

- There is NO guarantee you won't be a victim again. The study found that 90% of victims surveyed did not get complete resolution to their case. This leaves them at risk for more incidences of medical fraud, and recurring emotional and financial consequences. It is a complicated crime involving medical privacy issues with medical providers and insurance companies including federal programs.

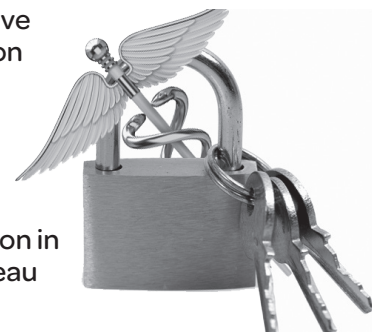
- There are no reporting requirements for insurers or healthcare providers to report to consumers any suspicious activity or the entry of contradictory medical information in your record or with the Medical Information Bureau (MIB). The information in the MIB files are used by health and life insurance companies and others.

- No reporting requirements means it could be months or years before you discover you've been a victim. The longer the unauthorized use of your personal information continues, the more complicated it can become to undo the damage.

THE SIGNS THAT YOU MAY BE A VICTIM INCLUDE:

- You received bills in your name for medical services that aren't yours
- Your credit report shows negative reports from collection agencies for unpaid medical services
- Your medical insurance benefit statements lists services you didn't receive

- You receive a notice you have reached your maximum limit on certain medical coverage like prescription medications
- You actually get calls from collection agencies
- You are denied insurance based on erroneous information in your Medical Information Bureau record



WAYS TO PROTECT YOURSELF:

- Review your credit report throughout the year. You can receive it free from www.annualcreditreport.com. You can get it once from each of the 3 credit bureaus within a 12 month time period.
- Be vigilant. Protect your personal information. However, data breaches are beyond your control like the theft of 80 Million Americans personal information from current and former members of Anthem Blue Cross health insurance plans.
- Get identity theft restoration insurance from LegalShield. Our IDShield plan includes restoration services by licensed private investigators. The service includes a limited power of attorney that you convey only when you need the restoration services. The investigators can then act on your behalf with all parties to restore your identity to its pre-theft status. If new events occur, they engage again and will do so for as long as you are a member.
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FORTUNE COOKIE

continued from page 7

mentally and physically, but still, something was missing. I needed reassurance, some sign that I was on the right track. My brothers and sisters didn't share my beliefs, and neither did anyone else at that time. When I stopped looking for it on the outside and turned my attention inward, I found the missing link and the strength I'd been seeking.

Soul exploration is so challenging and rewarding each step along the way that there's no need to run hither and on in search of new experiences. They simply appear as my consciousness changes and grows. In fact,

I'd become so absorbed in learning about my true self, which has no relation to my physical form, that the gradual lessening over the years of some ties to the past had gone almost unnoticed until now.

And so I continue my inner journey – accepting and rejoicing in the knowledge that these inner changes will surely manifest in every aspect of my life. As I bless and release old friends traveling on their own journeys, new friends appear to take their places, and the cycle continues. A new teacher, a new student, another mirror in which to reflect, and perhaps a soul whose simplicity of character is the natural result of profound thought.

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ARE YOU A CONDO COMMANDO?

(We couldn't make this stuff up...)



1. One of your residents has a habit of walking across the grass to get to her car. You believe this may cause a depression in the lawn:

- Do nothing. (5 points)
- Ask her to draw up a plan to take alternate routes so as not to dent the grass. (50 points)
- Pay the building attorney to write her a letter telling her to use the walkway. Pass a by-law to prohibit grass-walking. (100 points)

2. You are in the pool. One of the residents disconnects the pool divider rope to swim laps. You:

- Make a note to be sure to install a darker tile line next time the pool is resurfaced so the rope can be eliminated. (5 points)
- Ask him to please re-hook the rope when he is finished. (5 points)
- If the City Pool Police come by, the building may be heavily fined and possibly the building pool confiscated. Scream at him to replace the rope NOW! (100 points)

3. Your building is designated over 55. A resident has been diagnosed with a rare form of bone cancer and has to move to be near a specialized medical center. Almost immediately she gets a good offer on her unit but the prospective buyer is only 54.

- Use the hardship clause in your by-laws to make an exception. Be prepared tell any resident who complains of the exception that you will do the same for him/her when they get bone cancer. (5 points)
- Count your blessings that this isn't happening to you. (5 points)
- Pay the building attorney to research the by-laws and render a professional decision knowing that attorneys will always go by the letter of the law and give you a way to deny the exception. (100 points)

4. One of your residents lost all their life savings in a Ponzi scheme and tells you they can't afford their mortgage

and maintenance so they are going to sell their unit and pay back the building at closing. He is embarrassed and afraid.

- You have a fiduciary duty to the building so place a lien on the unit to make sure the building gets their money back at closing. To preserve his dignity, tell him to at least pay the \$25.00 late fee every month so that only the maintenance will be due when he sells. (5 points)
- Do everything in answer A and call once in a while to make sure he is OK. (deduct 50 points)
- Have the building attorney rack up hundreds of dollars in legal fees by sending monthly letters letting him know how much he owes including late and legal fees. (100 points)

5. One of your owners complains that her upstairs neighbor wakes her every morning with the sound of her high heels when she leaves for work at 6AM.

- Invite them both to the office and see if they can figure out a way to solve the problem amicably. The lady with the heels offers to wait until she is out the door to put on her heels. (5 points)
- This is not a board problem – tell her to handle it. Hope it doesn't get ugly. (50 points)
- Pay the building attorney to write the upstairs neighbor a letter citing the building by-laws governing excessive noise and nuisance activity. (100 points)

If you scored less than 75 points, look up the word "leadership" in the dictionary and see if your picture is there. You have obviously run a successful business before. If you scored between 75 and 100 points, look up the word "manager" in the dictionary and see if your picture is there. Just remember that doing the right thing is sometimes better for a situation than doing things right. If you scored between 200 and 500 points, look in the mirror, you won't be able to see your reflection.

Meet Author: Valerie Cleary, Hillcrest Resident

By Cindy Abraham

Valerie Cleary and Tom, her husband of 45 years this month, have been snowbird residents in Hillcrest Building 22 for the past 9 years.



As a child, her family regularly vacationed in Miami Beach so she has always viewed South Florida as her second home. Valerie Carmel Cleary was born in Brooklyn, NY to a talented family and artist father. Early on, she showed talent in art and dance.

Valerie Cleary

Moving to Manhattan, she married and became a teacher of the physically disabled. She exhibited in art galleries. When she was diagnosed with multiple sclerosis in the 90's, it changed her life. She became wheelchair bound and began writing. She is also the



author of "Willy and Ed", a family memoir.

Her latest book, "Two of Each" tells children of all ages about the physically disabled. It inspires those with no disabilities to be grateful for what they have, and teaches them how to view the disabled with loving kindness.

Those who know Valerie, know her as a feisty, fascinating and unusual person who has travelled extensively and enjoys people. She loves meeting people from all over the world and celebrates differences.

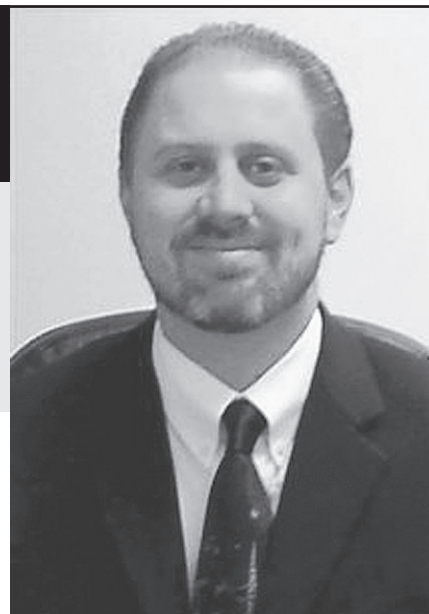
Her message is to the disabled is to "grab, take, demand and do not let anyone deny what you are entitled to in life. Physical disabilities make one's mind sharper." She loves a good conversation. My only regret is that when I was living in building 22, I did not get to know her better. She is definitely the type of person I enjoy talking with.

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Hillcrest State of the Market - June 2015

Cindy Abraham, Keller Williams Realty Professionals

Hillcrest still has 98 units on the market; one 3- bedroom, Sixty-six 2-bedrooms and an unprecedented thirty-one 1-bedrooms. Nine are foreclosures and three are short sales. Some of the foreclosures are a deal because they are in need of complete rehab but most of them as well as short sales are not. The banks holding them want market value.

There were nineteen closed sales in May and only one was a one-bedroom. When values are down, people go for bigger. The three-bedroom sold in 8 days for 5K less than the one that was overpriced for 5 years! Price it right, spruce it up, and market it correctly and you will sell quickly. Sometimes sellers hold on to a price because they need a certain amount just to break even. That is a touch situation to be in. Sometimes you just have to add up the monthly ex-

A good neighbor increases the value of your property.


Czech Proverb

penses and decide if you want to suffer a little every month or take one big hit at the closing table.


Monthly rentals are at an all-time high in the four Hillcrest buildings that allow them. If you have to rent instead of buy because of your current credit or because you need to save enough for a down payment, don't rent the biggest and best. Instead of that 3/2 house with the pool, go for a 2/2 condo so that the extra money can go into your savings. If you can afford to BUY a 2/2 condo – go for it! In five years you will have enough equity to put down a nice down pay-

ment on your 3/2 with a pool.

I mentioned condo commandos in the cover story. One building won't approve anyone on social security even though they pay CASH for their unit because of their "income" requirements. Does anyone seriously believe that someone is going to take the chance the association foreclosing and selling their unit at a profit because they don't pay their monthly maintenance? If there are ANY questions that come up due to the background check, give the prospective buyer a call and find out their side of the story. Screening companies only gather information, they don't verify it. I can tell you from personal experience the mistakes happen. A great thought to live by is to use your head when you are dealing with your own issues, and when you are dealing with others, use your heart.



What You Need To Know To Sell Your Property







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DO YOUR HOMEWORK – Today's buyers study the market and are very savvy about market values. If you have seven showings and no offers, you are either priced too high, your marketing is inadequate or you are not showing your home to its best advantage. Back to "hire a professional realtor".

KNOW THE TRUE VALUES – List prices are fantasy; sold prices are reality. Market value is what buyers have paid for similar homes in the last 90 days. Due to low inventories, bidding wars are becoming fairly commonplace. It is not unusual to pay full list price or even higher for great properties that are priced to market value.

NO ONE IS "GIVING THEIR HOME AWAY" – Not even foreclosures; banks definitely know market value. The days of steals, deals, and low-ball offers are over. Anyone can list your home or condo; it takes a professional realtor to SELL IT!



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About “Ask the Energy Expert”

Submitted By Craig Muccio

Craig Muccio runs FPL’s Conservation Research & Development Program and crunches the numbers to figure out how you can save by managing your energy use.

Myth or not? Ceiling fans reduce A/C costs

Q. Do ceiling fans help me reduce my A/C costs?

A. Ceiling fans can help you reduce your cooling costs because they allow you to set your A/C thermostat higher and still feel comfortable. The breeze increases the evaporation of moisture from your skin making you feel cooler than you would without it.

However, there’s a catch. Ceiling fans cool people, but they don’t lower the temperature in the room. So, you’ll waste money, not save, if you leave them on when no one is around. The same advice applies to portable fans, like standing floor fans; however tower fans are reputed to lower a room temperature by several degrees when the door is closed.. Turning off any fan when you leave a room instead of letting it run all the time can help you save from \$3 to \$7 a month, depending on fan speed. There’s always a little extra electricity involved in turning on the fan again when you need it. However, the amount used is minimal. It’s always better to turn off the fan when you’re not in the room.

Tips for Snowbirds Who Leave for the Summer

If you have a manual thermostat:

FPL recommends setting your air conditioning system to 80 degrees for detached homes and townhouses and 77 degrees for condos and apartments. These measures control the relative humidity (RH) in your vacant home by providing dehumidification to help prevent mold growth. Always keep your A/C fan switch to the “auto” mode.

If you have a programmable thermostat:

A programmable thermostat is a more energy-efficient and effective option. FPL recommends programming thermostats at 72 degrees for just two hours each morning before sunrise and at 88 degrees the rest of the time. This will help prevent mold by removing moisture from the air during the cooler hours, when relative humidity (RH) is

highest and your A/C runs most efficiently.

Water heaters: Turn off or leave on?

Q. Is it a good idea to turn off the hot water tank overnight or when not using it?

A. We turn off lights and other things when we’re not using them. So, of course you’d wonder if you should do the same with your water heater. In fact, it was one of the top questions we received from customers following my recent post on the cost of heating water in your home. Because there was so much interest, we wanted to talk a little more about water heaters this month.

Savings from Turning Off Water Heaters

Turning off your water heater when you don’t need it could help you save a few bucks each month if you have a tank-style heater that’s standard in many homes or even one of the newer hybrid, or heat pump systems. That’s because even though water heaters are well insulated, a small amount of heat does escape the tank while hot water is waiting for you to use it. That energy loss is typically about 10 percent. So, for an average FPL customer which we estimate spends a little under \$20 every month to heat water, about \$2 of that cost is due to heat loss. That’s money that you could save by turning off your water heater when you’re not using it.

And, you may be wondering if you’ll end up using more energy to heat water that’s cool because you’ve turned off the heater. Not really. Think of it this way – you’re paying to heat the water anyway, regardless of whether you heat it right before you use it or heat it and let it sit until your next use. The small cost savings comes from avoiding the escaped heat while it’s waiting for you to use it.

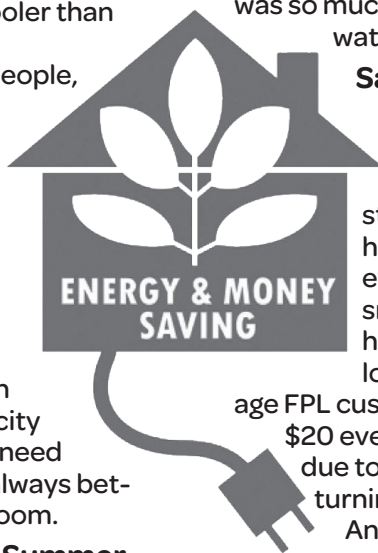
The “How To”

If your water heater has an on/off disconnect switch, we recommend turning on the water heater a half hour before you need it, giving the unit time to heat your water. Then, you should shut it off again just before you start using hot water. Why? Well, if you wait until after a shower, for example, to turn off your water heater, it will start heating the new water that fills the tank, leaving you with another full tank of hot water and the escaped heat situation that you’re trying to avoid.

I imagine some of you might worry that you’d run out of hot water if you turned off your water heater before hopping in the shower. Keep in mind, your tank has a certain amount of hot water available at one time, and once it’s used, it takes time to reheat the tank as new water is added. So, essentially, you can run out of hot water regardless of whether you leave the water heater on during your shower or turn it off.

What about timers?

Of course, you don’t need to turn off your water heater manually. You could always consider automating this step with a timer. This may save you some time, but possibly not the money you’re hoping for. You’ll need to weigh the cost of buying a timer and installing it against the estimated \$2 monthly energy savings you could get from turning off your water heater manually.



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Builders Advice: Don't Select a Builder Based Solely on Price

By Benchmark Contracting, Inc.

Bid:

When choosing a builder, don't select the one with either the highest or lowest bid. A high bid doesn't guarantee a superior product and the lowest bid could mean that you'll be hit with extra costs as construction progresses. Often, the low number is to reel you in and the extras will be tacked on later.

Hire Locally:

Word-of-mouth references are a good gauge of a builder's reputation. So ask around, then hire the best builder in the community. A well-established local builder will have plenty of nearby subcontractors and suppliers to rely on, meaning no costly travel delays while waiting for out-of-town crews and materials.

Build for Your Future:

When planning your home's layout,



think not only about your current lifestyle but also plan for a few years down the road. For older adults, a master bedroom on the ground floor is a smart bet. Also, including a shaft that could one day be an elevator is a good idea. The space could be used as closets now and easily converted to an elevator should the need arise.

Don't Fall for Latest & Greatest:

Fill your home with technology that

will stand the test of time. State-of-the-art features are great but quickly become outdated. Buy products that have been on the market for a year or two. They're less expensive, readily available and any initial kinks and design flaws have been worked out.

Avoid Trends:

Nothing betrays a home's age like trendy, of-the-moment fixtures. Let's say that Brazilian cherry hardwood is all the rage, then it goes out of style making your home look dated. Select fixtures and features that are classic so your home always looks current.

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Get Ready: Here's Your Summer Exercises

By Cindy Abraham

(Ed Note: Think of me as your Mom, when I get cold, you have to wear a sweater. When I suffer something, you are going to have to get educated about it...)

Carpal Tunnel Syndrome

CTS affects millions of Americans each year, yet experts aren't entirely sure what causes it. A combination of lifestyle and genetic factors are likely to blame, but the risk factors are so diverse that nearly everybody has one or more of them at some point in their lives.

Carpal tunnel syndrome can cause numbness, stiffness, and pain. According to John DiBlasio, MPT, DOT, CSCS, a Vermont-based physical therapist, there are exercises to help prevent carpal tunnel syndrome or lower your chances for a potential surgery.

Here are three basic moves you can do any time of day. These stretches and exercises are simple and don't require any equipment. You can easily do them at your desk, while waiting in line, or whenever you have a minute or two to spare. "Problems like carpal tunnel are best addressed and prevented with stretches done throughout the day," he says. Protect your wrists in just a few minutes a day with these easy movements.

Spiders Doing Pushups on a Mirror

Remember that nursery rhyme from when you were a kid? Turns out it's a great stretch for your hands:

1. Start with your hands together in prayer position.
2. Spread fingers apart as far you can, then "steeple" the fingers by separating palms of hands, but keeping fingers together.

"This stretches the palmar fascia, carpal tunnel structures,

and median nerve, the nerve that gets irritated in a carpal tunnel syndrome," says DiBlasio. This one is so simple even your officemates won't notice you doing it, so you don't have any excuses for not trying it.

The Shake

This is as straightforward as it sounds: shake hands like you've just washed them and are trying to air dry them.

"Do this for a minute or two every hour to keep flexor muscles of your hands and its median nerve from getting cramped and tight during the day," he advises. If that sounds like a lot, you could even integrate this into your hand washing routine. You are washing your hands frequently, right? If not, use your carpal tunnel prevention as another reason to lather up more often and keep the flu at bay!

Stretch Armstrong

This last exercise is the deepest stretch of the set:

1. Place one arm straight out in front of you, elbow straight, with your wrist extended and fingers facing the floor.
2. Spread your fingers slightly and use your other hand to apply gentle pressure to down-facing hand, stretching your wrist and fingers as far as you're able.
3. When you reach your maximum point of flexibility, hold this position for about 20 seconds.
4. Switch hands and repeat.

Do this two to three times on each side, and try to do this stretch every hour. After a few weeks of doing this multiple times a day, you'll notice a ton of improvement in your wrist's flexibility.

Remember that stretching is an important part of any healthy routine, so don't limit your regimen to this list. Every part of your body can benefit from the increased circulation, movement, and mobility that stretching can help provide.

Child Raising Tips I Learned from the Experts

By Cindy Abraham

As a single mother, I was very lucky to be surrounded by people who had reared successful (read: happy and productive) children. I always aspired to be a mom; not so much a wife. When I was pushing thirty I decided to go for it and had Jennifer on my own. When I was fifty, my partner and I adopted a wonderful son who is now 24. Those who teach learn twice; raising children is definitely like teaching. Here are a few tips I got from friends along the line that I thought really helped my children become who they are today. It truly does take a village.

1. If you live here, you have responsibilities. Chores are not tied to allowance. They are part of life. When Jennifer was 1½ years old, her job was to hand me the spoons after all the dishes were out of the dishwasher. When she was two, her job was to fold washcloths. Picking up her toys and putting them away was expected and by the time she was five, she made her own bed.

2. Allowance: Allowance is due to you because you are part of this household. Your job is to go to school and do your best so you deserve to share in the monetary profits of this family. Money is not

tied to chores. See #1.

3. Children are just that – children. They do not understand concept. For example, when Jennifer (9 months old) and I were on my friend Sam's boat with his 4 year old granddaughter, it was my job to watch the kids while he was driving the boat. His granddaughter Missy kept leaning over the side and I was afraid she would fall over the rail. I admonished her, "Missy, stop it please. If you fall in you could drown. Missy, people die from doing that." What was I supposed to do if she fell in, throw Jennifer on the deck and jump in after her?! So I yelled to Sam to stop the boat. He came down from the fly-bridge and I told him what was going on. He turned to Missy and said, "Missy, if you keep leaning over the rail like that, you are going to fall in and get your dress dirty." End of problem.

4. Children will always look at you when something happens to see how they should react. If they fall down and you are calm, they are fine. If they fall and you gasp and jump up, they will cry. Nine times out of ten a child's first bad word is "shit". Easy to say and sounds bad. If you ignore them, they probably won't say it again. However, if you react, it will become their favorite word. Jennifer

said "shit" and I reacted. It became her favorite word. Sam to the rescue – "I'll take care of it", he said. Sure enough, the next time he was over, Jennifer got his attention and gleefully shouted "SHIT". Sam looked at her quizzically and said, "What is that? Oh, you're talking baby talk again? I haven't heard you talk baby-talk in a long time." Jennifer was horrified and never said it again...ok until she was about 14....

5. Children need to appreciate the value of money at an early age. When we would go to the State Fair, Jennifer wanted to go on the biggest and best rides and it would cost \$\$\$\$. Then my friend Jay told me to buy \$X amount of tickets and give them to Jennifer. She could spend them on whatever she wanted. I watched as she weighed the 4 ticket ride against the 10 ticket ride – and opted for the one that didn't cost so many tickets. I even used this tactic to shop for school clothes. SHE got the money in her hand and I would watch as she selected the \$20 jean jacket over the \$40 jean jacket that looked almost exactly the same.

We have a lot of parents here in Hillcrest who have children ranging from a few months to 70+ years old. We would love to hear from you!



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How to Get Your Association Sued and/or Fined

By Cindy Abraham

When you have business people on your board, your building is run like a business. When you have people on your board who have never been in a position of authority, you get an episode of "mean girls." Their primary interest is to enforce the building rules; they have little or no interest in behaving like leaders and some have no problem violating the 718 statutes governing fees and assessments, or state laws governing reasonable accommodation for the disabled. They mistake fear of reprisal for respect and think that people will be too intimidated to oppose them. Plus who better to abuse than a disabled person or a unit owner who doesn't want to rock the boat while they are trying to sell or a buyer who has invested time and money and doesn't want to "make them mad" by questioning the legality of fees.

If your association is reported to the Ombudsman Office for charging fees for applications and estoppel letters that violate the 718 statute, you may have to pay back all the excessive fees AND pay a fine. The sellers who overpaid the estoppel letter fees may have moved away letting the association off the hook but if a buyer has been overcharged, they have the right to ask for their money back. As of now, the 718.112i statute governing application fees states: **Any such fee may be preset, but in no event may such fee exceed \$100 per applicant other than husband/wife or parent/dependent child, which are considered one applicant.** Yes, the application fee is too low but the proper way to go about it is to change the law, not break it. "Reasonable"

fees for estoppel letters and condo questionnaires are capped at \$150.

By now all associations should know that service animals of any kind (physical or emotional) with proper documentation CANNOT be refused admittance to a condo; whether the animal is with a visitor or a resident. Both issues have caused litigation against several Hillcrest associations. One building has violated the law so egregiously that HUD has gotten involved and the resulting litigation has caused lenders to refuse loans for buyers in that building. There is always a right way and a wrong way to go about enforcing "no pet" rules. Obviously this board went about it the wrong way.

I am very allergic to cats and dogs as I have mentioned. Still, I completely understand the need for service animals, especially for physical disabled residents and their visitors. And I can actually understand the need for an emotional animal. I believe that there are many of our elderly residents who could really benefit from owning a small dog or cat. I am sympathetic. However, I originally moved into a building that did not permit pets because of my own medical limitations. When someone on my floor smuggled in a cat, I was on asthma medication for two years not knowing why. My allergist explained that the dander gets into the dryer vents and because we have a common laundry, it made me sick. Now I live in a building that allows cats but I have my own washer/dryer so I am OK.

I am outraged that some people lie about a physical or emotional disability to keep a pet. They are just as bad as

those who lie to get a handicap parking sticker. A fitting punishment for those types of people would be an event that rendered them truly needing what they are now faking to get.

However, those who are genuinely in need of a service pet are protected by the law and deserve our compassion and understanding. Because of my own medical issues with dog and cat dander, may I suggest that if you are in a no-pet building and you have a service animal that you arrange to use a certain washer and dryer (maybe the one closest to the door) so that those who are allergic to the dander can have access to laundry equipment that won't make them sick? First the association has to have the dryer vents cleaned and sanitized and then make up some kind of accommodation for those with pet allergies. That is the type of "rule-making" that true leaders engage in – those that protect EVERYONE's rights.

Board members in Building 27 (cats are permitted but dogs are not) wanted to do things the RIGHT way so they had their attorney make up a form that is perfect for those who have any type of service animal, physical or emotional. It makes it easy for owners to document their need with dignity. What those who legitimately have emotional animals need to understand is that if the animal dies, they need to reapply. Sometimes the animal outlives the need so the owner will not be permitted to get another one when the current one passes away. Building 27 is willing to share their form with your building. Email us at hillcrestleadershipcouncil@comcast.net if you would like a copy.

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Helpful Hints for Proper Egg Poaching

Add only a little bit of vinegar (no salt) to the water at a simmer (not a boil). Cook for 3 or 4 minutes, and then gently drop the poached eggs into an ice bath to stop the cooking process and wash the vinegar off. When you're ready to eat, heat the poached eggs up in boiling water for 1 minute.

Savory poached eggs

The easiest way to poach an egg is to do it in sauce instead of water for dishes like shakshuka or eggs in purgatory. Fill the base of a pan with tomato sauce or chopped tomatoes and create little craters for the eggs. Cover with a lid for a quick and easy meal.

Use nonstick cookware

Nonstick is better than stainless steel or cast-iron pans for most egg dishes because you want to avoid any egg sticking to the pan, and you don't want browned eggs.

When to season

Season before you cook, not after. For scrambled eggs and omelettes, add salt and pepper while whisking, or



even before you start cooking, to ensure even seasoning throughout.

Freeze leftover egg whites

Don't waste unused egg whites. Instead, store them in the freezer. Thawed, these whites actually whip better than fresh for dishes like meringues or macaroons.

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The Kitchen Korner

By Cindy Abraham

It looks like we are going to have a bumper crop of mangoes again this year. So it is time to make mango jam, mango pie, mango butter and mango liqueur. I added some kind of alcohol to all the recipes but you don't have to – except for the Mango Liqueur of course.

MANGO JAM

In a pot combine 2 cups cut-up mangoes with ¼ cup brown or turbinado cane sugar and ¼ cup dark rum. Bring to boil and then reduce to medium high. Keep stirring until juices are gone and you have the consistency of jam that you want.

MANGO PIE

- 9-inch baked pastry shell
- 8 oz. softened cream cheese
- 1 qt. sliced mangoes
- 2/3 cup mashed mangoes
- ¾ cup brown sugar
- 1 cup water
- 3 TBS cornstarch
- 1 tsp butter

Spread soft cream cheese in bottom of pie shell. Place mashed mangoes and water in microwavable bowl. Microwave 5-6 minutes on high until mixture is boiling. Soften cornstarch in a small amount of water and stir into mixture. Microwave 2-3 minutes on high until mixture thickens, stirring once. Stir in butter and let cool.

Add mangoes to bowl and give it a stir. Pour into pie shell. Refrigerate until firm. Top with whipped cream (and a splash of brandy).

MANGO BUTTER

- 8 cups peeled, chopped ripe mangoes
- 3 cups brown sugar
- 2 TBS dark rum
- 1 tsp cinnamon
- ½ cup fresh lime juice
- 1 tsp grated fresh lime zest
- 3 TBS grated fresh ginger
- (or add another tsp cinnamon and/or nutmeg if you are not a ginger fan)



Place the mangoes in a heavy skillet over medium heat and stir frequently until mangoes are soft. (You shouldn't need water because mangoes are so juicy but if it starts to stick you may have to). When the mangoes are cooked, remove from heat and puree (in small batches) in a blender or food processor. Return to pan and add the rest of the ingredients. Bring to a boil, reduce to a simmer and keep stirring until mixture is very thick, about 30 minutes. Cool and pour into sterilized jars.

MANGO LIQUEUR

In an empty plastic container (I use Trop 50 OJ containers with the wide mouth), fill with sliced mangoes. Melt ½ cup sugar in 2 cups water and add to mangoes. Fill with vodka. Put container in refrigerator for about 5 days. Strain off liqueur. Place mango pieces in food processor with a couple scoops of



frozen vanilla yogurt and puree. Freeze to make some kick a—sorbet – NOT for children.

CHICKEN MARBELLA

Whenever I see a recipe with ingredients that seem to be an odd pairing, I am intrigued. Those of you who have had Brian's chocolate covered bacon know what I am talking about. So when I saw this recipe that had prunes and green olives; well, I just had to try it. I used very small prunes. Although the original recipe calls for skinless bone in chicken thighs or legs, I like to use the skinless, boneless thighs cut into big chunks. If you can't marinate

overnight, marinate for at least 3 hours.

- 8 chicken skinless chicken thighs or legs
- 1 cup white wine (or ¼ cup red wine vinegar)
- 1 cup small pitted prunes
- ½ cup brown sugar
- ½ cup pitted small green olives
- ½ cup drained capers
- ¼ cup dried oregano
- 1 TBS mixed salt and pepper
- 8 cloves garlic, minced
- 6 bay leaves

Topping: ¼ cup chopped parsley and 1 TBS lemon zest

Combine all ingredients (except topping) in a covered bowl and marinate overnight. When you are ready to cook, pour contents of bowl into large skillet (uncovered) and bring to a boil and then reduce to a simmer. Cook until chicken is cooked through – about 20 minutes for bone in and 10 minutes for boneless chunks. Turn chicken frequently.

Here is where it gets good. Increase the heat to medium high and stir every so often for about 15 minutes until all the juices are gone and the chicken is a deep brown color. You can lower the heat as the sauce caramelizes.

To serve, remove from heat, get rid of the bay leaves and spoon onto plates. Sprinkle lemon zest and parsley on top.

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International Day of Yoga

By Etta Stevens

Important and wonderful news.

The United Nations has declared June 21 as International Day of Yoga, at the suggestion of Narendra Modi, India's newly elected prime minister, just three months after he took office. Modi used some of the his valuable minutes during his address to the UN Gen. Assembly to introduce this proposal which resulted in an unprecedented 177 countries signing on, including the United States, China, France, United Kingdom and Russia. It might be an indication that the winds are changing, as this resolution adopted by the Gen. assembly garnered a record number of co-sponsors.

India, historically known for its mysticism, yoga and meditation, remains optimistic that this International Day of Yoga is not only shifting the body, but it becomes an official day where everyone can choose to shift their minds towards a more empowered state. Now is the time to offer the eastern traditions of meditation and yogic methods to distressed folks in the west. With all life moving so fast both in the east and west, this is a time to accept meditation as a life-changing practice, valuable for finding peace of mind and a stress-free lifestyle.

Through the daily practice of Raja Yoga one is able to remove anger, greed, lust, attachment and ego and to reduce these stresses. Additionally, it helps to fully awaken to more positive thoughts and actions.

I am wondering and remain optimistic that International Day of Yoga is not only shifting the body, but it becomes an official day where everyone can choose to shift their minds towards a more empowered state. Could this be a means of declaring world peace? One thing is for sure, prime Min-

ister Modi and his ministry of Ayush are leading the world to awaken. To all leaders of the world, are you ready to chant your "om" and find your own inner peace when you choose to lead?

I can only trust that there are more people like you and me, who daily practice meditation, and are not only hopeful, but inspired to push even more towards co-creating a world of balance, peace, wisdom, clarity of vision, and lots of laughter. When the soul is pure inside, it will be happy. If a society is supported by its leaders to keep bringing purity of intent, wellness, and peace, these in turn could create world peace. I invite, as well as challenge, the many yoga practitioners such as the Ayurvedic, spiritual, new age, Hatha and transformational thinkers to prepare themselves for a possible shift in the way that governments across the globe could transform their people to a new way of thinking and with these souls create a world of peace and harmony. We can show the world that yoga and meditation can be important components of a balanced, strong mankind.

Hollywood continues to offer free meditation classes in Raja Yoga at four libraries continuing throughout the summer and a brand-new venue of free classes at the Hillcrest Country Club, Wednesdays between 4 -5 pm in the Elegant Room. Also a new venue of a beach meditation on Thursday mornings at 9:30 AM on Jefferson and the ocean behind the Summit Condos. Please bring a blanket or chair and quarters for the parking meters.

International Day of Yoga, will be celebrated here in Hollywood at ArtsPark at Young Circle with many special activities, guest speakers, yoga demonstrations, and meditation. This will be a very special event that culminates in a week long practice of yoga for the entire world.

Be sure to join us for this uplifting event, Father's Day, June 21, 2015, 6 to 7:30 PM. Please bring a chair or a blanket, and be prepared for one of the most wonderful evenings of your life.

World Peace Meditation Hour at ArtsPark Sunday, June 21, 2015 • 6-7:30pm Meditation Spring Schedule

World Meditation Hour, 3rd Sunday, 6- 7:30 pm. Hollywood's Downtown Young Circle ArtsPark.

TY Park, Every Mon. 6pm in summer. 5pm in fall & winter. Pavilion 4. Just to the right of the entrance.

Hollywood Library, 2600 Hollywood Blvd., Every Tues 10:30 am & 6:30 pm.

Hallandale Beach Library, 300 S. Federal Hwy. 1st & 3rd Every Sat, 10:30 am

Dania Beach Library, every Sat. 10:30am. Off Dania Beach Blvd & Federal Hwy.

Carver Ranches Library, off Pembroke and 48th, Every Sat 10:30 am

Peace Place, off Miramar Parkway & Island Dr. First Sat. at 6pm

Call Roz (954) 962-7447

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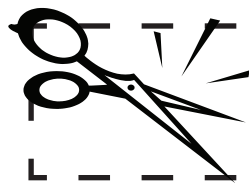
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