

Inside Hillcrest

– Connecting Neighbors to Neighbors –



DECEMBER 2018

HOLLYWOOD, FLORIDA

VOLUME 12 • ISSUE 12

DECEMBER INSIDE HILLCREST

TEN YEARS OF INSIDE HILLCREST... AND COUNTING!

I just realized that as of last month we have been publishing Inside Hillcrest for 10 years. Time flies! As the building presidents know, the profits (after expenses) from Inside Hillcrest go to what we call the Help for Hillcresters fund for our residents in need. The money has been used for everything from buying groceries to hiring nursing staff for our neighbors who have fallen on tough times. Our advertisers make this possible which is one of the reasons we encourage our readers to use their services. The other reason is that we don't allow just anyone to advertise in IH. They are ALL people that have been recommended by more than one Hillcrester as someone we trust to take care of our residents whether they need home or car services, insurance, medical services or financial services - you will find the best in town in these pages. Many of you call Inside Hillcrest at 8-HILLCREST for recommendations and we are happy to help. As long time members of the Greater Hollywood Chamber of Commerce, we know who the good guys are - and we also steer you away from the bad guys!

THIS MONTH'S THEME

Coincidentally we happened to more than one article about scams for this issue. One article is from a handout from Officer Tomas Hernandez of the Hollywood Police Department from the last HLC meeting. Officer Hernandez is our Hillcrest liaison and he has the name and contact number of one person in each of our buildings to communicate with him when necessary. Shortly after, we received a letter from a resident who had been scammed and it was a heartbreaker. His interview with Steve Schneider is on page 2. The moral of the story is "If it doesn't feel right, don't do it." And you can always call Inside Hillcrest if you are unsure. We are all neighbors and we will see that someone trustworthy helps you out, no matter what your issue.

BRAVO! OUR NEW NEIGHBOR

Many of us have been Bravo Supermarket fans for years but we weren't crazy about

the drive. Now there is a brand new Bravo that is a straight shot from Pembroke Road down SW 40th with little traffic. It is big and beautiful with the same great prices and freshest produce. It is the only store that I have found that sells fresh, raw cut-up chicken strips so I can season my way before cooking. They have lots of holiday specials too. Bring in the Bravo ad on page 9 for \$5.00 off your purchase of \$50.00.

HOW TO HAVE A HAPPY AND HEALTHY CONDO LIFE IN 2019

The world has changed, mostly for the better as we are exposed to different cultures and hopefully become more tolerant and open to diversity. Even here in Hillcrest, each building has its own culture which is usually a result of resident personalities and hopefully the influence of good leadership. However, as in any society, we have unhappy people who do nothing positive to help their building but love to criticize those who step up and do. If you are a new resident, you may find yourself being befriended (aka "recruited") by the Negative Nellies and Building Bullies. Blind followers are as dangerous as they are. Don't believe everything you hear. Take the time to get to know your neighbors and board members and use your own judgment. We have all seen first-hand what happens when people who abuse power and/or do not know how to put aside personalities and compromise. It can get ugly. Yes, we do have a small number of buildings that are dictatorships, but I believe Joseph de Mastre was right: "Toute nation a le gouvernement qu'elle merite". People get the government that they deserve.

Elections are coming up early next year. You owe it to the future of your building to think for yourself and vote wisely. Get to know the candidates and ask WHY they want to serve. If their answer involves a list of grievances and personal attacks instead of ideas and solutions, steer clear.

Note to new Board members. You are now part of a team. You can no longer malign board members or publicly challenge majority board decisions; and when conversing with building service providers or business partners, only complete civility is acceptable. Even if you were previously a member of the building hate group, you now need to put on your grown-up, professional, courtesy pants and get to work. In other words, you are now a leader, so act like one.

TO YOUR HEALTH

Dr. Rotem Amir has been recommended to Inside Hillcrest by a LOT of Hillcresters. I haven't had a primary care physician in years. Yes, I went to see my hip doctor (no, he's not that cool but he did replace both my hips) regularly until recently and of course my dentist, chiropractor and dermatologist but that's about it. The Urgent Care place up the street was my go-to if I had a bad cold or something but of course I never saw the same doctor. I heard so much about Dr. Amir that I decided to go to her open house November 28th. I saw quite a few of my neighbors there and met Dr. Amir and her staff. I am now one of her patients! Her office is in walking distance (right next door) and it just feels reassuring to have a personal physician close by that I know, like and trust. See page 5 for details.

One of the bonuses of reaching 65 is Medicare. It is literally a life saver for many of us. Every year we are inundated with letters and flyers offering to help with our Medicare supplemental insurance. It can be daunting. Thankfully, we have our own Hillcrest Medicare Team (page 3). I have known them for years but now one of their team, Sondra Marcus, is also a neighbor so give them a call for real answers to your questions about your options.



Hallway Benches Project - Building 7

By Steve Schneider



Hillcrest 7 unit owners wanted to create a modern look to replace hallway benches that were decades old. While Association board members agreed the change was necessary, officials said the Association could not afford to make the improvements. So, unit owners raised almost \$3,000 to pay for the project, which was completed in August.

The upgrade involved helper Wayne Chicka, who previously built similar benches for Building 5, where he lives. He renovated the tiled benches near the elevators on all three floors of Building 7.

The bench on the first floor is larger and can seat at least four people. It replaced a bench that had sat on the first floor since the building was built in 1966. The beautification committee for Building 7 hired Chicka after Bruce Bell, a unit owner, spoke approvingly about the work Chicka had done at the nearby condo building.

The benches on the second and third floor were added because they were attractive and practical, said Patricia Woerner, a unit owner who supported the improvements. She noted many seniors live in the building, some with wheelchairs and walkers. Now the benches give the seniors a place to sit while waiting for the elevator, said Woerner. She served on the previous board as secretary; Ann Naquin was president; Laurence Butler also served as a board member and helped raise money for the project. A new board was installed on Nov. 29.

Long-time unit owner Terry Adamo said, "When I first moved in the building, those areas were mainly flower boxes which had living plants and various people in the building used to care for them. But like everything else they were neglected, and they didn't look good anymore, so the board decided to rip out those plants and replace them with plastic flowers."

Adamo, who joined the new board a few weeks ago, added, "Little by little the flowers started to disappear, and the board kept purchasing additional fillers. By covering everything with these benches, it alleviates the problem and expense of ever having to fill the flower boxes again. Plus, it makes for a nice conversational area because a lot of times people gather by the elevators and stand around and talk."

About 15 unit owners donated money, according to Bell, who credited residents and board members with working together.

He said people gave what they could, with a couple of unit owners making up the shortfall to complete the project. Bell added, "By involving

the unit owners in any project gives them a feeling of belonging and a spirit of unity within the community."

It took Chicka a few weeks to finish the job this past summer. Unit owners want to continue discussions about other ways they can improve the appearance of their building.

Before the annual board meeting to elect members, unit owners met in Clubhouse 2 to celebrate their achievement and eat a meal put together by the people who live in the building. Adamo spearheaded the potluck dinner and Bell surprised participants with a long stem red rose.



Here is a list of the unit owners who donated food dishes they prepared or purchased items for the celebration:

- Kay Roberts** - Brownies
- Terry Adamo** - Italian antipasto pasta salad and assorted chocolate bars
- Mavis Davis** - Jerk Chicken
- Judith Aguiar and Domingo Danisi** - Lasagna
- Stanley Siegel** - Eggplant parmigiana
- Mireya Arends** - Curry chicken
- Gina Yang** - Korean chicken, shrimp, pizza and garlic knots
- Bruce Bell** - Red roses, pizza, paper goods and music
- Patricia Woerner** - Pizza, ice and paper goods
- Gladys and Laurence Butler** - Beverages
- Ann Naquin** - Beverages and paper goods
- Christa Hurtlen** - Beverages



Rosa Cruz
Patient Care Associate/ Certified
Nursing Assistant/ Home Health Aid

20 Years Of Experience/ Licensed/
Reliable/ Honest

(954)540-6049
steekasingh@gmail.com

Providing Proper Health Care Services

Quality Care

To our Hillcrest Friends and Neighbors,

It is that time of your year again. Flu vaccine flyers boldly displayed in pharmacies and supermarkets. As your partner in health, I urge all of you to get vaccinated.

Many skeptics doubt its benefit:

- Why get it, I never get sick?
- I took it last year and was sick
- I don't want any virus injected into me
- Everyone in my family gets sick from it

For those skeptics I need to present some very real statistics. Last year, 80,000 people died from the flu in the United States. They included individuals of all ages not just infants and seniors. If any of you took to social media or the local news, flu deaths were highly advertised.

This is a very large number of preventable deaths. When folks state they never get sick so why get the flu shot, I answer smirking, "well, I do not get into car accidents but still need my seatbelt!". No one knows when another human will cough or sneeze around them and spread droplets in high speed that will infect them. The flu virus is spread through respiratory droplets which are tiny secretions from the upper and lower airways. It can happen at the grocer, doctor's office, or even from the grandchild's kiss.

The flu vaccine contains a small piece of the envelope proteins it uses to attach to our cells and no live virus. All viruses have envelopes that allow them to enter the human body. Think of it as a trench coat with the virus causing the illness inside. If only a piece of the trench coat is given in a small dose, the body will build a response to attack it when it sees it again in its real live form. The ability of the body to make the protective response takes 2-3 weeks.

The vaccine is recommended in the fall to protect us in the winter months usually through March.

Once the vaccine has been received, the body starts to make the protection by producing antibodies. They will be our shields when the real flu is present. The process of building these antibodies can cause a low-grade fever or fatigue for a day or two. It is not a cold or sickness. It is a sign your body is now making the protection for the latest flu season.

Anyone who gets a cold, cough, or fever has likely contracted another cold not the flu. It is cold season now after all. Colds, however, usually do not kill anyone. The flu virus is the deadly one.

So, vaccinating against the flu prevents hospitalizations, pneumonias, and death heart attacks. We now also have new information that contacting the flu increases the risk of heart attack.

Please spread the word. Tell your loved ones, spouses, kids, and friends. We are all at risk!

Vaccinate! Vaccinate! Vaccinate! Let's beat the flu epidemic this year and not lose another 80,000 people.



With warm and healthy holiday wishes,

Rotem Amir, MD
Healthy Partners Primary Care
 3700 Washington ST #500B
 Hollywood, FL 33021
954-967-6110

HACKERS TOO CLOSE TO HOME

By Steve Schneider

Hackers ran a scam on an elderly Hillcrest 27 man for months before two younger people he knew helped end it.

The scam started around March when David Livian tried to access one of his bank accounts online. The usual screen requesting account-related information didn't appear, the Hillcrest resident said. Instead, a page popped up directing him to call a toll free number.

Someone answered, Livian said, claiming to work for Microsoft in Canada. The pitch: for a \$250 fee, charged to his credit card, computer experts would fix the problem, and make other repairs for free for three years. He said five or six people who sounded professional got on the line at different times to assure him they were helping him.

Eventually, Livian hung up. But he kept his computer on and watched for about an hour as someone worked from afar, loading "All kinds of icons and programs."

About a month later, the phone rang again. Someone was requesting access to his computer so the company could give him a refund he requested. Livian became suspicious because he did not ask for a refund.

So the Hillcrest unit owner, who bought his apartment with his wife Lijia in February 2015, gave the con man the run around.

"I kept getting calls and I kept telling them things like I was visiting a friend downtown for a few days, or I wasn't sober, or I was in the bathroom and couldn't turn on the computer" Livian said.

Then the con artists tried another line of attack. "I got five or six calls a day from Jason Smith with a foreign accent," the Hollywood resident said. The caller claimed he was calling to fix a problem, but that he needed access to the computer to make the free repair.

Livian continued fending off the calls.

Finally, though, he spoke with two people in their early 40's.

"The young people know everything about computers," said Livian, who added he is computer illiterate.

The knowledge the younger people had came in handy. Livian's son Tim warned that hackers were messing with the computer.

David Zirulnikoff, from Hillcrest 26, also helped.

Zirulnikoff said he was driving to temple with Livian when he first heard about the problem.

Continued on Pg.9

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



Greetings Hillcrest Residents,

The Holiday season is already upon us, and it is hard to believe another year has come and gone. My Mayoral year is over, and now that the title has passed on to another commissioner, I can reflect on all that happened in Broward County this year. As both a Commission District and a community, we have weathered horrific tragedy, and accomplished major progress.

The heartbreaking tragedy at Marjory Stoneman Douglas rippled throughout our community and left all of us shocked and saddened. But, out of that darkness, Broward County shone a light. Young people from our County inspired the entire nation with their activism. With the eyes of the country upon us, Broward County stepped up and showed our strength, from our youngest activists to the young-at-heart. Those qualities of compassion and resolve define us. That's why I am proud to have been your Mayor, even during those most painful moments.

We accomplished many great things this year. As you will read about below, we created a transportation plan that was approved resoundingly by Broward voters. It will go a long way towards revolutionizing transportation in Broward County. We took major steps to improve transit and affordable housing for our seniors. We created new Gold Seal standards for childcare. We developed Library for Life and Online Student Library Cards to expand access to critical resources to more Broward residents. Major progress was made on solid waste in Broward County. We worked with our regional partners to strengthen our resiliency and sustainability. We were recognized as a "Pacesetter Community" on Childcare. We worked together with the Broward County School Board to create a better plan for hurricane shelters in Broward County. We opened a new Broward Addiction and Recovery Center (BARC) to treat opioid addiction and abuse in our County. We did all of this, together – as a County Commission and as a community. Despite our major progress, there are still challenges ahead. Our two biggest priorities for Broward County are affordable housing and transportation. This November, voters took these issues into their own hand and approved two referendums that will allow us to take action on these critical issues.

Broward County residents voted to approve the creation of the Affordable Housing Trust Fund. This Trust Fund creates a "lockbox" of money in the county budget that is reserved ONLY for affordable housing. To be clear, this does not create a new tax or fee. It simply sets aside and safeguards a portion of our funding that can be used to promote affordable housing projects in Broward County. We are supposed to receive Sadowski Funds back from the state for affordable housing purposes. But the Sadowski Fund has been raided time and time again, and we haven't received our fair share. We will now have a lockbox on the local level that guarantees protected funds.


Voters in Broward County also approved the transportation referendum for a one-penny surtax for major improvements and enhancements. This is a huge step forward that could revolutionize transportation in Broward County. The plan is designed to cut down on congestion, integrate new technologies, and expand our transit options. Broward County now has the chance to get out of traffic and into the fast lane.

Now that the plan has passed, when can you expect to see changes, and how will they help you? Revenue will start to be collected in January and returned to the county starting in June. An Oversight Board will approve all projects and expenditures, ensuring that these funds are being used for what they are supposed to. This will lead to actionable results in your daily life.

One major component of our transportation plan is a large expansion of paratransit. Our paratransit ridership has grown by 7.6% in the last year alone, with over 850,000 riders. This means a growth of 7% in the paratransit budget, to a large total cost of \$28.5 million for this element of transit alone. That exponential growth is not going to slow down any time soon. We are in the midst of a "silver tsunami," with a senior population that will continue to boom over the next ten years. That means more funding for paratransit than ever. That's a big reason why passing this referendum was so important. We now have a dedicated source of revenue to fund projects like expanded paratransit. Our plan calls for fully-funded paratransit, with both new routes and a new fleet of dozens of TOPS vehicles. This means there will be more places to go, and because of more paratransit buses and vehicles on the road, we will be able to reduce wait times and get people where they need to be faster.

Over 50 percent of Broward County residents are cost-burdened after home and transportation costs, including many of our seniors. The cost of living is getting higher as Broward County continues growing. Affordable Housing Trust and the transportation referendum are designed to potentially work together to help alleviate these costs for residents like you. They will prepare us for demographic change and a growing population. I am excited to watch them start to pay dividends in your community.

While my term as Mayor has ended, I am still your Broward County commissioner, representing District Six. I am very proud to have been re-elected this year to serve another four-year term. I look forward to working with you on continued progress for our community. Please don't hesitate to contact us if you have any questions, concerns, or ideas at 954-357-7006/7790 or bfurr@broward.org. You may also send us an e-mail if you would like to be added to our list to receive our free monthly newsletter!



TREECE
FINANCIAL GROUP INC.

David Treece
Registered Representative*

Shoreview Professional Building
9999 NE 2nd Avenue | Suite 203
Miami Shores, FL 33138

C 305.495.5413 **T** 305.751.8855
david@davidtreece.com **F** 305.751.0068
www.davidtreece.com

We have a large variety of ethnic foods including Cuban, Argentinian, Colombian, Peruvian, Venezuelan, Puertorican, Jamaican, Haitian, American etc...

Fresh Vegetables, Deli, Hot Foods. Let Us Cater Your Next Party. Fresh Fish and Over The Counter Meats.
We cater to the neighborhood.



We also carry Vegetarian and kosher foods.

We have shipping barrels to ship to your country.

We also have bill pay, Lotto as well as Western Union, Wines, Flowers. We are your one stop shopping and if we don't carry it, bring us a sample and we will find it for you.



4000 Ave SW 40th St. West Park, FL 33023

(954) 362-7099

Mon -Sat 7:00-10:00 pm Sun 7:00-9:00 pm.



WELCOME HILLCREST NEIGHBORS!

BRING IN BRAVO AD FOR \$5.00 OFF YOUR PURCHASE OF \$50.00.

Coupon Terms: Original coupon must be given to Cashier at time of purchase. Excludes lottery, gift cards, & alcohol. Not valid on previous purchases. One coupon per transaction. No cash value. Returns lowering the total sale to less than the required amount will be charged back the value of the coupon. **EXPIRES 12/31/2018.**

BRAVO FOR HILLCREST!

By Steve Schneider

Hillcrest residents can ride down Pembroke Road and turn south onto 40th Avenue to shop at a Bravo Supermarket that offers seniors a 5% discount on Wednesday. The supermarket, which celebrated its one year anniversary in October, is stocked with a full line of items. The list includes American, Kosher, Caribbean, Hispanic, vegetarian and West Indian offerings to satisfy all kinds of palates. Aware that some shoppers ship items to friends and relatives, Eddie Fernandez, the general manager, said his Bravo sells shipping barrels. The supermarket also prepares hot food items in the back of the store. Customers can order items to eat immediately. Shoppers can also place an order to be picked up later. This Bravo provides catering services for large parties.

On a recent visit, Inside Hillcrest noticed a pig in a display case just waiting for someone to ask a Bravo employee to cook it and have it ready for a feast at home. It was selling for \$165, cooked and ready to go. This item stood out to a visitor. But it's something Fernandez, 56, is used to seeing in one form or another. He got into the food business when he was 12-years-old, washing dishes at an Italian deli in Jackson Heights, in Queens, New York. He remembers seeing Italian meats and cheeses hanging from the ceiling, with juices dripping down to the floor and infusing the deli with hearty aromatic scents. Eventually, Fernandez ran supermarkets in New York City, including in the Bronx and Brooklyn. But he now lives in Florida, where he manages his West Park Bravo supermarket with his 27-year-old cousin, Diego Diaz.

For about the first year, the relatives said they worked seven-days-a-week to get the store the way they want it to run. Now they only show up six-out-of-seven days at the Bravo, which is located at 4000 SW 40 Avenue. The supermarket is in the West Park shopping plaza, a few minutes south of Pembroke Rd.

Fernandez pointed out a customer service station in the front of the store. He said shoppers can buy lottery tickets there, as well as pay FPL bills, handle Western Union transactions and add cell phone minutes for international calls. In the new year, Fernandez said his store will start a loyalty rewards program. Customers will scan their card every time they make a purchase. A computer will keep tally and award points that result in a certain percent discount over time. Every few months, he said the supermarket will also offer prizes to Bravo loyalty shoppers. Fernandez is also looking forward to implementing another program next year. He said customers will eventually be able to place orders online, as well as arrange for delivery.

This Bravo supermarket is open 7 a.m. to 10 p.m., Monday through Saturday. On Sunday, it operates 7 a.m. to 9 p.m. All these days and hours mean Fernandez sometimes has jobs to fill. People who speak English, or who are bilingual, can contact him at (954) 362-7099. Positions that sometimes open up include cashier, customer service, deli department and produce.

Continued from Pg.4

Zirulnikoff, who runs Coin Hemisphere, an Internet Technology company, said he has been dealing with hackers for 20 years.

So he got permission to fix the problem, which he did for free. Zirulnikoff said the hackers installed hidden malware programs and short-cut icons to Livian's bank accounts and email account. The icons made it easier for Livian to get to his accounts. The icons also allowed the hackers to watch what Livian was doing and possibly steal his information, Zirulnikoff said.

According to Zirulnikoff, he restored the computer to its original state. He also said people should learn from what happened to his friend.

"This scam can happen to any elderly person," Zirulnikoff warned, adding banks will never refer a customer to Microsoft or another third party that will charge for a fix.

The now-wise computer user also offered advice for fellow seniors.

"If you notice something unusual," he said, "always check with someone who knows about computers before you do something. And Google the phone number of the caller to" see what the search determines.

After months of computer problems, Livian is grateful.

"I'm glad I didn't lose my life savings and wind up out on the street," he said.

December Kitchen Korner - by Cindy Abraham

HOME FOR THE HOLIDAYS

I had a quiet afternoon recently, so I decided to go through my recipe file. I ended up throwing away over 100 recipes. Some no longer appealed to me, many had similar ingredients, and most were baked dessert recipes which I knew I would never get to. The ones with similar ingredients were interesting; I guess I have a "type" when it comes to food too.

Knowing I would have extra time during the long weekend, I pulled out a couple that I have not made in years – like Duck L'Orange. It has to be 20 years since I made it last. I found a 4 ½ pound duck (which feeds only 2 by the way) and made it for Thanksgiving with an orange/cranberry sauce.

Jennifer, who does my nails and who I long ago "adopted" as one of my "daughters" happened to mention that she read about taking a turkey breast, pounding it thin, layering it with prepared stuffing and cranberry sauce, rolling it up and baking it so every slice has the perfect ingredients for the classic Turkey Leftover Sandwich. So, I made that too. Bake it at 350 for about an hour.

The secret to crisp duck and chicken is to put them in the microwave on high for 9 minutes. It melts the fat under the skin, so it runs out.

Then I found a recipe for made from scratch Lobster Mac and Cheese, so I made that for Thanksgiving Eve. I tried new recipe for spiced butternut squash that was godawful, so I won't share that one; I just rinsed it off and mashed the squash with butter and maple syrup to make it edible.

But the real find was a recipe for a sardine spread that was easy and STELLAR and one for Oyster shooters that I haven't had for a long time. Let's start with those.

OYSTER SHOOTERS

8 oz. container raw oysters drained (cut in half if they are big)

Cocktail sauce (or make your own with ketchup, horseradish and lemon juice) or V-8 Bloody Mary Mix

Lemon slices

Place an oyster in a large shot glass, squeeze a little lemon juice on top. Add 1 oz. vodka and 1 oz. cocktail sauce OR 1 oz. Bloody Mary mix. Down the hatch!



SARDINE SPREAD

2 cans sardines packed in oil, drained

3 TBS mayonnaise

3 TBS chives (fresh or dried)

2 tsp Dijon mustard

Mash sardines and mix thoroughly with the remaining ingredients. Great on slices of French bread or any plain cracker.



LOBSTER MAC AND CHEESE - When Pier 33 Gourmet Wild Langostino lobster tails are on sale at Publix, I stock up, or use 2 cups lobster meat.

Step 1: 6 oz. Rigatoni (or large tubed pasta) cooked al dente and drained

Step 2: Cheese sauce:

2TBS butter

2 TBS flour

2 cups whole milk

3 cups shredded cheese (your choice – I used Gouda and cheddar mixed)

4 oz. cut up Brie chunks

Step 3: Extras:

2 (8 oz) packages Langostino Lobster tails

2 tsp Old Bay seasoning

1 cup corn kernels

2 chopped scallions

Panko bread crumbs



To make the cheese sauce, melt butter in sauce pan and add flour, mix and cook for one minute over medium heat. Stir in 2 cups milk until thickened and smooth – about 5 minutes. Remove from heat and stir in cheeses. Place pot back on low burner and add lobster, seasoning, corn and scallions and stir until mixed and warmed through.

Place in an oven proof casserole dish, top with panko crumbs and broil until brown.

DUCK L' ORANGE

Defrost a 4-5 pound duck completely. Preheat oven to 425 degrees. Remove neck and gizzards and wash duck. Place duck breast side up in a microwave safe rack and microwave on high for 9 minutes. Remove duck from microwave and let the fat drain out for 5 minutes.



Spray duck with butter season with salt and pepper. Secure neck skin with toothpicks and fold wings back. Stuff with:

1 small orange quartered

1 small onion, quartered

1 stalk celery cut into 4 pieces

Place duck on baking rack sprayed with non-stick spray set over a rimmed baking sheet (covered with foil) and bake for 30 minutes per pound. Baste with orange sauce the last 15 minutes.

While the duck is roasting, make the sauce:

1 cup Orange Marmalade

¾ cup distilled white vinegar

1 tsp coarsely ground pepper 1 cup cranberries, picked over and rinsed

¼ cup Grand Marnier or other orange flavored liqueur

1 sliced orange for garnish

In a saucepan, melt the marmalade with the vinegar and pepper. Bring to a boil and add the cranberries. As soon as the cranberries pop, remove from heat and stir in the Grand Marnier.

When duck is done, turn over and brush bottom with glaze and broil until bottom is crisp also. Remove from oven, let sit for 10 minutes, and place on serving platter. Pour some of the glaze over the duck and serve the rest on the side. Garnish with orange slices.

HILLCREST'S OWN: KELLER WILLIAMS A TEAM FLORIDA



Our goal is to help YOU get top dollar for your home or condo. The better it looks and the better shape it is in, the more money you will get when you sell. We are the Hollywood experts and we can help.

As licensed realtors we do what nobody else in the business does; we invest our own time and money to help you prepare your property for sale. We will advise you on what is necessary (and unnecessary) to maximize your profits! If need be, we advance our sellers the funds to do it right; from repairs to staging, showing and marketing, we do what it takes to get top dollar.



Right now, are still in somewhat of a Seller's Market; for homes as well as condos. When our sellers heed our advice, homes sell within 32 days and our condos in less than 47 days. Yes, the market can shift at any time due to economic changes; but when you hire the A Team, you are hiring strategists, not sale people. We are successful because we stay AHEAD of the market fluctuations, we don't chase them.

Today's buyers have very different challenges, so our sales strategies have changed dramatically. Our goal is always to top the last highest comparable sale, and our sellers who listen and take our advice will tell you that we hit our goal every time!

**FOR A FREE MARKET ANALYSIS FOR YOUR HOME OR CONDO
CALL THE A TEAM AT 8-HILLCREST**

954-964-2559

Cindy Abraham & Brian Gaiefsky, Keller Williams A Team Florida

www.WeSellHollywood.com

HILLCREST 2018 REAL ESTATE SUMMARY

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

A grand total of 160 units sold in 2018 as of this writing. In 2018 it was unusual for a unit to sit on the market over 60 days (unless it was grossly overpriced). 37 units sold in the low/mid-rises and 123 in the high rises. Currently there are 57 units on the market; 15 in the low/mid-rises and 42 in the high rises. Of these, three are 3-bdrm, 41 are 2/2s and 13 are one bedroom units. But the point is that sales are robust and most sell within 60 days. Of all the A Team Florida Hillcrest sales this year, we averaged 57 days on the market and only had to lower one price. There is one unit out there that has been on the market for 1,197 days... and my personal favorite is the 3-bdrm on the market since 2014 listed by 8 different agents!

Proportionately the low, mid and high rises all sell about the same. Ditto for over 55 and/or all age buildings. 86 over 55/74 all age sold to date comprised of 90 2-bedrooms, 68 one-bedroom units and 2 three-bedrooms. Some folks want complete remodels and other prefer to do it themselves. It costs about 10K for every 250 SF for a complete professional remodel. Buyers study the comparable sales and know the values. They factor in what needs to be done before making an offer.

Hillcrest is still undervalued almost overwhelmingly due to the one car only restriction that really cannot be helped. We simply do not have the room for more than one car per unit in most buildings.

Buildings that control the parking space assignments are getting up to \$50 per month to rent an extra space.

The other comment we hear is that many buyers want their own W/D – especially if the unit is far from the laundry room. Some buildings are finding that allowing washers and dryers boost their marketability. To make up for the loss in laundry fees (and the extra water used), an extra \$10-\$20 per month is added to the maintenance for those who want to install their own.

Due to space issues, most get the all-in-one units which are ventless. The downside is these units are really only good for singles and/or couples without pets. It takes several hours to go through the wash and dry cycles; and pet hair clogs the vents. Because of this and the higher electric bills, most owners in these buildings still prefer to use the common laundry room.

Lastly, there is no "season" anymore. The sales are distributed pretty evenly over the 12 months although June saw the highest number of closings (20) and September the lowest at 7.

**Curious as to what your unit is worth in today's market?
Email us at info@ATeamFlorida.com or call 8-HILLCREST.**

THE MISSION

2-1-1 Broward is the live, 24-hour comprehensive helpline, providing all people with crisis, health and human services support and connecting them to resources in our community.

2-1-1 Broward: Help Starts Here

Knowing where to go is the first step to getting the help you need. EVERY HOUR OF EVERY DAY, SOMEONE IN BROWARD IS SEARCHING FOR HELP OR SERVICES – housing, food, financial assistance, relief from abuse, family issues, depression, childcare, suicide prevention, etc., but navigating the maze of city, state and non-profit agencies can be overwhelming and confusing. Since 1995, 2-1-1 Broward, has been the community's central point of entry into the health and human services system. Dialing 2-1-1 is an easy way for people who need help to get connected with the community service providers that can help them. The 2-1-1 Broward helpline is available to every individual and family in Broward County.

Benefits of 2-1-1:

- Dial an easy three digit number 2-1-1
- Accessible 24/7
- Free, confidential, anonymous
- Available in any language
- Crisis Intervention
- Suicide Intervention
- Get connected to health & human services
- Every call answered by a trained, degreed helpline counselor
- Advocacy
- Small business owners and Human Resource professionals use helpline as a tool for employees in need

Services offered by 2-1-1:

- Empathetic listening
- Emotional support
- Crisis Intervention
- Suicide Hotline
- Needs assessment
- Information
- Get connected to health & human services
- Every call is answered by a trained, degreed helpline counselor
- Advocacy
- Online Resource Database

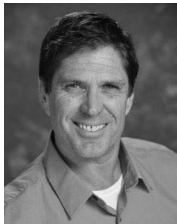


Who is Using 2-1-1?

Whether it is a situation where the caller needs help or wants to offer help, 2-1-1 Broward provides every person in the community with a place to turn when they need answers to life challenges, both big and small.

Some examples of 2-1-1 callers:

- Employer helping an employee find family services
- Homeless family living in their car
- Family whose child has special needs
- Teen who needs someone to talk to
- Parent looking for a summer/afterschool camp
- Uninsured diabetic person who needs insulin
- Single mom who can't feed her children
- Senior who lives alone and needs a daily call
- Person helping a friend with substance abuse issue
- Widowed dad who needs child care to keep his job
- Someone depressed and contemplating suicide
- Non-profit worker looking for resources for a client



Brad Goar is the program manager for FPL's Home Energy Survey and Low Income Weatherization programs and writes the *Ask the Expert* articles for FP&L. Brad knows that we all want to save energy around the house and reduce our energy bill so he has put together a room-by-room guide with tips on how to save energy and reduce our household bills.

Kitchen

Your kitchen is one of the most energy-hungry rooms in the house, thanks to big appliances like your refrigerator, oven and dishwasher. One of the best ways to save energy in your kitchen is through ENERGY STAR® certified appliances that use less energy. For instance, an ENERGY STAR® refrigerator is about 15 percent more efficient, saving you about \$80 per year, while an ENERGY STAR® dishwasher can save you about \$30 a year.

Save even more with these tips:

- Run the dishwasher when it's full and set to "air-dry" rather than "heat-dry."
- Program coffee makers to turn on and off at specific times.
- Use a crock pot or incorporate no-cook meals into your menus.
- Use your microwave or toaster oven to warm up leftovers – they use less energy than a conventional oven.
- When you cook, cover pots and pans to help trap heat inside and reduce cooking times by approximately 10 percent.
- Keep oven and refrigerator doors closed as much as possible. Keeping the oven door closed while in use can save as much as \$20 per year!
- Don't forget to let hot food cool down and properly wrap it before sticking it in the fridge. Hot or uncovered foods in the refrigerator create moisture and raise its internal temperature, which puts the compressor into overdrive and wastes energy.

Bathroom

The bathroom is another troublesome area of the house, especially if you have several family members rotating showers, brushing teeth and washing hands. One easy way to lower your energy bill in the bathroom is to take shorter showers and lower the thermostat on your water heater. For every 10 degrees you reduce the temperature, you can save three to five percent on your bill (\$12-\$30 annually). ENERGY STAR certified bathroom fixtures and fans can also help you save money. ENERGY STAR® certified fans provide up to 55 percent better efficiency with less noise.

- Remember to unplug hair dryers, curling irons, electric razors and other bathroom gadgets when you're done using them to prevent power drain.

Laundry Room

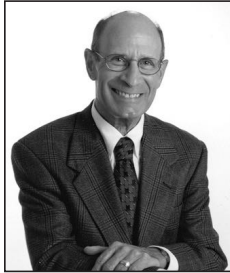
As in the kitchen, the laundry room can also benefit from ENERGY STAR® certified appliances. Certified washers use about 25 percent less energy than conventional models and will save you about \$45 a year on your energy bill, while certified dryers can save you \$245 over the lifetime of the product. Moisture-sensing dryers that shut off when your clothes are dry and new heat-pump dryers that use the heat they generate to power themselves more efficiently are also great energy-saving options.

Use these simple methods to save more when doing your next load of laundry:

- Wash your clothes in cold water to save about \$66 on heating costs.
- Always wait for a full load to run the wash. Reducing the total number of loads each year by 25 percent could save you 3,227 gallons of water.
- Perform regular maintenance on your dryer and clean the lint trap between loads—this improves air circulation and increases efficiency.
- Program a faster spin speed to reduce the amount of drying needed and save about \$11 per year.

DECEMBER 2018 COMMISSIONER'S REPORT

by Commissioner Dick Blattner



Here are three things that are important and deserve special attention.

Quiet Zones. For those who live along the FEC tracks, or downtown, or North Central or the Lakes, train horns are scheduled to go silent in January. All the mechanical work has been done and only a final Federal inspection in December stands in the way. I know that is good news for many of you.

Virgin Trains USA. Sort of related: the news that Virgin has made an investment in Brightline, which will be renamed Virgin Trains. This seems like a good marriage. Virgin's track record (yes, a pun) has been remarkable in airlines, cruise ships, and train systems in Britain (mixed bag). This could be big news for all of us who are anxious to have local passenger service on the FEC. I still anticipate this may be three years away, but I am more comfortable now.

Sea Walls. Attended two meetings conducted by the County, addressing this serious question as it relates to climate change and sea level rise. This could not be more important for us coastal cities. This is what seems to be happening;

- The County will set standards for the ultimate height of sea walls at five feet by 2050, with a 4-foot minimum required by 2035.
- Implementation will be up to each city. Questions of who will pay, how to proceed, upgraded building codes, alternatives to sea walls, landslide improvement recommendations, etc., are TBD. There will be public meetings. This is clearly a Stay Tuned issue.

Education. December 10, 3:00 at City Hall. Superintendent Runcie will attend a special meeting. The Commission wants to discuss Hollywood schools and how they can be made better. This is a very important meeting; an opportunity for us to have an open discussion. Although scheduled as a Workshop, Mayor Levy has agreed to change that to a Town Hall meeting, so that the community can weigh in. In Workshops, the public cannot speak. (Suggestion: check the City website to confirm date and time, as this has been rescheduled twice).

THIS AND THAT

Elections. Well, we learned they do have consequences and challenges. We knew three months ago that the length of the ballot was a serious problem, when the Supervisor of Elections asked us if we would take our Charter Issues off the November ballot and move them to our March Referendum. While that was ok with us, it turns out our Charter says Charter issues must appear at the earliest election. We knew then that between the State, County and City charter items, the anticipated ballot exceeded the normal ability to process the ballots. Whatever else happened, it just got worse.

Looking ahead, it's only 18-months until we have Presidential Preference election, primaries, and finally the Presidential ballot.

And we will have someone else at the helm. I have recommended Lori Parrish, who did an exceptional job as County Property Appraiser for many years. She is willing to come out of retirement. Now it's up to the Governor, or Governor-elect, to make a decision.

Yes *Virginia*, there is a *CANDY CANE PARADE!* And it does appear that there will be candy canes. This is interesting because we passed an ordinance banning plastic products on the Beach and candy canes are wrapped in—what else—plastic! Somehow or other, we are voiding this ordinance for this event and I don't really like it.

My understanding is that we will hand out the canes, something Commissioner Biederman and I have done because the ocean breeze is so strong that throwing them means they come back to us like a boomerang!

People are going to come to the parade whether there is candy or not. They would also show up for the July 4th event even if there weren't fireworks. I think we should not have made an exception, but then, that's just me.

FAREWELL

On November 20 we bid fond adieu to Commissioner Debra Case, who chose not to run again. And we welcomed Caryl Shuham as the newcomer to the Commission. Caryl is talented (engineer and lawyer) and will do a great job.

COMMISSION ACTIONS IN NOVEMBER

- Joined with many other cities in passing a resolution asking the School Board to close the schools on Election Day.
- Passed a resolution authorizing Hazen and Sawyer to develop a Professional Design/Engineering citywide vulnerability plan. \$110,000.
- Accepted a grant from the MPO and FDOT for sidewalk and bike lanes on numerous city streets. I think this was a \$6 million grant.
- Passed an ordinance defining terms of medical marijuana facilities.

Commission members unanimously supported my recommendation for City Staff to allocate funds for a Marina Master Plan study. This is on the heels of a \$640,000 grant received recently to make some improvements to the boat launch area, etc., and (if accepted) a grant to study the possibility of mooring fields in the lakes. The Marina is old, aging, and in serious need of repair so that it can further enhance its ability to be a revenue producing asset.

DECEMBER CALENDAR

Dec. 17 1:00 pm TAC (Technical Advisory Board)
Where development projects are heard by staff for the first time. Following that, projects are presented to senior staff for thumbs up or down. If "up" then they go to TAC.

December 2018 IT Security Tips

What to do Before Your Next Trip to Starbucks

You're driving home from Starbucks, and you are enjoying your triple-shot, low-foam, extra-hot caramel latte, when suddenly you realize you've left your laptop at Starbucks. You're rushing back there, in the lunatic caffeinated state that you're in, only to discover that no good Samaritan had turned it in. You're sweating from nerves and your thoughts are all over the place. So, what do you do now? Well, the answer to that question depends on what precautions you have (or haven't) taken.

If you've properly encrypted your data, password-protected the access to your device and shut down and logged off all key applications, you've got a bit more time to respond to the current issue at hand. Any laptop should use full disk encryption! If this is a work laptop, then the first thing to do, whether you've taken those precautionary measures, is to notify your IT department that you've lost your device. This will allow them to change passwords and lock access to applications and data a thief may gain access to via your unprotected laptop. They may also be able to remotely wipe the device to make sure no one will be able to gain access to the data stored on your computer. (Which is also why it's **critical to back up your data daily!**)

Next, change all the passwords to every website you log in to, starting with any sites that contain financial data (your bank account) or company data. If your laptop contained medical records, financial information or other sensitive data (like social security numbers, birthdays, etc.), then you need to contact a qualified attorney to understand what you may be required to do by law to notify individuals who may be affected.

Quite simply, an ounce of prevention is worth a pound of cure. This means you should be engaging your IT team to encrypt and back up your data, as well as put remote monitoring software on all mobile devices. Put a pin-code lock or password requirement to access a device after 10 minutes of inactivity and get into the habit of logging out of web sites when you're done using them.

Web-Connected Devices can Leak Private Data

Web-connected devices are great especially because in some way or another these devices are helping to make your life easier. *Who doesn't love Alexa?*

However, it is still important for you to know how to use these Bluetooth or WIFI devices safely. The truth is, almost all these devices or "toys" that connect through WIFI can also risk data leakage. Read these points below and just be mindful when using any great new interactive toys.

- **Baby Monitors:** Hackers can access WIFI-enabled devices/programs. Check default settings and turn off when not in use! Always change the default username and password (it is usually admin + admin).

- **Be Smarter than your Smart TV:** Hunt through the TVs smart settings for the feature "Live Plus" and turn it off (that's what it's called on LG TVs)! It may be called something different on your TV, but it's feature that enables broadcasters and cable networks to deliver synchronized, interactive content to the TV while you are viewing certain programs.
- **Webcam Protection:** It's no secret that hackers can access your laptop camera without your knowledge. Cover your laptop camera with a piece of paper or tape. (Don't forget a camera on your TV if you have one, or a camera on a game console.) Last time I checked, hackers couldn't "crack" the code for adhesive tape!!

KEEP YOUR HOME WIFI NETWORK PRIVATE

The routers we use today still have flaws and this is a bad thing because the laptops, smartphones and other devices we use at home all connect through our routers. Check out this guide to keeping your home WIFI network private and secure.

Follow This Guide to Help Secure Your Router:

- **Update Username & Password:** If you never changed the default settings, do it now!
- **Embrace Encryption:** You want to change from WEP to **WPA2** and disable the PIN method of using WPS.
- **Update Firmware:** "most" new routers today will update their firmware – check for updates, install new software and reboot in the middle of the night. If yours doesn't do these things, chances are you need a new router.
- **Remote Management Off:** Long story short, just disable this. It's safer.
- **Shut it Down:** Going out of town? Shut down your router unless you need to access smart devices like your thermostat or security camera.

Sincerely,

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

connections
40th for BUSINESS
ANNIVERSARY

Erik Chafin
BUSINESS DEVELOPMENT
MANAGER

2843 Pembroke Road
Hollywood, FL 33020

Direct: 954.624.9518
Main: 954.920.9604
Cell: 305.613.5101

Email: echafin@connections.com
Web: www.connections.com

A-1 Custom Mica, Inc.

Wood • Therma Foil • Mica



Established since 1987

Save up to 50% by Resurfacing

Specializing in
Hillcrest Area

954-980-5678

State Licensed # CBC022069 and Insured

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

Expert in
new & refacing cabinets

The Military Secret to Falling Asleep Quickly

- Submitted by BK Etta Stevens

Sleep disorders, like insomnia, for example, are just some of the things we deal with every day, or more correctly, every night. These very common problems that many people experience today are due to stress, unhealthy lifestyle or emotional difficulties. These problems are even more rampant among soldiers and military personnel who are often under great physical and emotional stress. While many claim that "sleep is for the weak," we find the opposite is true. Precisely for that reason, the American army invented this technique for falling asleep fast, which calms the body to do so, and if it's good for soldiers, then it must be good for us too. Read on to learn this simple trick that will help you fall asleep in no time.

Most of us experience occasional sleep difficulties that affect the quality of our sleep, and as a result, we get tired and have trouble functioning throughout the day. When experiencing these problems irregularly, they often go away on their own, but when they become a routine event, this may indicate insomnia which is important to treat. Insomnia is a global problem affecting one-third of men and women in their 30s and 40s and about half of people over the age of 65. It is also important to recognize that severe sleep deprivation has been linked to other serious problems such as diabetes, heart disease, and decreased brain function. Although there are natural solutions to help you treat insomnia, we suggest learning the secret to quick relaxation and Sleeping easily.

The technique consists of 4 physical and mental steps that you have to take, lasting from one minute to two minutes each, until you find yourself in a state of sleep and relaxation.

In the first step, you need to relax your facial muscles - including the tongue, jaw, and muscles around the eyes.

In the second step, you need to drop your shoulders as low as you can on your bed, followed by your upper and lower arm one side at a time.

In the third step, you should calm your chest by taking slow, long breaths - at the same time relax your feet and legs using the same method used to relax your arms.

In the fourth step, you have to completely empty your brain of thoughts - about 10 seconds after doing the previous steps, it's time to start. Winter recommends using three lines of thought that can help you block thoughts and clean your head:

- Imagine yourself lying in a canoe in the middle of a quiet lake with a bright blue sky above you.
- Now imagine yourself curled up in a black velvet hammock in a large, quiet room.
- Now say to yourself, "Do not think, do not think, do not think" again and again for about 10 seconds.

Now, all you have to do is share this easy technique with your friends and family and try it on yourself. We believe that the military method that has helped a large number of soldiers can help you too - practice it again and again until it works for you! Have a good night!

- **Meditation Resources**
- **"When I Change, The World Changes"**

Free Apps:

- **Bee Zone**— spin the wheel of "Virtuescope," mind gym's breathing ball of relaxation, traffic control hourly reminder
- **Insight Timer**—largest collection of meditations from around the world, can select by time you have to meditate.

You Tube Raja Yoga Meditation Commentaries:

- **Bebe Butler Meditations 78**— angel voice creating short, artistic word pictures.
- **BK Shivani, English**—5 min. morning meditation, 15 min Meditation on Discovering Yourself, and other longer classes—always request English, not Hindi.
- **Carmen Warrington Meditations:** Peace of Mind, Wo Am I?, Letting Go, *Healing Heart & Soul—Healing the Heart, Being of Love.
- **Brother Anthony Strano Meditation English**—Stepping Inwards, Raja Yoga, I Trust, Being At Peace, Focus and Flow, Creating a Hero

You Tube SONGS & MUSIC:

- Bliss, Lucinda Drayton 11, Voice of an Angel
- Healing Frequencies (especially Solfeggio), many play for an hour or more and can serve as an uplifting soundtrack while you read or work.

FREE LOCAL SESSIONS:

- **Hollywood Library**-Tuesdays 10:15am-11:30am and 6:30pm-7:30pm, 2600 Hollywood Blvd, Hollywood, FL 33020, 3 blocks east of I-95 Hollywood exit
- **Dania Beach Library**—Saturdays at noon (until May, off for summer) 1 Park Ave E, Dania Beach, FL 33004, one block west of Federal Highway & one block south of Dania Beach Blvd.
- **SW Regional Library**—Saturdays at 10:30am-11:30am (1st & 3rd Sat only)
- **ArtsPark—World Meditation Hour**, 3rd Sunday, 6pm-7:30pm, bring a chair or blanket. DECEMBER 16, 2018. If you would like, bring a flashlight also.

INFO: Roz 954 801-6639

***Join us at ArtsPark the 3rd Sunday of every month at 6pm for WORLD PEACE Sunday, December 16, 2018 • 6-7:30 pm**

Bring a chair and a flashlight, see you there.

***MEDITATE@8 CALL IN FOR LIVE MEDITATION**

Call: 712-775-7031 • Meeting ID 660-469-256# Thurs. 8-8:10 pm

*FOR A FREE THOUGHT OF THE DAY INSPIRATIONAL MESSAGE SIGN UP: http://brahmakumaris.org/interactive/mailing_list

WHAT YOU NEED TO KNOW ABOUT IDENTITY THEFT COURTESY OF THE CITY OF HOLLYWOOD POLICE DEPARTMENT

Identity theft cases are very difficult to prove beyond a reasonable doubt because there is often little or no physical evidence to identify a suspect. Businesses are normally unable to provide necessary evidence in the form of written documentation such as signed applications, contracts, receipts, etc. Often there is no actual personal contact with the perpetrator when the fraudulent act occurs.

To provide victims the most personable law enforcement services possible, the Hollywood Police Department has established an Economic Crimes Unit that deals exclusively with these types of crimes.

If the fraud took place in Hollywood, make an initial report via phone to an officer (954-967-4411), or in person at the station (3250 Hollywood Blvd). Your case will be reviewed by the Unit Supervisor. A Detective will contact you about your case. If your case meets established guidelines, it will be assigned for investigation.

You can contact an Economics Detective at the Hollywood Police Department Monday through Friday from 8:00 am to 4:00 pm.

STEPS TO TAKE

- Contact your bank(s) and credit companies to cancel cards.
- Alert the 3 credit bureaus and place a fraud alert on your credit file
- TransUnion – 800-680-7289
- Equifax – 800-525-6285
- Experian – 888-397-3742
- File a police report **in the jurisdiction where the fraud occurred**
- Call the Federal Trade Commission to report the situation - 877-382-4357
- Contact your local office of the Postal Inspection Service – 877-876-2455
- Notify the Social Security Administration - 800-772-1213
- Contact the Internal Revenue Service - 800-829-0433

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

If it doesn't feel right, don't do it. If you think you should take certain actions like shredding financial documents and paperwork that contains person information, do it. There are black-out ink rollers that you can use to cover sensitive info. We got a pack of 3 online for less than \$30.00. We use it on everything from prescription bottles to bank statements.

Don't give out personal information over the phone, through the mail or over the internet **when you have been contacted** by a bank or business. Look up their business number and/or address and contact them.

Know where your credit cards and debit cards are at all times. Don't carry all of them. Get into the habit of taking them with you when you are going shopping.

Do not keep your Social Security card or any paperwork with your SSN on your person. NEVER click on links sent in ANY unsolicited email.

Beware of fictitious contests and lotteries requesting money to be sent to collect winnings. Another platitude proves true here: If it sounds too good to be true...(you know the rest). When using ATMS or any keypad to enter a pin number, cover the key pad while you enter the number. Look to see if the ATM has been tampered with; if you feel uneasy, DON'T use it.

THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.



Skin So Soft
Bundle Specials
from \$19.99!



AVON

Merry Christmas  *Happy Chanukah* 



954-258-2664



Maria Negret

954-258-6197



Elizabeth Rios

50% OFF Skin So Soft
5oz Bath Oil Spray. Only \$6!
with a min \$25 order
Mention and Present offer. Not valid with other offers.
Not valid online. Expires 12-31-18.

\$8.00 OFF
Your Order of \$40 or More
Mention and Present offer. Not valid with other offers.
Not valid online. Expires 12-31-18.

Earn Extra \$\$\$, Become a Representative



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

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

5 YEARS 0% INTEREST OR \$450.00 OFF

Phone: (954) 931-4752
 Emer: (954) 968-0379
24 Hour Service AS LOW AS \$75.00 PER MONTH

Expires February 28, 2018

\$25 OFF SERVICE CALL AND PARTS

MUST HAVE COUPONS PRESENT AT TRANSACTION

Expires February 28, 2018

\$150 OFF UV Light Install

MUST HAVE COUPONS PRESENT AT TRANSACTION



DISASTERSTRUCK
Public Adjusters, Inc.
 Licensed All-Lines Public Insurance Adjusters

ILYA LEVITIS
 Public Adjuster
 Licensed in: Florida, New York & New Jersey

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

Sandra Rodriguez & Team
Deep-Cleaning Specialists



"Happiness Is a Freshly Cleaned House"

Sandrarodri88@hotmail.com **954-798-4036**

STOPPING SPAM CALLS – by Cindy Abraham

Luckily, I have Metro PCS (T Mobile) and few spam calls get through. The screen reads, "Spam Likely" so I just block the number after it finishes ringing. Many spam calls ring once and then stop. **DO NOT CALL THEM BACK.** Some of them do this deliberately to get you to call back. Often, when you call back, it is a non-working number; the scammers just want to be sure there is a real person at that phone number for future use.

You can't trust what it says on caller ID. Kind of like spam emails with a letter or two spelled wrong like "Infernal" Revenue Service... let them leave a message. One new trick I recently learned is to pick up and say NOTHING. The minute you say something, the robocall will transfer you to a live operator. Usually I can hear the boiler room chatter in the background and then they will finally say "hello". I don't answer, they hang up and never call back.


If you make the mistake of picking up and saying hello and there is no answer for a couple of seconds, hang up. That is another indication of a spam call.

Do we really have to tell you that ANY call that mentions you sending money for ANYTHING is a scam? Well, it is. Especially from "utility companies" or government agencies. OK, there is a 1% chance that it may be legit but go with the odds.

If a long lost relative, (usually a grandchild) calls you to help bail them out of something ("I promise to tell mom/dad what I did when this is over"), hang up. Bonding with an estranged love one by "helping" them out of a jam is a popular scam; especially targeting the elderly. Caller ID is great on landlines – until you get an "anonymous" or "private" call. Press *77 and block them. Should you find out that it is really your nephew who is a bona fide undercover agent with the CIA who called you from work, you can press *87 to unblock.

Most popular days for Robocalls are Tuesday and Friday and **DO NOT** answer calls from area codes 268,284, 809, and 876. Those are the charge by the minute scams.

BIG
 LOCK AND KEY
 LOCKSMITHS



24 HOUR EMERGENCY SERVICE
954.646.7966
 WWW.BIGLOCKANDKEY.COM

LOCK-OUTS • RE-KEY • INSTALL • REPAIR
 HOME /// BUSINESS /// AUTO LOCK OUT

REFERRAL CODE



Complete Elder Solutions

"Your family away from family"

Princella L. Seymour

954-315-1785 561-699-7178 407-864-5065

(Broward County) (Palm Beach) (Orlando, Central Florida)

We Help Manage Issues That Arise With Aging And Disability

completeeldersolutions.com 9900 W. Sample Road Suite 330
 customerservice@completeeldersolutions Coral Springs, FL 33065



**Clip & Save
for Future Use!**

TURNING 65?

Medicare Questions?

Jeff Messett
305-613-4916

Medicare Advantage | Medigap | Part D Prescription Plans
 Long-term Care Solutions | Health Insurance | Life Insurance

*Jeff Messett is a licensed insurance agent and not connected to the Federal Medicare program.

Podiatrist - Foot Specialist



House Calls Available
Medicare Assignment Accepted

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

We want to hear from you!

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

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



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

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

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

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

©Copyright 2018

BIG Briglio Insurance Group



E. Sandy Briglio
President

5718 Hollywood Blvd., Hollywood, FL 33021
 T. 954-987-8250 F. 954-962-5040
 sandy@briglioig.com

Caregiver/Nanny

Safety-Conscious, Enthusiastic
 Nurturing, Caring, Trustworthy
 Very Reliable, Conscientious
 Hillcrest Resident

I LOVE BEING WITH PEOPLE OF ALL AGES.

Pat Riehle: 773-440-3341
 References Upon Request

Oceanfront ACCUPUNCTURE

ABE RUTTENBERG
 A.P., D.O.M., PH.D.

MUSCLE PAIN • JOINT PAIN • POOR DIGESTION • LOW ENERGY
 DIFFICULTY BREATHING • EMOTIONAL IMBALANCES • MORE

754.260.7900
 ABERUTTENBERG@HOTMAIL.COM

5970 SW 40TH AVE.
 DANIA BEACH, FL 33314