

Inside Hillcrest

– Connecting Neighbors to Neighbors –



AUGUST 2021

HOLLYWOOD, FLORIDA

VOLUME 15 • ISSUE 8

AUGUST INSIDE HILLCREST

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HILLCREST 15 ROCKS THE JULY IH CONTESTS

Both winners from the last issue, name that woman and the quiz live in Hillcrest 15. Since I have lived in Hillcrest (1999), I have always heard that Building 15 was a great building to live in. They have had a string of good presidents and I guess their residents are a reflection of that.

The number one answer for Name the Woman was Madame Curie which was a very good guess but wrong. Three people submitted that answer. We got one Connie Francis, one Ayn Rand and one Golda Meir. However, it is a picture of Mother Teresa of Calcutta who is one of 57 women to have won a Nobel Prize and in 2016 was canonized as a Saint by the Catholic Church.



As for the History quiz, we had four submissions and two had correct answers so we went by who sent in the answers first.

Without further ado, the winner of the Who Is This? Contest was **Maria Vega, Hillcrest 15** and the **Quiz Winner was Betty Speicher, Hillcrest 15**. Maria received the \$25.00 Aldi Gift Card and Betty got the hula hoop (the answer to #15) and I threw in a bottle of my homemade Mango Rum for good measure. Now if I can only get a pix of Betty hula-hooping after drinking the rum...

SPEAKING OF AYN RAND (pronounced Eye-en)

I remember I loved her books but now I can't remember why. I read "The Fountainhead", "Atlas Shrugged", "We the Living" and "The Virtue of Selfishness". She call her philosophy Objectivism, which advocated ethical egoism, individual rights, and laissez-faire capitalism. I always think of the saying: "If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime" when I think of her. She definitely was not a fan of multi-generational welfare. While I am thrilled that 24/7 caregivers are

finally going to get some help from the government, I am dead set against people playing the system just because they can. Those folks who got caught abusing the PPP and making millions should have to pay back every penny. I know that there is no black and white answer to any societal problem, however, those who through no fault of their own need assistance – especially our Veterans - deserve consideration.

I am not the reader I used to be. I used to read EVERY night before I went to bed from when I was old enough to read. I think it was when I got the Lasik to correct my vision, my eyes seemed to tire easily so I turned to TV. Yes, there I times I can feel my brain atrophying... I may have to find the movies "The Fountainhead" and "Atlas Shrugged" to remind myself why I liked Rand so much.

THAT SAME PHILOSOPHY...

I apply to my kids. If you called either one of them on the phone right now and asked them to fill in the blank to this statement, "There will be no _____" They will both answer "inheritance". One is 42 and the other is 28. My philosophy is that once they are out of college and not in prison, my job here is done. I figured at this point I deserve to enjoy life and spend my money on what makes me happy. If I run out of money, I can move in with them. However, they must have forgotten that I am extremely allergic to dog dander because both have big dogs. Come to think of it, so does my sister. Hmmm.

WELCOME NEW ADVERTISERS!

Our new advertiser is Stanley G. Swiderski Esq. My friend Denise, an ambassador for the Greater Hollywood Chamber of Commerce recommends him highly. He is a local guy and has been an attorney here in Hollywood since 1983 after graduating from Nova Southeastern law school. His practice consists of wills, trusts and estates, family law and personal injury law. Lately Stanley has been using his unique strategies on helping people seeking to avoid probate. To give back to the community, he has served on the Civil Service Board for the City of Hollywood for a total of 9 years as a board member,

chairman and vice chairman. The father of two and grandfather of two (with one on the way), Stanley told me he is "proud to say that we all call the beautiful City of Hollywood our home."

A DOCTOR WHO MAKES HOUSE CALLS... REALLY?!

Inside Hillcrest would like to introduce a new advertiser that we are excited about for a couple of reasons. First, Concierge Care of Florida is owned and operated by Angela Glaskin, a University of Miami Biologist, Chemist who has worked in Public Health Administration and her mom is our neighbor in Hillcrest 25! Secondly, how great is it that we now have a doctor who actually makes house calls? Our new Primary Care Physician (PCP) is a fully licensed medical doctor, Biagio Vincent Vultaggio, M.D, who is board certified in Internal Medicine.

"Doctor V" can provide primary care when it becomes too difficult for you to get to your doctor's office. He is also able to collaborate with your current primary care doctor and see you in-between your scheduled visits. Their Transitional Care Program is here to assist you within 24-48 hours upon discharge from the hospital or rehabilitation center, ensuring that you have a smooth transition with every aspect of your return back to your home or Assisted Living Facility. They also coordinate comprehensive specialized home health services, such as: RN supervision, Wound Care Specialists, Physical Therapists, Occupational Therapists, Respiratory Therapists, Speech Therapists, Social Workers and Home Health Aides through any Medicare-approved Home Health Agency. Call them Monday through Friday 8:30am to 5:30pm at: (954) 412-9441.

Almost everyone wants to get even with those that harmed them. Hardly anyone wants to get even with those that helped them.

COVID-19 DELTA VARIANT

Just when we thought there was a light at the end of the tunnel, nature threw up a barricade. Everyone has a right to believe what they want and to get vaccinated or not. But we also have an obligation to respect our neighbors – especially the elderly and those with medical conditions - who are rightfully afraid of catching the virus. If you are not vaccinated, have the common decency to wear a mask around others. If you are vaccinated, wearing a mask will protect you from those who are not. Until this current crisis is under control, let's all continue to take care of each other.



What's Happening District 6 - By Vice Mayor Linda Sherwood



For various reasons it has been quite some time since I have been able to take a real vacation. But that doesn't mean my summer break was not busy. Many WebEx meetings took place to keep me in contact with residents who wanted to give their opinion on many items. And there were 2 classes we were mandated to attend concerning Workplace Bias and on Harassment. Both were extremely interesting and enlightening.

Due to the Mayor being out of town it was my job to welcome the Kiwanis Club Conference at the Diplomat Hotel. About 500 people attended and it was joyful to be back at the Diplomat and feel it coming back alive.

Two workshops were given concerning Storm Water Management one at Boulevard Heights and the other at the Beach Community Center. These workshops gave our residents the opportunity to point out which areas they felt are the most important to take care of for their area of the city.

Meetings were held in person and on WebEx concerning the placement of the new Police Headquarters.

The city is recommending that it be built closer to where the current clubhouse is on the OrangeBrook Golf Course property. The residents who worked hard to get OrangeBrook onto the General Obligation Bond highly disagree. They feel by moving the Headquarters that far south it would take acreage away from the golf course and the Nature Preserve they fought for which appeals to non-golfers. The request for proposals from developers wishing to take on the Golf Course project were to be in by Aug. 12th. We won't know for several months what their ideas will be. I'm looking forward to finding out.

Playground equipment was ordered for the first and only park that will exist in Hollywood Gardens West. In an in person meeting with Hollywood Gardens West Civic Association the Developer of the new workforce housing project that will be built on the corner of Johnson and 441 offered to help make the park not just for kids but a quiet retreat for adults also.

The first phase of the Traffic Calming Plan was sent over to me and for our district I'm happy to announce that S. 61st Ave. Hollywood Blvd to Fillmore, Pembroke to Washington St. And Washington to Jefferson will have a combination of 2 roundabouts and 10 speed tables. Van Buren St. From S. 37th Ave to 56th Ave. will have 2 roundabouts and also 10 speed tables with 2 minor intersection modifications. Hillcrest Dr. from S. 37th to Parkview Dr. will have 2 electronic speed back signs. S. Luna Ct. from Van Buren St to Park Rd. Will have 3 speed tables.

Although there is so much more going on I have to close now because I am sure I am over my allotted word number. Contact me anytime: Lsherwood@hollywoodfl.org

Linda Sherwood
 City Commissioner, District 6, City of Hollywood
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 2600 Hollywood Blvd.
 Hollywood, FL 33022-9045
 Office: 954-921-3321



Hello Neighbor!



Sharon L King, Agent
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STATE OF THE COUNTY - County Commissioner Beam Furr - District 6



Greetings Hillcrest Residents,

Our South Florida community has been impacted by the tragic collapse of Champlain Towers South in Surfside. Many of us know people who have lost friends or loved ones in this tragedy. When something like this happens, our whole South Florida region feels the impact. This is true of anyone who has lost someone and anyone who knows the pain of sudden loss.

Our hearts and prayers are with our neighbors in Miami-Dade County and all those affected by this shocking tragedy. Broward County has made all of our resources available to help with the rescue and recovery efforts the site of the collapse. This is an unprecedented and devastating loss for our entire community. It should as a reminder for all of us to appreciate the life that is given to us and to cherish every moment with our loved ones. I encourage residents to consider seeking support during this difficult time. I also know our generous District Six residents are thinking about how they can help. There are many resources online to help donate money and needed supplies.

This tragedy has caused many of our residents to justifiably have questions. This is particularly true of those who live in condominium or apartment buildings. It is natural to wonder about your safety. Broward County has been responsive to concerns and is here to answer any difficult questions about this process. Below, please find a "Q&A" answering important questions about how buildings are inspected in Broward County and what is looked for.

Q: What law governs building inspections in Florida?

A: Per state law, each municipality within Broward County is responsible for enforcing the minimum statewide "Florida Building Code" within their municipal limits. As of March 1, 2002, the Florida Building Code, which is developed and maintained by the Florida Building Commission, supersedes all local building codes. Local amendments to certain aspects of the Florida Building Code, that only apply in Broward County, are able to be adopted.

Q: How often must buildings be inspected within Broward County?

A: County law requires structural and electrical safety inspections for buildings 40 years old or older and every ten years thereafter. The Broward County 40-year and older Building Safety Inspection Program was created through the local Florida Building Code Amendments in 2005, and became effective throughout Broward County in January 2006. Only Miami-Dade and Broward Counties currently have this 40-year recertification program, giving our County a higher standard than the rest of the state.

Q: What Broward County department or board has responsibility for making sure our buildings are safe?

A: The Broward County Board of Rules and Appeals (BORA) is an agency established by the County's Charter and is comprised of 13 members, six of which are appointed by the Broward County Board of County Commissioners and seven of which are appointed by the Broward League of Cities. Every June, BORA sends a list of all affected 40-year recertification properties to each of Broward County's municipalities. This process has just occurred.

Q: Who is responsible for conducting the 40-year inspections once this list of properties is sent out?

A: Each municipality (city or town) within Broward County is responsible for their own list of affected buildings, including notifying the affected properties and administering the 40-year recertification process within their municipal boundaries.

Q: What happens during a 40-year inspection?

A: After the list is sent out and municipalities identify which buildings must conduct inspections, the owner of each affected building or structure is given 90 days (September to November) to submit the 40-year safety inspection forms to the municipal Building Official. These 40-year safety inspection forms are completed by an engineer or architect hired by the property owner to perform the 40-year inspection. These inspections are then examined by the municipal building departments, who then certify the structure with the assistance of expert engineers.

Q: What happens if something is wrong with my building?

A: In the event that repairs are necessary, the owner has 180 days (December to May) from the date of the 40-year inspection report to correct the deficiencies that pose an immediate threat to life safety.

Q: How do I check the status of my building's 40-year inspection?

A: Please contact your municipal building department if you have any questions regarding the age of your building or the status of the 40-year recertification. You can contact my office directly so we can point you in the right direction.

Contact Us

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

ANSWERS TO HISTORY QUIZ

01. The Lone Ranger left behind a silver bullet.
02. The Ed Sullivan Show.
03. On Route 66
04. To protect the innocent.
05. The Lion Sleeps Tonight
06. The Limbo
07. Chocolate
08. Louis Armstrong
09. The Timex watch
10. Freddy, The Freeloader and 'Good Night and God Bless.'
11. Draft cards (Bras were also burned. Not flags, as some have guessed)
12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hula-hoop
16. Lucky Strike/Means Fine Tobacco
17. Howdy Doody Time
18. Shadow
19. Monster Mash
20. Speedy

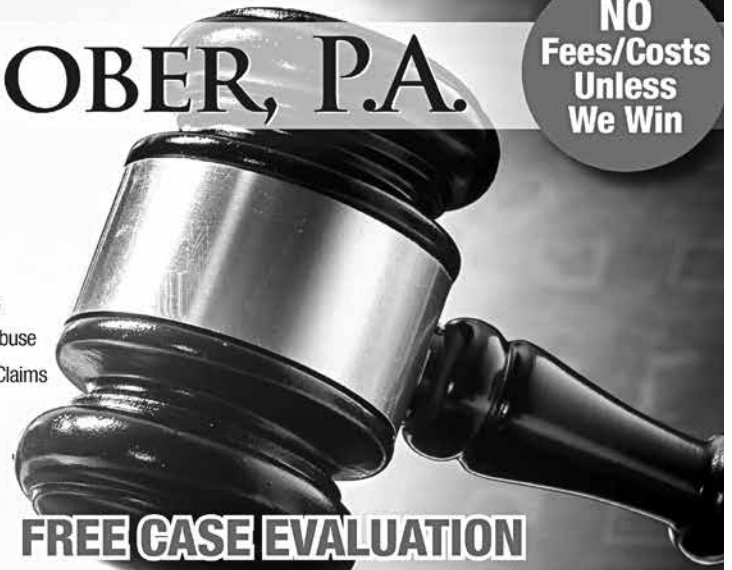
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- Construction Accidents
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Attorneys Peter and Samara Bober



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August Kitchen Korner - by Cindy Abraham

Kitchen Tips:

When using a box grater, lay it down rather standing it up. It is easier and have more control.

What to do with empty broth boxes? Fill with water and freeze – they make great disposable ice packs for transporting food.

We have one of those hand held milk-frothers or mile foamers – not sure what it is called. Of course, we use it for margaritas and such. But it is also great for whipping egg whites for a recipe or making fluffier scrambled eggs. Also, it is handy for making small batches of homemade whipped cream.

I bought the wrong coffee filters so we started using them for cleaning the dryer gasket in our LG all-in-one. Damp lint clings to the filter. A reader suggested using them in the microwave to cover small bowls and plates instead of wax paper or paper towels. Brilliant!

Defrosting meat in the fridge to marinate and cook? Pour the marinade in the bag while the meat is still frozen and it will soak up the marinade as it thaws.

I have talked about my homemade “Yer Nuts” mix that I make and keep on hand to get you-know-who-the-chocoholic to eat healthy almonds and walnuts. I buy 10 different kinds of nuts when they are on sale at CVS or at Aldi’s where they are always inexpensive: raw almonds, roasted almonds, lightly salted almonds, cocoa dusted almonds (at CVS for unsweetened and Aldi’s for sweetened), dark chocolate covered almonds, honey roasted mixed nuts, regular mixed nuts, shelled walnuts, peanut butter filled pretzels, and dark chocolate covered pistachios.

When the bag/can is almost empty there is what I call “nut dust” at the bottom; especially the canned honey roasted nuts. I always pour the nuts in a colander to collect the “nut dust” and use it to top use it for baked goods (great substitute for cinnamon sugar), yogurt parfaits or even regular ice cream.

Mango season is over but many of us still have containers of frozen mango in our freezers. As they say, “if you live in South Florida and you have to buy mangos, you have no friends.” I gave away gallons of mango jam, mango vodka, mango tequila, and mango rum but only a couple friends wanted the mango chutney – Emma and Joanne. I don’t get it - if you have not had mango chutney on salmon, you are missing out. I also made mango cake with the aforementioned “nut dust”. And now with all the frozen mangos I have, I am making Mango Nice Cream. If you would like a copy of all my mango recipes, email me at inside.hillcrest@comcast.net with ALL THINGS MANGO in the subject line.

My sister Kathy has never really enjoyed cooking. But after she married Dave 36+ years ago, she decided to surprise him and went out and bought a couple of beautiful Rib-Eye steaks. She seasoned the steaks was ready to cook them Then Dave saw her open the door to the microwave; that was when he took over the cooking and has been doing it ever since.

They live in Kewaunee, Wisconsin these days. Dave retired from the LVPD and indulges in his favorite past-times, hunting and fishing. He has his boat up there and catches lots of rainbow trout, wall-eye, perch, salmon, pike, etc. Kathy shipped me a big box of fresh-frozen

rainbow trout and we have been on a fish binge ever since. It still amazes me how fresh fish has absolutely no fish smell. If you want the next best thing, Aldi’s carries fresh steelhead trout that doesn’t smell. Their salmon is a great buy also. Here are two of our favorite fish recipes:

TROUT WITH GARLIC LEMON BUTTER HERB SAUCE

1.5 lbs. trout (or salmon) with skin on the bottom
 2 TBS olive oil
 1 TBS Italian Seasoning
 ¼ tsp salt
 4 diced garlic cloves
 3 TBS lemon juice
 2 TBS white wine
 2 TBS softened butter
 2 TBS chopped parsley



Season the top of fish fillets with Italian seasoning and salt. In a large skillet heat the olive oil on medium heat until hot but not smoking. Add the fish fillets skin side up, flesh side down. Cook for about 3-5 minutes on medium heat until lightly browned. If needed, add more oil before flipping fish skin side down and cooking for another 2-4 minutes.

Remove from heat, cover with a lid and let fish sit for about 5-10 minutes more until flaky and cooked through. Carefully remove fish with a spatula to a plate.

Scrape up any skin that stuck to the pan but leave the cooking oils. Add the garlic, lemon juice and white wine to the pan and cook on medium for about a minute until the garlic softens a bit (but not browned).

Remove from heat before adding ½ the chopped parsley and the 2 TBS butter. Off heat, stir until the butter melts and forms a creamy sauce. Add fish to the pan, spoon the sauce over it and top with the remaining parsley. Serve.

BROWN BUTTER TROUT (or any mild firm-fleshed fish)

¼ cup flour
 1 tsp salt
 ½ tsp black pepper
 ½ tsp cayenne pepper
 1 lb. whole fresh 1/2 inch thick skinless fish fillets cut into 4 piece
 2 TBS butter
 4 lemon wedges



Continued on Pg. 7

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



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Stir together flour, salt, and both peppers in a shallow bowl. Gently press fillets into four mixture to coat, shaking off the excess. Heat the butter in a large skillet over medium heat until the butter is foaming and nut-brown in color, about 5 minutes.

Add fillets and cook for 2- 3 minutes on each side until lightly golden and flaky. Serve with lemon wedges.

BEST AND EASIEST SIDE DISH I HAVE FOUND IN A LONG TIME

I actually stopped typing and made this again for the 4th time this week. I can't stop eating it, it is so good! I made it twice with the tri-colored cherry tomatoes and twice with red grape tomatoes. There is something about the taste of the tri-colored...but it is still good either way.

TOMATO, BASIL, AND FETA SALAD



One pint Tri-colored grape tomatoes cut in half lengthwise
1/2 cup chopped cucumber or zucchini (or leave it out – it is still good)
2 green onions chopped
1/4 cup fresh basil leaves cut into thin strips

3 TBS olive oil
2 TBS balsamic glaze
1/4 cup crumbled feta
Salt/pepper

Toss everything together in a large bowl. Season with salt and pepper.

FINALLY, OK IF YOU INSIST...MANGO NICE CREAM

2 cups frozen mango chunks
2 frozen bananas cut into pieces
1/2 cup unsweetened coconut cream
OR 1/4 cream and 1/4 cup almond milk
1 small container vanilla Greek yogurt
1/4 tsp salt

Put all ingredients in a blender and blend until smooth. Freeze for at least 30 minutes. If you freeze it longer, you may have to take it out to soften a bit before serving.

are making a layer cake, use a sheet pan to slide the layers on top of each other.



MARTY KIAR - BROWARD COUNTY PROPERTY APPRAISER



2021 TRIM Notices

The Broward County Property Appraiser's Office mails the TRIM (proposed tax) Notices in August of each year. This is NOT a tax bill but a notice showing your 2021 just value, exemptions and proposed taxes as set by the various taxing authorities. The TRIM Notice is your opportunity to review your property's 2021 just value and ensure you are receiving all the tax-saving exemptions you are entitled to.

Our office does not set or collect property taxes. If you have questions about the proposed tax rates, the contact information and public hearing dates for the individual taxing authorities are listed to the right of each agency name on this notice.

I Recently Applied for Homestead Exemption – Why Is It Not Showing on my TRIM? Florida Statutes require our office use January 1 as the date of assessment and to determine exemption eligibility each year. If you purchased your home after January 1, 2021, you are eligible for 2022 Homestead Exemption. The 2022 exemptions will show online in December and be included for the 2022 tax year.

I Had Homestead Exemption Last Year - Where Did My Exemptions Go This Year? If you purchased your home in 2020, you may have "inherited" the previous owner's exemptions last year. These 2020 exemptions would have been removed at the end of last year, so they are no longer showing on your TRIM Notice for tax year 2021. Fortunately,

you can still late file for 2021 Homestead and any other exemptions you may qualify for until September 20, 2021. To apply online, please visit our website at <https://web.bcpa.net/>

I Am a Senior Citizen – Why Isn't the Senior Exemption Showing?

The Senior Exemption is both an age and income-based exemption that is not automatically applied to a property because of the income requirement. To be eligible for this exemption, an applicant must be age 65 or older as of January 1, 2021 and have an adjusted household gross income for 2020 not exceeding \$31,100. If you believe you qualify for this additional exemption, you can still late file until September 20, 2021. To review the exemption requirements and to apply for this exemption, please go to our website at <https://web.bcpa.net/bcpaclient/#/SeniorExemption>

The health and well-being of our community continues to be of great importance. If you would like to schedule virtual conference, our Mobile Exemption and Information Team will gladly assist you. To schedule an appointment, please call 954-357-5579 or visit our website at <https://web.bcpa.net/ExemptionsExpress/calendar>

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

Take care,



MARTY KIAR
BROWARD COUNTY PROPERTY APPRAISER

Questions About Your 2021 Property Assessment or Exemptions?

Our office recently mailed over 776,000 TRIM (proposed tax) Notices to Broward County property owners. Florida law requires the property appraiser to assess every parcel of real and tangible personal property in Broward County as of January 1, 2021. The 2021 just values are based on the 2020 market data. The TRIM Notice you received shows your 2021 just value, exemptions you are receiving, and the proposed tax amounts as set by the various taxing authorities listed on the notice. It is important to remember the Property Appraiser's Office does not set or collect taxes.

If you believe you are entitled to a Homestead Exemption or any other exemptions not shown on your TRIM Notice, you may still late file for any 2021 exemption until September 20, 2021. For a list of all the available tax-saving exemptions and to apply for exemptions online, please visit our website at <https://web.bcpa.net/bcpaclient/#/Homestead> or call us at 954-357-6830.

If you have any questions regarding your property's just value or exemptions, please contact my office directly at the following numbers:

- Property Tax Exemptions & General Questions 954-357-6830
- Residential Property 954-357-6831
- Condo, Co-op & Timeshare Property 954-357-6832
- Commercial Real Property/Duplexes 954-357-6835
- Tangible (Commercial) Personal Property 954-357-6836

- Agricultural Property/Classifications 954-357-6822
- Report Homestead Fraud 954-357-6900

If you have questions or concerns about any of the proposed tax rates or non-ad valorem fees, including fire assessments, please contact the taxing authority listed on the TRIM Notice. The ABSOLUTE deadline to file an application for any 2021 exemption or appeal your property's just value is September 20, 2021.

Value Adjustment Board

The Value Adjustment Board (VAB) is an independent quasi-judicial review board. If you believe your property assessment is not what a buyer would have reasonably paid for your property on January 1, 2021, you should first contact our office.

If after speaking with one of our appraisers, you still do not agree, you can file an appeal with the Broward County Value Adjustment Board. If you were denied an exemption, you may also file an appeal with the Value Adjustment Board challenging this denial.

The absolute filing deadline for Value Adjustment Board petitions is September 20, 2021. If you would like to file a petition online, please visit the VAB website at <https://bcvab.broward.org/axiaweb2021>.

Should you have any questions for the Value Adjustment Board, they can be reached at vab@broward.org or 954-357-7205.

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



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DEPRESSION TIPS



Shower. Not a bath, a shower. Use water as hot or cold as you like. You don't even need to wash. Just get in under the water and let it run over you for a while. Sit on the floor if you want.

Moisturize everything. Use whatever lotion you like. Unscented? Dollar store lotion? Fancy 48 hour lotion that makes you smell like a field of wildflowers. Use whatever you want and use it all over your entire dermis.

Put on clean, comfortable clothes.

Put on your favorite underwear. Cute black lacy panties? Those ridiculous boxers you bought last Christmas with candy cane hearts on the butt? Put them on.

Drink cold water. Use ice. If you want, add some mint or lemon for an extra boost. I always use lemon.

Clean something. Doesn't have to be anything big. Organize one drawer of a desk. Wash five dirty dishes. Do a load of laundry. Scrub the bathroom sink.

Blast music. Listen to something upbeat and dance-y and loud, something that has got lots of energy. Sing to it, dance to it, even if you suck at both.

Make food. Don't just grab a granola bar to munch. Take the time and make food. Even if it is ramen. Add something special to it, like a soft boiled egg or some veggies. Prepare food, it tastes way better, and you'll feel like you accomplished something.

Make something. Write a short story or a poem, draw a picture, color a picture, fold origami, crochet or knit, sculpt something out of clay, anything artistic. Even if you don't think you're good at it. Create.

Go outside. Take a walk. Sit in the grass. Look at the clouds. Smell flowers. Put your hands in the dirt and feel the soil against your skin.

Call someone. Call a loved one, a friend, a family member, call a chat service if you have no one else to call. Talk to a stranger on the street. Have a conversation and listen to someone's voice.

If you can't bring yourself to call, text or email or whatever, just have some social interaction with another person. Even if you don't say much, listen to them. It helps.

Cuddle your pets if you have them/can cuddle them. Take pictures of them. Talk to them. Tell them how you feel, about your favorite movie, a new game coming out, anything.

May seem small or silly to some, but this list keeps people alive.

At your absolute best you won't be good enough for the wrong people. But at your worst, you'll still be worth it to the right ones. Remember that. Keep holding on.

In case nobody has told you today they love you and you are worth your weight and then some, say it to someone else.

Find something to be grateful for. Be kind to yourself and most of all keep pushing on!

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



Cindy Abraham



Brian Gaiefsky

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

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

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

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HILLCREST REAL ESTATE NEWS

And the market continues to be hot, hot, hot in Hillcrest. In July, 37 units went under contract. There were nineteen closed sales in July and currently there are 14 on the market. Our average number of units on the market run between 60 and 80. We hit an all-time high of 200 when the market crashed in 2011. We hit a low of 13 units on the market in July. Wow!

Anything priced close to market value sold at or over list price, from original units to complete remodels. Buyers were looking for buildings that look good and units with views. Most of the Hillcrest buildings look great with all the recent painting and remodeling going on and most of our units have nice views. It reflects badly on all of us when a building is dirty and in disrepair. We have a listing in one building where the #1 comment from buyers is about how bad the building looks which is very frustrating.

One listing (not ours) that finally went under contract in July was another classic example of an overpriced listing sitting long enough to finally catch up with market values. By the time it closes, it will have sat for 22 months on the market. It listed back in November 2019 for 250K which was way over market value. They finally lowered to 180K in May of this year. During that time, with maintenance fees (\$11,460), taxes (\$4698), and an estimated \$3600 for electric and insurance, it cost the seller close to \$20,000 to "get their price". In the meantime, the meeting minutes in that building document a very large upcoming assessment that needs to be disclosed to the buyer. If the seller is trying to keep it quiet, the board needs to advise the buyer.

The Champlain tragedy has affected the buildings facing the 40-year safety inspection because the criteria has really tightened

up. Even the buildings who completed the work a couple years ago are still waiting for the City and County to sign off on it. Some of the issues facing our buildings are daunting. All we can do is what we have always done, vote in board members who have specific (provable) skills; people who are well versed in finance, construction, maintenance, and management. We need board members who can have intelligent conversations with the professionals needed to do the job.

At the very least, we need board members who can put their egos aside and support their fellow board members who are taking on the projects BECAUSE they have the expertise. Hillcrest has a very good reputation of having clean, friendly, well-maintained condo building. Hillcrest is "The Hidden Jewel in Hollywood" after all.



JULY 2021 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida

And the beat goes on. Real Estate is still booming in Hillcrest. Below are the closed sales for the month of July. **C** = corner unit. **R** = Rentals permitted

JULY CLOSED SALES

Building	Unit #	B/B	SF	List Price	Sold	DOM
C-26	1002/04	3/2/1	2444	259,500	244,000	14
C-25	202	2/2	1634	245,000	250,000	5
C-26	316	2/2	1344	217,000	217,000	52
C-27	616	2/2	1426	199,000	190,000	21
25	903	2/2	1132	198,000	198,000	4
C-23	1001	2/2	1284	194,900	185,000	26
18	111	2/2	990	168,000	160,000	163
24	218	2/2	1216	155,000	152,000	54
R-20	110	2/2	1100	142,000	130,000	1
24	406	1/1/1	896	140,000	140,000	27
21	909	1/1/1	844	139,000	139,000	195
15	104	1/1/1	770	134,900	135,000	9
23	112	2/2	1132	125,000	125,000	41
21	116	2/2	1132	115,900	119,500	118
C-23	911	2/2	1312	115,000	127,000	240
6	205	1/1/1	690	99,500	90,000	17
27	PH15	1/1/1	844	89,000	95,000	130
8	115	1/1/0	672	78,000	67,500	53
8	111	1/1/0	690	75,900	77,500	50

PARKVIEW AT HILLCREST

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida

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ACTIVE LISTINGS

TOWNHOME	B/B	SF	List Price	PREV. SOLD FOR
S-3713 Greenway Dr	4/2/1	2679	1,219,000	N/A
S-3701 Greenway Dr	4/2/1	2679	1,219,000	N/A
S-1143 Large Leaf Lane	3/2/1	2220	881,638	N/A
S-1595 Trailhead Terr	3/2/1	2220	835,000	526,600
S-1396 Silk Oak Dr	4/2/0	2311	751,000	467,330
S-1001 Banyan Dr	3/2/1	1769	530,000	467,400
T-3676 Black Olive Ln	3/2/1	1769	445,000	381,000

JULY PENDING SALES

TOWNHOME	B/B	SF	List Price	PREV. SOLD FOR
T-4860 Eucalyptus #1	3/2/1	1561	439,000	337,000
S-4222 Large Leaf Lane	5/3/0	2501	760,000	524,900
T-3933 Black Olive Ln	3/2/1	2035	585,000	449,000
T-3040 Eucalyptus Dr.	3/2/1	1561	439,000	340,000

JULY CLOSED SALES

TOWNHOME	B/B	SF	List Price	PREV. SOLD FOR
T-3040 Eucalyptus	3/2/1	1561	439,000	340,000

PARKVIEW AVAILABLE RENTALS

TOWNHOME	B/B	SF	RENT/MONTH	NOTES
S-3713 Greenway Dr	4/2/1	2679	10,000	Waterfront/2-car garage
S-3701 Greenway Dr	4/2/1	2679	10,000	Waterfront/2 car garage
T-945 Banyan Dr	3/2/1	2035	4000	Pool/2 car garage
T-5100 Eucalyptus	3/2/1	1421	3300	2 car garage/Furnished
T-1070 Eucalyptus	3/2/0	1421	3200	1 car garage

PARKVIEW RENTED IN JULY

TOWNHOME	B/B	SF	LIST/MONTH	NOTES
S-1675 Trailwood	3/2/1	1963	4650/4650	2 car garage
S-1022 Banyan Dr	3/2/1	2164	3525/3525	1 car garage
T-1070 Eucalyptus	3/2/0	1421	3200/3200	Pool/1 car garage
T-1040 Eucalyptus	3/2/1	1561	3125/3125	Pool/1 car garage
T-1300 Eucalyptus	3/2/1	1561	3000/3000	1 car garage

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***** BREATHING EXERCISES *****



If you are having any type of breathing problems, especially from asthma, ask your doctor about these:

BREATHING EXERCISES

Deep Diaphragmatic breathing:

1. Sit up straight, with one hand on the stomach and the other on the chest.
2. Inhale slowly and

deeply through the nostrils, feeling the stomach expand with each full, diaphragmatic breath.

3, Exhale slowly out of the mouth.

4. Repeat six or more times each minute for up to 15 minutes.

The popular 4-7-8 breathing method has been touted as one of the most effective (and speedy) ways to fall asleep. Part of the 4-7-8 technique's success lies in its ability to ease tension and promote relaxation. Practicing the following focused breathing exercise twice a day will help reduce stress and anxiety, which may provide relief from insomnia, mood swings and food cravings.

1. Breathe out fully through the mouth, creating a wind-like "whoosh" noise.
2. Keeping the mouth closed, inhale through the nose and silently count to four.
3. Hold this breath while counting to seven.

4. Exhale through the mouth for a count of eight, repeating the "whoosh" sound.
5. Repeat steps two through four five times.

Buteyko Nose Breathing

Thousands have reported relief from asthma, sleep apnea and hypertension by integrating this proven method, which balances the body's oxygen and carbon dioxide levels, into their daily routines.

1. In a quiet, comfortable place, sit up straight and focus on breathing.
2. Keeping the mouth closed, inhale slowly through the nostrils to fill the lungs.
3. Exhale through the nostrils, slowly expelling air from the lungs, until you feel compelled to inhale.
4. Repeat steps two and three five times.

BOARDS ARE NOT POWERLESS WHEN IT COMES TO COVID

By Eric Glazer, Esq. Published August 16, 2021

It's hard to believe that we have been dealing with COVID for a year and a half now. It's harder to believe that it looks like we will be dealing with it for at least another year and a half. It's a never ending nightmare with no end in sight apparently. Who would ever have thought this could happen?

While we are constantly being told about social distancing, wearing masks, getting vaccinated and avoiding gatherings, as many of you know it is extremely difficult to mandate and practice these objectives in a condominium setting. Now that the State of Emergency has been lifted (obviously too soon) it is even harder because the Boards of Directors don't have the emergency powers any longer.

So, what do we do now? Are Boards prohibited from making rules that protect the health, welfare, and safety of the community in regard to COVID, simply because the emergency powers statute is no longer in play? I say HELL NO.

Florida Statute 718.123 (for condominiums) states the following: The entity or entities responsible for the operation of the common elements, common areas, and recreational facilities may adopt reasonable rules and regulations pertaining to the use of such

common elements, common areas, and recreational facilities. Florida Statute 720.304 (for HOAs) states the following: The entity or entities responsible for the operation of the common areas and recreational facilities may adopt reasonable rules and regulations pertaining to the use of such common areas and recreational facilities.

In *Hidden Harbour Estates, Inc. v. Norman*, 309 So.2d 180, 181-82 (Fla. 4th DCA 1975), the court explained the unique character of condominium living which, for the good of the majority, restricts rights residents would otherwise have were they living in a private separate residence: It appears to us that inherent in the condominium concept is the principle that to promote the health, happiness, and peace of mind of the majority of the unit owners since they are living in such close proximity and using facilities in common, each unit owner must give up a certain degree of freedom of choice which he might otherwise enjoy in separate, privately owned property.

Condominium unit owners comprise a little democratic sub society of necessity more restrictive as it pertains to use of condominium property than may be existent outside the condominium organization. *Neuman v. Grandview At Emerald Hills, Inc.*, 861 So.2d 494, 497 (Fla.App. 4 Dist.,2003)

The statutory test for rules regarding the operation of the common elements of the condominium is reasonableness. *Neuman v. Grandview At Emerald Hills, Inc.*, 861 So.2d 494, 497 (Fla.App. 4 Dist.,2003)

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HILLCREST PARKING

A meeting was recently called by Sandy Goldstein, Property Manager of Hillcrest Bldg. 19 to discuss the possibility of Hillcresters being able to rent parking spaces at Orangebrook Elementary School.

Attending was Karen Harris (her title?), Devon O'neal (check spelling), the Principal, Cindy Abraham, Inside Hillcrest Editor, and staff from Orangebrook Elementary. Unfortunately the only available space would be during the weekend, at a very costly situation. Security Guard, Lease, and leaving premises by 6:30 a.m. This is not conducive to the Hillcrest needs. Sandy will continue researching various other options. Very disappointed that Orangebrook was unable to provide a workable solution.

On Tue, Aug 3, 2021 at 9:59 AM Steve Schneider <hillcrestunitowner@gmail.com> wrote:

Two Hillcrest leaders met in July at Orangebrook Elementary School with Broward Public Schools representatives. They discussed the possibility of using some space at the school, which is across the street from Hillcrest, off of Washington Street and 46 Avenue, for additional parking for condo residents. The meeting happened after Sandy Goldstein, the property manager for Hillcrest 19, met earlier this year with Hollywood Mayor Josh Levy and some city officials to discuss parking options for Hillcrest, which does not have enough spaces for the current population of residents who may have more than one car. After the meeting, Levy helped put Goldstein in touch with a Broward Public Schools official and the Orangebrook principal.

Cindy Abraham, the president of the Hillcrest Leadership Council, joined Goldstein at the Orangebrook meeting. The Hillcrest leaders thanked Levy and Broward Public Schools representatives for discussing a possible solution. Unfortunately, according to Goldstein, no solution emerged from the meeting. However, Goldstein vowed to continue exploring options.



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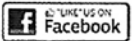
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7 EARLY WARNING SIGNS OF DEMENTIA YOU SHOULDN'T IGNORE

From age 50 on, it's not unusual to have occasional trouble finding the right word or remembering where you put things. But persistent difficulty with memory, cognition and ability to perform everyday tasks might be signs that something more serious is happening to a loved one's brain. Dementia isn't actually a disease, according to the Mayo Clinic. It's a catch-all term for changes in the brain that cause a loss of functioning that interferes with daily life. Dementia can diminish focus, the ability to pay attention, language skills, problem-solving and visual perception. It also can make it difficult for a person to control his or her emotions and lead to personality changes. More than 6 million Americans are living with Alzheimer's dementia, according to a 2021 report by the Alzheimer's Association. Alzheimer's disease is the leading cause of dementia, accounting for 60 percent to 70 percent of cases, but a range of brain illnesses can lead to the condition. A loved one showing symptoms of dementia needs to see a medical expert who can conduct tests and come up with a diagnosis. If a loved one has dementia, you'll want to plan how you will manage that care, especially as the condition progresses. But it's also important to rule out other medical conditions with dementia-like symptoms that may disappear with treatment such as infections and side effects of medications.

What to watch for

Here are some of the warning signs identified by dementia experts and mental health organizations:

- **Difficulty with everyday tasks.** Everyone makes mistakes, but people with dementia may find it increasingly difficult to do things like keep track of monthly bills or follow a recipe while cooking, the Alzheimer's Association says. They also may find it hard to concentrate on tasks, take much longer to do them or have trouble finishing them.

- **Repetition.** Asking a question, hearing the answer and then repeating the same question 15 minutes later, or telling the same story about a recent event multiple times, are causes for concern, internist and geriatric specialist Jason Karlawish, a professor of medicine at the University of Pennsylvania, noted in a 2018 article for AARP.

- **Communication problems.** Observe if a loved one has trouble joining in conversations or following along with them, stops abruptly in the middle of a thought or struggles to think of words or the name of objects.

- **Getting lost.** People with dementia may have difficulty with visual and spatial abilities. That can manifest itself in problems like getting lost while driving, according to the Mayo Clinic.

- **Personality changes.** A loved one who begins acting unusually anxious, confused, fearful or suspicious; becomes upset easily; or loses interest in activities and seems depressed is cause for concern.

- **Confusion about time and place.** Loved ones who forget where they are or can't remember how they got there should raise alarms. Another worrisome sign is a person becoming disoriented about time — for example, asking on a Friday whether it's Monday or Tuesday, according to Karlawish.

- **Troubling behavior.** If your family member seems to have increasingly poor judgment when handling money or neglects grooming and cleanliness, pay attention.

Some people who experience memory loss or have difficulty with attention, decision-making language or reasoning may have a condition known as mild cognitive impairment. The condition causes a noticeable decline, but the changes are less severe than with dementia and a person can still perform normal daily activities, according to the Cleveland Clinic. People with mild cognitive impairment are at an increased risk of developing dementia.

Where to find help

When your loved one is displaying troubling symptoms, a trip to a primary care physician is often the first step. But to get a definitive diagnosis, you'll need to see a specialist such as a neurologist, geriatrician or geriatric psychiatrist. If you can't find one, the National Institute on Aging recommends contacting the neurology department of a nearby medical

school. Some hospitals also have clinics that focus on dementia.

Specialists will want to know about the patient's personal and family medical history. A close relative or relatives having had Alzheimer's is a major risk factor. Recent research suggests that a prevalence among even members of your extended family can increase your dementia risk. Doctors also will conduct physical and neurological exams to rule out other treatable causes for dementia symptoms.

Some of the methods that doctors use to diagnose dementia:

- **Cognitive and neuropsychological tests** assess language and math skills, memory, problem-solving and other types of mental functioning.

- **Lab tests** of blood and other fluids, including checking levels of various chemicals, hormones and vitamins, can help rule out nondementia causes for the symptoms.

- **Brain scans** such as CT, MRI or PET imaging can spot changes in brain structure and function. These tests also can identify strokes, tumors and other problems that can cause dementia.

- **Psychiatric evaluation** can determine whether a mental health condition is causing or affecting the symptoms.

- **Genetic tests** are important, especially if someone is showing symptoms before age 60. The early onset form of Alzheimer's is strongly linked to a person's genes, according to the Mayo Clinic. Talk with a genetic counselor before and after getting tested.

Diseases that cause dementia

These conditions are the leading causes of dementia. Many patients have mixed dementia, a combination of two or more types, such as Alzheimer's and vascular dementia.

Alzheimer's disease. Alzheimer's is characterized by amyloid plaques and tangled fibers in the brain and by a loss of connections between nerve cells. Damage initially appears in the hippocampus, an area of the brain involved in memory formation, and gradually spreads.

Vascular dementia. The second most common type of dementia is caused from damage to the vessels that supply blood to the brain. It tends to affect focus, organization, problem-solving and speed of thinking more noticeably than memory.

Lewy body dementia. Abnormal protein deposits in the brain, called Lewy bodies, affect brain chemistry and lead to problems with behavior, mood, movement and thinking.

Frontotemporal disorders. Degenerative damage to the brain's frontal and temporal lobes is the most common cause of dementia in people age 65 and younger. Symptoms might include apathy; difficulty communicating, walking or working; emotional changes; and impulsive or inappropriate behaviors.

Sources: National Institute on Aging, Mayo Clinic

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WHY AM I SO TIRED?

BY ARUNA LADVA BRAHMA KUMARIS UNITED KINGDOM - SUBMITTED BY ETTA STEVENS

Who does not complain of tiredness today? Everyone is tired. From young children, the middle-aged and the elderly. But tired of what? Tired of making effort? Tired of coping with the stress and strains of daily living? Or just tired of life itself? Then, perhaps we have not understood the meaning of life at all.

When we make life a game then there is fun and only more fun. When we get serious and start making unrealistic plans filled with expectations, this does not apply to realistic and doable aims, that's when we are setting ourselves up for trouble. That is when we start losing the joy of living. Look at children when they are at play. They are engrossed in the game and really enjoy the moment of 'just being' present. Plus they are actually learning a lot of social skills about how to interact with others whilst at play. When we make learning too formalized then life becomes too rigid and we are bound to become unhappy. We lose the joy of playing the game of life, really happiness is not in the winning but in the participation of the game.

Look when we have an interest in something then somehow we do not feel tired. Why is that? Because we are engaged with the task at hand, or maybe we simply enjoy reading a good book. So what has happened to the joy in our life? Where has it gone?

Let's look into some of the reasons that we become tired:

- Physical Reasons
- Not enough sleep
- Lack of exercise – not moving / not walking / not exercising
- Poor diet – a lack of a healthy, balanced, and nutritious diet
- Over-eating and under walking!
- A lack of hydration
- Lack of good air circulation
- Talking too much – waste and gossip
- Not keeping positive and uplifting company
- Repeated monotonous work leads to boredom.
- The weather – too hot or too cold, or uncomfortable weather such as humidity and dusty
- Always wanting to stay busy, but in an unhealthy way – to keep yourself distracted
- Multi-tasking
- Not listening to your body's needs
- Too much caffeine
- Spending too much time with technology/ News/ Youtube/ TV/ Social Media etc. this drains us...
- Uncomfortable clothing... too tight or not allowing your body to breath
- Uncleanliness – taking a shower really relieves tiredness
- Going into extremes of things, such as too much gambling etc., and other addictive behaviors.
- Working non-stop – being a workaholic!
- Lack of discipline or a daily routine
- Physical stress – such as sitting posture
- And plain old laziness and bad habits...
- Mental and Emotional Reasons
- Poor judgment
- Doing things out of duty and not from love
- Not knowing your limits
- Having no boundaries in relationships
- Depression
- General emotional upset
- Poor self-esteem
- Giving sorrow and taking sorrow
- Guilt and regret
- Poor attitude to life
- Lack of interest
- Negativity
- Anger and frustration
- Stress
- Worry
- Facing insult and defamation
- Too many desires and expectations
- Brain fog and confusion
- No purpose in life – a sense of hopelessness
- Too much attention going to the sickness at hand – blood pressure or diabetes issues. It is good to take care but not to be obsessed!
- Procrastination
- Not doing the right thing at the time and then we are out of sync with life
- Trying to be a people pleaser
- Resentment
- Jealousy
- Attachment
- Sorrow and sadness
- False Ego Appearing Real – FEARS (and egos!)
- Getting emotionally caught up – and living on one big emotional rollercoaster
- Victim consciousness – poor me!

As you can see from the list many of these things are within our control. As we step back and look at the problem, then we will also

see that the solution is also staring us in the face. How many of the above issues are created by poor decisions making? So we could change things by making better choices.

As we develop more and more self-respect we begin to value all our energies. We are cautious about not wasting those energies. The biggest reason for tiredness is our state of mind and thinking too much, or not thinking the right thing, or thinking in the right way. As we begin to manage our thinking better and think less, or even learn how to think before we think!! Then we begin to change our attitude towards everything and we become light and enlightened.



In the list of precautions from the Corona Pandemic THINK RIGHT must be given top priority. Now with the virus Delta lurking around the corner, Thinking Right is very important because if fear, anxiety, nervousness prevail at home and in the workplace, anyone who enters such a domain will get influenced by those vibrations. Once we allow the energy of Fear to be released it is difficult to arrest it. With Right Thinking F.E.A.R. has one true meaning: Face Everything And Rise! - (better than flee everything and run!) - The choice is ours. Right Thinking makes the mind clean and that influences our emotions. Every thought we create has its effect on each and every part of our body. If we continuously keep on worrying for a month about a relationship or situation not improving, the power of immunity gets lost and our health deteriorates. "Every cell in our body gets affected by our Thoughts" Our mental thoughts are invisible vibrations. The vibrations of our every thought reach all the people around us; our neighbors, the entire nation, and the whole universe as well.

A tired mind creates a tired and boring life. If we are already tired in our mind before we begin anything, then what energy can we give to the task? Often we can be tired of thinking about the jobs that we need to do, more than in the actual doing! We actually thrive on newness. We have all experienced this.

Think about it. How happy would you be to eat the same meal every day? In the same way, the mind needs newness and challenges to grow. Meditation is a tool that helps us to recharge the mind. With just one click of a thought, we can change the tired mind into an enthusiastic mind.

Meditation fills us with these qualities and powers very easily. This is because meditation is a beautiful relationship and connection with the Supreme Source of spiritual energy and power – God. God is full of those qualities and powers and never loses them ever, unlike us, who need to fill ourselves when we lose them.

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

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

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

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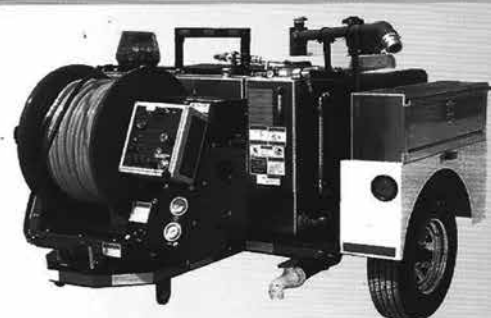
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