

Inside Hillcrest

– Connecting Neighbors to Neighbors –



FEBRUARY 2022

HOLLYWOOD, FLORIDA

VOLUME 16 • ISSUE 2

FEBRUARY INSIDE HILLCREST

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In the last issue I mentioned resolutions and that I should really have more of them because the goal of resolutions is self-improvement. So, I made one more resolution: I am going to try to be less condescending. (Condescending means to talk down to people).

HOPEFULLY HELPFUL ARTICLES

We try to write articles or even condense articles from other publications that we find interesting or that include some info that we didn't know. Inside is a condensed article from AARP about arthritis. I have osteoarthritis and someone dear to me has rheumatoid arthritis so it hits home. There are a couple of must read articles for condo boards from Eric Glazer's team on page 4.

WHERE CREDIT IS DUE

My sister Kathy and my "Cousin Marty" deserve a big THANK-YOU for the semi-annual joke/story issues. Kathy edits every issue, taking out the lamer jokes and formatting memes into one-liners for me. "Cousin Marty" and his wife Joyce live near Hillcrest and contribute a lot of the wittier jokes. We have a lot of readers who do not live in Hillcrest but they are part of the family. I met Marty & Joyce when I did a marketing mailer to Emerald Hills and saw his last name is also Abraham. We immediately clicked. Joyce is from Canada so they couldn't be more "Hillcrest" if they tried. Joyce is also a great cook so we have some very nice dinners together.

SOCIAL DISTANCING

One of the biggest oxymorons of our day. Cutting back on having people over for dinner the past couple years was very tough. The only upside for me was finding out how many services could come to me instead of me having to go to them. Going to a doctor's office was especially icky. I finally told one to please clean the chairs in the waiting room – there was more DNA on those chairs than in most labs. (He did take care of it.) Is it just me or are most doctors office examining rooms filthy too? Look around the next time you go. Also, sitting in a room with a bunch of people who are sick with who-knows-what is a little creepy.

I don't have a General Practitioner (I only go to my arthritis doctor and podiatrist when I need them). But when I got a throat infection, I called **Concierge Care** (page 3) instead of trying to get an appointment somewhere. I met **Dr. Biagio Vultaggio**. Medical care doesn't get any easier than this! Making the appointment was a breeze (when you call, you will speak with Angela) and it is amazing what can be done in your own home these days. I got the antibiotics I needed. I also hadn't had lab work in a long time so a lab tech came and did my bloodwork. And I got an EKG in the comfort of my own home. For regular medical issues, Concierge Care is a blessing.

"DON'T MATTER HOW YOU FEEL, IT ONLY MATTERS HOW YOU LOOK"

This is a line from one of the funniest songs ever, "Mama's Broken Heart" by Miranda Lambert. I started going to the Phenix shops next door to Publix up the street to get my nails and hair done. I met **Tammy at The Abstract Nails and Carla at Wild Ones Barber**. LOVE THEM! The shops are small so it is one-on-one service. Tammy also makes house calls. Carla put some highlights in my hair after my last haircut. Both service men and women. They have specials for Hillcresters on page 5. Oh sure, now that I already got my hair and nails done...

A BIG BOO-BOO AND AN APOLOGY!

We have made mistakes before in issues of IH (like the last issue having the same cartoon twice...) but we really have gone and done it now! One of our advertisers who was highly recommended by several residents who had impact windows installed, called us to say that we sent them another invoice but when they received their monthly issues, THEIR AD WAS NEVER IN THERE! Daniella, who called to let me know could not have been nicer about it. Then we got to chatting about the company **GM DOOR, WINDOW AND SCREEN** and I found out that their company is woman owned and has been around for 54

years. For any of your window/screen/sliding door needs or repairs, give them a call.

I am in the process of getting an estimate for impact windows because they are not only safer but they screen out damaging UV rays and noise. Even the sound of a lawn mower distracts me these days and having several windows facing west really heats up our condo. **Dario from Allure Shades** installed light blocking shades for us and I love that they block out all the light at night (I like it dark and quiet). Dario took care of the "dark" part now I need to get impact windows to take care of the "quiet".

ANOTHER BOO-BOO AND CONGRATS!

In the January issue in the cover story about famous people who lived in Hillcrest, I incorrectly stated that Marlee Matlin's parents lived in Hillcrest 23. I should have known better, I used to see them in the pool all the time. **Enid Jaffa** from Hillcrest 22 gently corrected me – they lived in Hillcrest 21. It is only fair that she wins one of the Publix gift cards. Congrats Enid!

And we have a two-fer. **Yesenia Rivera** of Hillcrest 25 correctly named all the Football Teams from the quiz that was in the January issue. But wait...there's more. She also won the "famous people" in Hillcrest contest. Apparently, Harry Cott (Cott Beverages fame) lived in Hillcrest 21 until his death at the age of 74 in March of 1978. Yesenia won TWO gift cards. And finally, **Marlene Mandl**, Hillcrest 6, won the "Find the 70's & 80's vernacular slang" in the cover story. Most entries had between 4 or 7. Marlene got 10 out of 11. No one remembers "gag me with a spoon" apparently. Still good enough for the winning gift card.

By the way, the word "boo-boo" is defined as a noun whose origins go back to 1954, meaning "Mistake, 'apparently a reduplication of boob 'stupid person', which had acquired a secondary sense of 'foolish mistake' (1934). In the 1930's it was the nickname of Philly gangster Max "Boo-Boo" Hoff." Who knew?

REPLACEMENT VACCINE CARDS

Inside Hillcrest is still getting requests from folks who lost their vaccine cards and need a new one. Please, for those of you who have not yet taken a picture of your card with your cell phone OR at least make a couple of copies of your card.



Building A Better Community

Continued on Pg. 2

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WHAT IS ALTERNATIVE FUNDING?

By Rafael Aquino - Published February 9, 2022

It seems as if we are moving toward reserves being required within our communities or, at a minimum, associations have some alternative funding aligned. I want to touch on today's blog's topic of the "alternative funding" obligation. In my opinion, I believe this language is too vague. We need to define what alternative funding means to our legislators? Does it mean you have to have an approved LOC (Line of Credit)? Does it mean that you can have a simple letter that states the bank will lend you such funds when the time comes?

At the moment, most banks have been friendly lending associations money as long as they have a decent financial position, the association's accounts receivable are in good standings, and they aren't over-leveraged. My concern with an alternative funding source is what will happen when market conditions change? Most banks have the right to cancel a LOC at any time; what would an association do if the bank pulls the LOC? Will they be required to fund the reserves fully at that moment? Further, we all know interest rates are expected to climb in the coming years. Will the Board be required to communicate the potential loan payment/cost to the residents?

I can appreciate that our legislators are trying to provide multiple options; however, I'm concerned that some Board members may use this to kick the can down the road or not understand the future implications of using the alternative funding method. How will an association manage the debt if the interest rate shoots up to six to seven percent? There isn't enough clarity on the definition of alternative funding and how it should be managed.

Changing our laws is no easy task; however, we need to get this right to avoid the changes that happened this year from being revoked the following year, no different from what happened with State Representative Robaina's building inspection legislation, which was overturned in 2010.

BILLS ON THE MOVE?

By Jan Bergemann - Published February 11, 2022

We are past half-time of the **2022 Legislative Session** and so far the only owner-friendly bill on the move is **SB 394** and companion bill **HB 547**: Mandatory Board Certification Seminars.

The other community association bills on the move so far only help developers, attorneys and other service providers and are definitely not written to protect families living in these community associations.

These bills (**SB 1702** and **SB 7042**) will definitely -- together with the immense raise in insurance premiums -- seriously increase the monthly maintenance fees of condo owners, but all these increased fees will do little to create money needed for structural repairs.

Yes, on paper it will create more reserve funds, but as long as these reserve funds are not protected there is no guarantee that the money will still be there when needed for the purpose intended. Many owners don't want mandatory funding of reserves since they have seen how reserve funds disappeared -- not only by scams and/or embezzlement, but also being spent by dictatorial boards for other purposes than intended.

As long as these reserve funds are not being protected -- see bill proposals **SB 274** and **HB 811** (not on any committee agenda so far) -- the Legislature is failing to protect condo owners as initial claims indicated: Preventing another catastrophe like the collapse of the Champlain Towers South in Surfside that has cost 98 lives!

I will never understand why our legislators always look out for the "welfare" of the service providers instead of making sure that the

lives and welfare of the families living in Florida's condominiums are protected.

And it looks like the interests of more than 2.6 million owners of homes in mandatory homeowners' associations (FS 720) are again being ignored: **SB 1296** and companion bill HB 1033 have so far made no great progress. A committee substitute added complicating fining procedures (FS 720.305) and mediation requirements (FS 720.311) to the existing version of **HB 1033**.

In my opinion the Florida Legislature is again -- so far -- catering to the requests of special interest to the detriment of Florida's homeowners and condo-owners.



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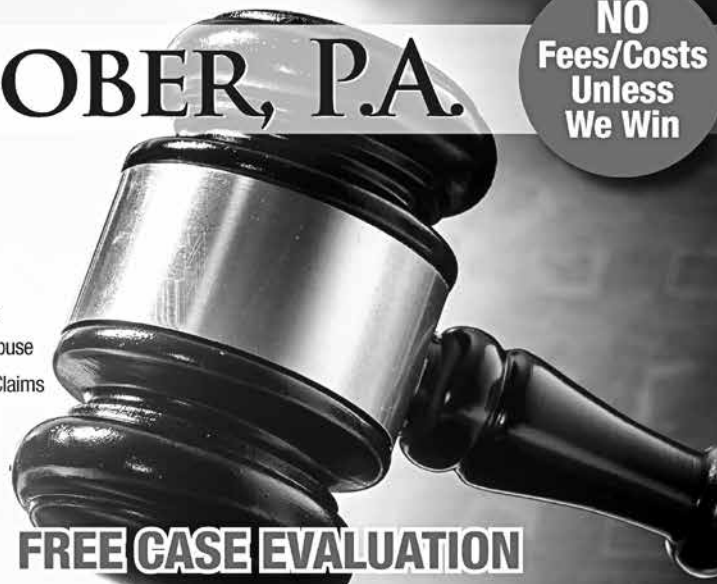
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February Kitchen Korner - by Cindy Abraham



I could have sworn I put this recipe in a past issue but couldn't find it. It is SO EASY to make as long as you prep the ingredients ahead of time. I am talking less than 15 minutes. It is the PERFECT side dish for so many of my Italian Chicken recipes. It goes with Chicken with Olives and Peperoncini, Chicken Piccata, Chicken Marsala, Chicken Scallopine, Chicken Saltimbocca and I even made it with Chicken Marbella which tends to be a little sweet.

The good thing about the Marbella recipe is you prep everything the day before so it marinates over night and then it cooks fast. I use chicken breasts in some recipes (like Chicken Saltimbocca) but if I definitely prefer chicken thighs.

AND, ready for this? I used pasta made out of chickpeas and it was EXCELLENT! I was surprised...

LEMON CREAM PASTA IL CIGNO (makes 4 side dishes)

- 8 oz. angel hair or capellini pasta
- 1 tsp freshly grated lemon rind
- 5 1/2 TBS softened unsalted butter (divided use)
- 1 TBS white wine
- 2/3 cup heavy cream
- Pinch of cayenne
- 1 tsp fresh lemon juice (or to taste)
- 1/4 cup freshly grated parmesan



1. Cook pasta for 4-6 minutes (al dente) and drain.
2. In a large skillet cook the rind in 3 TBS butter over moderate heat stirring for one minute
3. Add wine and cook mixture stirring for 3 seconds.
4. Add cream and cayenne and cook stirring for 2 minutes.
5. Add the pasta and cook, tossing it for 1 minute.
6. Remove skillet from the heat and add the remaining 2 1/2 TBS butter, cut into pieces, and stir in lemon juice, Parmesan, and salt/pepper to taste.

The juices from the Chicken with Olives and Peperoncini (Pollo alla Frasatura Sal Anthony's) goes perfectly with the lemon cream pasta so I will give you that recipe and the one for Chicken Marbella.

POLLO ALLA FRASATURA SAL ANTHONY'S (CHICKEN WITH OLIVES AND PEPPERONCINI)

- I buy the jars of pitted Kalamata olives and pre-sliced peperoncini to make it easier)
- 1/4 cup olive oil
- 4 skinless chicken thighs (patted dry and seasoned with salt & pepper)
- 3 garlic cloves sliced
- 2 1/2 TBS fresh lemon juice
- 4 oz. chicken broth
- 10 kalamata olives pitted and halved
- 6 drained bottled peperoncini sliced (stems discarded)



1. In a large skillet heat the oil over moderately high heat and add the

- chicken (skinless side up).
2. Sauté chicken turning occasionally for 8-10 minutes or until it is golden.
3. Add the garlic and cook stirring until garlic is golden (1-2 minutes) and drain off excess oil.
4. Add the lemon juice, broth, olives and peperoncini and cook, shaking the skillet often (10-15 minutes) until liquid is reduced to a light glaze and coats the chicken.

GLAZED CHICKEN MARBELLA (also good with rice)

FOR THE MARINADE

- 4 boneless, skinless chicken thighs (although I use bone-in)
- 1/2 cup white wine
- 1/2 cup pitted prunes (I used dried apricots once and it was good)
- 1/3 cup brown sugar
- 1/4 cup red wine vinegar
- 1/4 cup pitted green olives
- 1/4 cup capers
- 2 TBS dried oregano (or less if you are not an oregano fan)
- 3/4 tsp ground black pepper
- 4 cloves minced garlic
- 3 bay leaves

TOPPING

- 2 tbs finely chopped parsley
- 1/2 tsp finely grated lemon zest

1. **Marinate:** Combine all ingredients for the marinade in a large plastic bag, cover and chill overnight
2. **Cook:** Pour contents of the bag, chicken, and all, into a wide skillet. Heat to a boil; reduce to a simmer and cook uncovered for 8 minutes. Turn chicken and continue cooking 8 minutes more or until done.
3. **Glaze:** Increase heat to medium-high. Nudge the olives and prunes toward the cooler edge of the pan and keep the chicken in the middle. Cook stirring until chicken glistens deep brown and sauce and has all but disappeared, about 15 minutes. As the sauce caramelizes, lower the heat.
4. **Serve:** Discard Bay leaves. Heap on platter and top with scattered parsley and zest.





Barbara Buxton, J.D., LL.M. Attorney at Law

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VACATION... OR NOT - *By Vice Mayor Linda Sherwood*



Your Hollywood City Commission has just come off of our winter holiday break. Many people may think we were on vacation, but what it really means is that two of the Commission meetings are cancelled during the holiday season. However, during this time, your City Commissioners are still working. We continuously attend individual meetings concerning ongoing issues for which we needed to be briefed.

We met with Parks and Rec concerning the new dock leases and to discuss the new playground equipment needed for all of the parks included in the GOB (General Obligation Bond). We had meetings scheduled to discuss the new re-districting of the city. This will affect whether your address will be moved to another District.

We also attended a workshop concerning the sustainability of our Sea Walls to protect the city from tidal flooding. We had virtual meetings concerning the Hollywood Beach Golf Course Clubhouse; from the size to the architectural design as well as where on the property the new clubhouse will be located.

Another GOB item we thoroughly discussed was the layout of the new Police Headquarters. We also had meetings concerning the major corridors such as US1, Dixie Hwy. and A1A. The Sheridan St. Bridge Rehab project was another item on which we have been staying on top of.

We each also had meetings to be re-introduced to the leadership of the Boys and Girls Club and learn about their future plans.

And of course, we have ongoing meetings concerning the Orange Brook P3 (Public-Private Partnerships for the design, construction and operation of the new master-plan. By the time you receive this article we will have had an in person workshop to determine which of the 6 proposals will move forward.

On January 19th. We had our first commission meeting for 2022. This recap should bring you up to date and I will have more news for you in May.

Remember that I am always available for your questions and comments. Contact me at Lsherwood@hollywoodfl.org.

Linda Sherwood

City Commissioner, District 6, City of Hollywood
Office of the Mayor and City Commission
2600 Hollywood Blvd.
Hollywood, FL 33022-9045
Office: 954-921-3321



BOND BACKGROUND AND PROJECT UPDATES

On March 12, 2019, City of Hollywood voters passed a General Obligation Bond (GO Bond) during a Special Election to fund a variety of city-wide public improvement projects totaling \$165 million (election results posted at the end of this page). The GO Bonds will cover city-wide improvements in three broad categories:

- Public Safety Facilities, Technology and Equipment - \$78 million
- Parks, Open Space, Recreational and Cultural Facilities - \$64 million
- Neighborhood Improvements, Infrastructure and Resiliency - \$23 million

With input from the community and an assessment of city-wide needs, a list of projects was created to be funded using bonds dollars. A Design and Construction Management team was assembled and projects are now underway.

If you would like to attend the next GOB meeting, the next meeting will be held:

Tuesday, March 29, 2022 **General Obligation Bond Committee Meeting**

Location to be determined
6:00 pm - 8:00 pm

For a complete list of upcoming projects throughout the City of Hollywood, go to <https://www.hollywoodfl.org/1214/General-Obligation-Bond-Projects>

Below is a table of projects, the scope of work and the name of the Project Manager and budgeted cost for each taking place in District 6 or Citywide.

Hollywood Police Department Headquarters- 3250 Hollywood: New headquarters estimated at 120,000 SF including a 400 space parking garage.

Project Manager: Heather Guenet
Total Cost: \$72,551,950

Fire Department Equipment Acquisition: Replacement of 4 ALS Rescue Units, 2 Engines, 1 Hazmat Truck, 1 Battalion Command Vehicle, Aerial Platform Vehicle
Project Manager: Chief Poli
Total Cost: \$5,103,937

Orangebrook Golf & Country Club Revitalization (400 Entrada Drive): New 15,000 SF multi-use clubhouse, ADA accessible nature preserve path withing course designed with wildlife habitat/biodiversity for walking, jogging, biking, improved course drainage and water retention capacity, renovate 36 holes of golf to include an 18 hole championship course and an 18 hole Par 3 course, enhance putting/chipping area and driving range, new 10,000 sq. ft. cart barn, new 12,000 sq. ft. maintenance building, course restrooms and starter shack, new cart paths, illuminate 9 holes for evening play, parking lot and entryway signage.
Project Manager: Zindy Agredo
Total Cost: \$24,789,613

Washington Park - 5199 Pembroke Rd: Upgrade fields to Bermuda grass, replace field fencing, remodel press box, resurface basketball court, remove baseball field and fence, and replace ancillary park equipment. This park is located on the NE corner of Pembroke Rd and S 52nd Ave
Project Manager: David Vasquez
Total Cost: \$286,927

Zinkil Park - 5451 Washington St: Replace playground equipment safety surfacing, shade covers, swing set/turf.
Project Manager: David Vasquez
Total Cost: \$604,688

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



Greetings Hillcrest Residents,

When you drive around Hillcrest on a weekday morning, the odds are you will see blue bins outside of nearly every house. Hillcrest has long been committed to protecting our environment and ecosystem through recycling. Our residents want to reuse and reduce waste. Unfortunately, for a variety of reasons, the past several years have seen a significant decline in Broward County's recycling rate. Since the Resource Recovery Board ended in 2013, we have seen our recycling rate drop by over 30 points. But good news is here! After two years of hard, collaborative work, we are taking major steps forward towards adopting a County-wide comprehensive solid waste system that features a unified disposal and recycling education plan. Our sights are set on reaching our recycling goals and creating a more sustainable Broward County.

After the Resource Recovery Board collapsed, we were left with a piecemeal, ineffective system to dispose of the waste that was collected throughout Broward County. Due to a lack of proper recycling facilities and disposal policies, much of the waste that residents like you put in your blue bin would not be recycled to the extent that we thought. This approach was not acceptable for the sustainable, healthy future of our region. Broward County collaborated with all the cities in the County for a consultant report that gave recommendations for facilities and policies to get to a 75% recycling rate in Broward County. We had a blueprint. But we needed collective action.

In 2019, Broward County government joined with all 31 municipalities in an agreement to work together to create a comprehensive solid waste system. The Solid Waste Working Group was formed in order to help in the creation of this system and create a true partnership between cities and the County. I serve as the Broward County representative and Co-Chair of the Solid Waste Working Group. Over these past two years, we have met every other week to discuss what is needed to form a system that can work for generations to come. These efforts are culminating in two significant achievements this month.

Broward County and all the municipalities throughout the county have formally signed on to a Memorandum of Understanding for a waste generation study. How much trash do we throw away? What kind? That is what this waste generation study will help us find out. It will tell us about the volume of waste that is being thrown away and what type of waste is being distributed. This data will allow us to determine what type of recycling and waste facilities are needed to hit our goals, what kind of education programs can be most effective for our residents, and much more. It is a major step forward.

In addition, Broward County and all the municipalities are hard at work on producing an interlocal agreement that would create a Solid Waste and Recycling Authority. This Authority would become the independent entity that manages solid waste in Broward County. The representatives on this Authority would vote on facilities, policies, bonds, and much more. It would help set us on the path for a sustainable system for 30 years and beyond. We will be looking for public input on what this Authority would be named – so if you have any clever ideas, e-mail my office!

Trash may not be the sexiest topic. But our solid waste and recycling capabilities pay major environmental and economic dividends. Where our garbage goes and what becomes of it is no longer an issue we can ignore. Hillcrest residents have shown over the years that they care about recycling. You deserve a system that meets your effort and preserves your neighborhood. We are making major progress, and our beautiful home will be better off because of it.

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. Our office is open and 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.

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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.

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HILLCREST REAL ESTATE NEWS

Why Keller Williams' A Team Florida is the team you want on your side – by Cindy Abraham



As we have seen, interest rates are inching up and we expect the Fed to raise the Fed Funds Rate sometime this year. Home inventory is down 28% from this time last year. Most homes are selling within 60 days in our part of Hollywood. In the past 6 weeks, the two highest home sales in our zip code were in Parkview at Hillcrest; the third highest was in Emerald Hills. So, what is going to happen with the market? As physicist Niels Bohr said, "Prediction is very difficult, especially if it is about the future."

So far this year average days on market for a Hillcrest condo is 30. The only ones taking a long time to sell are those that have deals falling through or those that were listed months ago and waited until

the market reached their price. Not a great strategy when we know that the new condo guidelines are getting tighter and we are all looking at higher maintenance fees and assessments. So, unless you are just taking a shot (and be sure you have an exit strategy – it is easy to sell but very tough to buy), consider the carrying costs during the time your property is sitting on the market.

The Hillcrest market has remained steady over last year. In the past 90 days, the lowest to highest sale prices for the largest corner units (1499-1634 SF) ranged from 155K to 259K (our sale), convertible 2/2s (1296 SF) ranged from \$140,500 to 193K and the 1/1/1 units (994 SF) ranged from 92K to \$149,900. However, all buildings are reporting higher sales prices. Just last month we sold a 672 SF 1/1/0 for 125K and a 744 SF 1/1/1 for 135K.

In the same 90 day period last year, the corner units ranged from 100K to 259K, convertible 2/2s from 108K to 190K and the 1/1/1 units from \$106,500 to 127K. The main features that buyers are looking for are level of remodel, a nice view and newer A/C and water heater. We work hard every day to get our sellers to get the most money out of their investment and we want buyers to get the most joy out of theirs! Our motto is #LoveWhereYouLive and we treat each and every buyer like a future neighbor.

When you are interviewing Realtors for the job of selling your "investment", be sure you call us. **Cindy Abraham and Brian Gaiefsky, Keller Williams A Team Florida. Call 8-HILLCREST or 954-964-2559.**

JANUARY 2022 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida

As I wrote in the cover story, there were 172 condo sales in Hillcrest in 2021. Of those FORTY-THREE did not make it to the closing table the first time around – some had 3 or 4 deals fall through. Some sellers fired their agent and hired a new one. We benefitted four times last year from that strategy. And yes, we got the condo sold and to the closing table in record time. We had a few units that had to go through probate process so that always takes longer but we advise the buyer up front, we keep the buyer's agent informed during the process and we stay in touch with the probate attorney.

At one point in December, we had as low as 12 Active condo listings in all of Hillcrest. Remember we have 24 buildings and 2,355 units so that is the lowest inventory number I have ever seen. In January, we went as high as 28 listings. Only 10 closed during January but 24 listings went under contract during that time. Not everything that goes under contract makes it to the closing table; especially if the agent representing the seller does not have the experience to navigate all the "hurdles" between getting an offer and getting to the closing table.

There are so many agents out there that have not sold many properties and condos are unique when it comes to the amount of paperwork. And what makes Hillcrest even more unique is that each of the 24 buildings has their own application process. If a building changes property managers or even gets a new board of directors, we may have to learn a new process all over again.

When we do get an offer, not only do we have to review the 12 pages of terms we must also make sure that the buyer agent has sent in all the proper addendums: Condo rider, HOPA (Housing for Older Persons Addendum for the over-55 buildings), a Lead Based Paint addendum for buildings built before 1978, the signed Seller's Disclosure and the Wire Fraud Statement. If a buyer agent is unfamiliar with the paperwork that goes with an offer, that is a big red flag. We know right away that we will probably have to do the work for both sides.

Many agents are so hungry for business that they jump at the chance to show a potential buyer listings without vetting them. So, if it looks like we are working with a weak agent, we have to protect our seller and start working with their buyer. We not only make sure the buyer has the funds for the down payment and closing costs, but we also contact THEIR LENDER and stay on top of the financing process. Of course, we constantly monitor the deadlines for inspections, applications, appraisals, mortgage commitments, etc.

For Hillcrest condos, during our 24+ combined years of selling Hillcrest and attending hundreds of inspections and appraisals (yes, Brian is there for every single inspection and I attend every appraisal) as well as one of us being there to show and sell to each and every buyer records of getting our sellers – and buyers - to the closing table.

HILLCREST JANUARY 2022 CONDO SALES

Building	Unit #	B/B	SF	List Price	Sold	DOM
22	518	2/2	1132	175,000	165,000	22
C-24	110	1/2	1312	175,000	180,000	14
26	206	2/2	1296	170,000	170,000	7
15	507	2/2	992	150,000	150,000	33
C-18	101	2/2	992	139,900	137,000	12
25	309	1/1/1	884	139,500	147,000	26
4	301	1/1/1	744	135,000	135,000	6
21	1006	1/1/1	896	129,900	129,000	39
23	803	2/2	1216	129,000	125,000	28
23	604	1/1/1	896	92,000	92,000	7

PARKVIEW AT HILLCREST STATE OF THE MARKET JANUARY 2022

Curious as to how much equity you have built up in your Parkview home? Call us at 8-HILLCREST or email INFO@ATeamFlorida.com.

Only three on the market right now, all are single family homes. According to the MLS the first two have tenants paying \$5,300 and \$5,000 per month respectively.

Another three went under contract during the first month of this year and here's an interesting note. One of them sold 12/21/2021 for \$616,700, the owner turned around and listed it for 849K and it sold. We won't know the sales price until it closes but wow!

There were NINE closed sales during January 2022.

ACTIVE LISTINGS

ADDRESS	B/B	SF	LIST PRICE	PREV. SOLD FOR
3713 Greenway Dr	4/2/1	2,679	1,125,000	
3701 Greenway Dr	4/2/1	2,679	1,125,000	
4325 Large Leaf Ln	3/2/1	2,423	890,000	\$475,900

JANUARY PENDING SALES

ADDRESS	B/B	SF	LIST PRICE	PREV. SOLD FOR
S-1462 Evergreen Ter	3/2/1	2220	849,000	616,700
T-1001 Banyan Dr	3/2/1	1769	620,000	381,000
T- 5110 Eucalyptus	3/2/1	1421	499,000	325,200

JANUARY CLOSED SALES

ADDRESS	B/B	SF	LIST PRICE	PREV. SOLD FOR
S-3783 Greenway Dr	5/4/0	2802	999,000 / 940,000	N/A
S-1396 Silk Oak Dr	4/2/0	2311	739,000 / 735,000	467,400
S-4001 Mahogany Ln	3/2/1	2220	650,000 / 700,000	500,000
T-4765 Eucalyptus Dr	3/2/1	2017	599,000 / 599,000	410,300
S-1435 Silk Oak Dr	3/2/1	1769	599,000 / 599,000	406,000
T-1070 Eucalyptus Dr	3/2/1	1561	490,000 / 480,000	364,700
T-3973 Poinciana Ln	3/2/1	1421	460,000 / 462,500	327,700
T-5040 Eucalyptus Dr	3/2/1	1421	460,000 / 450,500	321,000
T-5100 Eucalyptus Dr	3/2/1	1421	447,500 / 447,000	325,300

PARKVIEW AVAILABLE RENTALS (ALL ARE TOWNHOMES)

ADDRESS	B/B	SF	PREV. /CURRENT	NOTES
5087 Eucalyptus Dr	3/2/1	1768	4150	Wtrfront/2-car garage
5063 Greenway Dr	3/2/1	1776	4000	Wtrfront/2-car garage
3932 Long Leaf Ln	3/2/1	1580	3800	Wtrfront/1-car garage
3982 Long Leaf Ln	3/2/1	1580	3600	1-car garage
T-4164 Greenway	3/2/1	1421	3600	1-car garage
T-4164 Greenway	3/2/1	1421	3599	1-car garage

PARKVIEW PENDING RENTALS

ADDRESS	B/B	SF	PREV. /CURRENT	NOTES
5012 Greenway Dr	3/2/1	1920	4200	Wtrfront/2-car garage
1455 Silk Oak Dr	3/2/1	1800	4000	2-car garage

PARKVIEW RENTED IN JANUARY

ADDRESS	B/B	SF	PREV. /CURRENT	NOTES
4123 Greenway	3/2/1	1499	3600	1 car garage
4164 Greenway	3/2/1	1499	3600	1 car garage



WOMEN'S HEART MONTH

DR. ROTEM AMIR, MD



As long as I can remember, heart disease has been coined WOMAN'S SILENT KILLER. One in three women will succumb to heart disease. With all the advances in medicine, what have we learned? To begin, symptoms are different, disease state presents differently in a woman's lifecycle, diagnosis and treatments are not as effective. Importantly, women who suffer from excess weight share a higher risk of earlier and more advanced disease at diagnosis.

In honor of women's heart month, there is no better time to share important and lifesaving information with you and loved ones. For starters, so much as happened in the last two years. Covid-19 has taken over the world with many people succumbing to the lung and heart damage it wreaked on their bodies. In Addition, many of us in social isolation have dropped out of our led to dropouts from fitness routine and let the stress and loneliness get in the way of our health. Weight gain for many of us was inevitable. We have lost dear ones and hope better times are in our near future.

Early on, we observed excess weight worsening women's cardiovascular disease. Women are often not assessed as aggressively as men in their pre-menopausal years. Many are busy building families, balancing work life and children. A higher BMI in adult women increases risk for many diseases, especially women's #1 silent killer- heart disease. A woman's risk of heart disease is often overlooked after suffering from pre-eclampsia, gestational diabetes, or hypertension during pregnancy. All mentioned conditions are driven by an increased weight or increased weight gain in pregnancy. And although these women carry the highest risks for future cardiac events, while already affected with structural changes to the heart muscle and coronary arteries, many go on without continuous care. And although these women carry the highest risks for future cardiac events, while already affected with structural changes to the heart muscle and coronary arteries, numerous go on without continuous care. Furthermore, with every pregnancy, the cumulative weight gain will further increase their risk of heart disease. During a general doctor visit, many clinicians are challenged with finding enough time to address their heart risk or make great strides in their weight.

So once again, life 'gets' busy, and these women are not aware anything is wrong. Blood pressure may be a bit elevated, leading to "lose of few lbs." discussion with their clinician. A couple of years later, these same women wind up in emergency room with shortness of breath. Why did this happen? While these amazing women were caring for the entire family, they likely neglected her health and weight may have accumulated through the years. They tried various diets and gained weight back. 'Keep an eye on your blood pressure' she is, she's told. 'Keep an eye on your blood pressure', she's told. Meanwhile, the heart has been remodeling and becoming less efficient and the coronary arteries and the rest of the blood vessels have stiffened.

This wonderfully 40+ female now has permanent changes that may not be picked up on routine stress testing or echo and often presents with much more advanced disease. Many have coronary blockages without chest pain instead they have shortness of breath and or fatigue.

Many women begin accumulating risk in their child bearing years and continue post-menopause.

1 in 5 heart attacks now occur in persons <40.
Excess weight in women further increases a woman's heart disease risk.

Reasons heart disease is women's #1 killer:

- EKG not always revealing of abnormalities
- Stress test may be falsely negative
- Women's symptoms are often atypical- no chest pain, instead abdominal pain, reflux, nausea
- Medications for heart failure, heart attacks were initially studied in men
- Women are often accused of being anxious or stressed by their clinicians and emergency room
- Women's hearts are smaller than men's, smaller arteries, stiffer blood vessels
- Cardiac catheterization may not pick up disease in women due to their anatomy

Several of the reasons above are due to women's anatomy. Breast tissue may interfere with EKG quality, and images produced by a stress test. This leads to missed diagnosis due to results being falsely normal while they are actually abnormal. Testing accuracy outcomes are even worse when scanning overweight and obese women. Also, weight challenged women may be blamed for their symptoms. Weight bias, the attitude of health care professionals to blame or discriminate against folks suffering from overweight or obesity also worsens outcomes. This is evident when a woman may be told her she needs to lose a few pounds and her shortness of breath will improve. Instead of sending such persons to appropriate testing, their symptoms are blamed on their weight.

Let's go Red for Women in February and Stay Red!!! This requires screening, advising, and treating differently in our women patients. We must be cognizant of our overweight patients and their increased risk and strive for better outcomes.

As a weight loss board certified obesity specialist, I help both men and women reach a healthier weight and reduce their risk of many illness including heart disease, stroke, diabetes, cancer, sleep apnea and many more.

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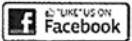
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MARTY KIAR - BROWARD COUNTY PROPERTY APPRAISER



Late Filing Exemption Deadline - September 19, 2022

If you missed the timely deadline to apply for or renew any 2022 exemption, you still have time. Applicants can late file for 2022 Homestead Exemption, Low-Income Senior Exemption, or any other exemption until September 19, 2022.

To apply for these exemptions, please visit <https://web.bcpa.net/bcpaclient/#/Homestead>. Property owners who purchased a new home or moved to a new home in 2022 can pre-file for 2023 at https://bcpa.net/homesteadonline_with_portability/web/index.aspx. If you are already receiving Homestead Exemption on your current property, you do not need to reapply as this exemption automatically renews each year. Once the September statutory "late-filing" deadline has closed, we cannot accept any more 2022 exemption applications regardless of any good cause reason for missing the late filing deadline.

2022 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2022 Save Our Homes cap at 3%. This Save Our Homes assessment cap limits increases to the Assessed/Save Our Homes Value for properties receiving Homestead Exemption to no more than 3% per year or the increase in the Consumer Price Index (CPI) regardless of increases to

the just value of the property. This cap results in considerable savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the assessed value of the property.

Important: The Save Our Homes cap begins the year after you receive Homestead Exemption and automatically renews each year. This cap does not cover new construction or construction that was not taxed before the "Save Our Homes" limit applied to a particular property. Many owners will face a significant increase in property taxes when they purchase a property as the previous owners' exemptions will be removed and the Save Our Homes (SOH) value reset. Florida law requires the SOH value be brought up to the just value of the property when Homestead Exemption is added or removed from the property. For this reason, our office offers a New Homebuyer's Tax Estimator on our website at <https://web.bcpa.net/bcpaclient/#/Tax-Estimator>. This estimator allows prospective buyers the ability to plan ahead when purchasing a new home.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at 954-357-6830 by email at martykiar@bcpa.net.

Take care,

Marty Kiar,
Broward County Property Appraiser

8 EARLY SIGNS THAT YOU MAY HAVE ARTHRITIS

by Michelle Crouch, AARP, Updated December 20, 2021 - Edited and condensed by Cindy Abraham

It's not unusual to experience pain in your joints on occasion, especially if you're active and participate in high-impact activities such as running. That unwanted ouch can be caused by injured muscles, tendons and ligaments around the joint — or by tendonitis, a sprain or a strain.

But if you start experiencing aching, pain and stiffness on a routine basis — and particularly if the pain is right at the joint — you may be developing arthritis, says rheumatologist Uzma Haque, M.D., codirector of clinical operations at the Johns Hopkins Arthritis Center in Baltimore.

Your risk of arthritis increases as you age, and it's a leading cause of disability in the U.S., affecting around 58.5 million people, according to the Centers for Disease Control and Prevention (CDC).

Inflammatory arthritis vs. osteoarthritis

Arthritis actually describes over 100 different conditions that affect joints and the surrounding tissue. They fall into two main categories: inflammatory arthritis and osteoarthritis (OA).

Inflammatory arthritis is a systemic disease in which the mechanisms that normally protect your body attack your own joints and tissues instead. The most well-known example is rheumatoid arthritis (RA), which tends to be symmetrical, meaning you'll have problems in the same joints on both sides of your body, like both wrists or both knees. The second type of arthritis — and the most common form — is osteoarthritis. A degenerative disorder, it's caused by trauma or age-related wear and tear on your joints over time. OA is most likely to affect weight-bearing joints such as the knees, hip, lower spine or big toe, but it can also cause pain and stiffness in your thumb or finger joints.

Early signs of arthritis

Here are some early arthritis symptoms that should prompt you to see a medical provider.

1. Pain in a joint. Pain or aching in a joint that gradually becomes worse over time is a classic symptom of arthritis, says Lisa Cannada,

M.D., an orthopedic trauma surgeon at Novant Health in Charlotte, North Carolina. The pain may be triggered by activity, or it may set in after activity or at the end of a long day.

2. Joint swelling and tenderness. As arthritis gets worse, it can cause joints to be swollen and tender. It may hurt when you press down on the joint.

3. Joint stiffness, especially in the morning. Stiffness may occur after prolonged sitting, after activity or when you wake up. "It's a feeling that you need lubrication to do something," Cannada explains. Morning stiffness that lasts more than 30 minutes is a hallmark of RA.

4. Grating sound or sensation. Grinding or grating as a joint moves is a sign the cartilage in your joint has worn down and can indicate arthritis, Cannada says. It's most common in the knee and hip but can affect other joints as well.

5. Pain in a joint that was previously injured. Many cases of osteoarthritis occur in a part of the body that suffered a prior injury or trauma. "If a football player had a knee injury back in high school, then they're likely to get knee osteoarthritis later," Haque says.

6. Groin pain. Many people don't realize pain from hip arthritis radiates to the groin, not the outside of the hip, Cannada says. Hip arthritis can also cause pain in your thigh or buttocks.

7. Symmetrical joint pain. Rheumatoid arthritis often causes problems in the same joints on both sides of your body, like both wrists or both knees.

8. Pain or stiffness in your hands and feet. Rheumatoid and other types of inflammatory arthritis often develop first in the small joints of your hands, wrists and feet, Haque says. "Somebody with inflammatory arthritis may say, 'In the morning when I wake up, my feet are very stiff, I can barely move them, and it's painful to bend my toes. Then the day goes on and I feel better.' "

4 SPIRITUAL PRACTICES THAT WILL GET YOU THROUGH THE ROUGHEST TIMES

The author of *The Endless Practice* shares some unexpected ways to get through challenges both small and large. By Mark Nepo. Mark Nepo is also the author of *Reduced to Joy* and many other books. To find out more about him go to MarkNepo.com



Illustration: Todd Davidson/illustration Works/Getty Images

Being opened quietly for moments every day creates a path by which life reaches us, the way rain carves a little stream in the earth by which the smallest flowers are watered. The purpose of a spiritual practice is not to be done with it and the reward for practice is a thoroughness of being. Given the pulls to be cruel or kind, to be clever or sincere, to hoard or give away, we can explore four practices that, if personalized, can help us turn the task back into wonder; practices that if listened to can help us transform ourselves, one more time:

1. The Practice of Uncertainty

The practice of uncertainty is patience. That is, the only way to move through uncertainty, the only way to listen for what it has to say, is by being patient. The speech of uncertainty is slow. When we move too fast, the lessons are unintelligible. For sure, it's hard to be patient. Waiting was one of the great teachers that appeared during my cancer journey, the most difficult teacher and greatest ally. In the three-year heat of my medical journey, every step required a different decision which only waiting uncovered. During that waiting, I became more and more grounded in the free fall of uncertainty. We are born both patient and impatient. While our being is born moving slow, the life that carries it flits like a hummingbird, rapidly twitting even when we hover. Yet when our body, mind, and heart are aligned—like tumblers in a mystical lock—something eternal opens. How then can we learn to be patient? By slowing down when we speed up. By following whatever part of us is moving slow. If your heart is racing, let the calm at the center of your mind slow the rest of you. If your mind is racing, let the tiredness of your body slow the rest of you. Difficult as it is, the practice of patience centers on trying to have our body, heart, and mind pause until they all can move in unison, at the pace of what is real. An ounce of music, silence, or truth can bring us closer.

2. The Practice of Opportunity

The practice of opportunity is trust, which means following our heart. Opportunity always presents itself as an opening that seems a bit smaller than we think we can fit through. Following our heart means trusting that we will fit through the opening we have to go through. It might be the narrow opening back to health or leaving a life of quiet secrecy to swim into the sea of love, or putting all our weapons down, even the invisible ones, so we can humbly shimmy through the tunnel of now to an authentic life. Trust means dropping closer to the earth so we can inch our way through the one opportunity that is presenting itself. Though it seems daunting, we never know what we carry or what we can seed until we strip down to meet our opportunity. We never know what is full-born or waiting deep inside our pain until we trust what is under all our explanations and doubts. Opportunity doesn't promise a destination or relief from the press of not being who we are. Opportunity provides fresh water for the fish of our soul to swim in. And it's the swimming in fresh water that cleanses us of all that doesn't matter.

3. The Practice of Courage

The practice of courage is doing small things with love. This was Mother Teresa's anthem. We begin one kindness at a time, one utterance of truth at a time. From the outside, things that require courage seem impossible, but once we begin, we're no longer on the outside. This lets

us see more.

This lets us feel the current of the situation we have to cross. Any small act of love shows us the next step to be taken. So it's imperative to stop rehearsing the perfect starting point and just begin. We can practice doing small things with love when we're not afraid, so it will be available to us when we are afraid. You can do this by making dinner for your dog, or getting coffee for your loved one, or holding the door for an elder who's taking way too long to cross the parking lot in the rain. The world is our practice ground. The word authentic comes from the Greek *authentēs*, which means bearing the mark of the hands. Doing small things with love is how we care for each other, one hand at a time. Doing small things with love releases our courage. And each small act we're led to leads to more. Doing small things with love is the atom of bravery. I tell myself when afraid, "To be courageous, I don't need to become my best self, I just need to open who I already am and courage will fill me."

4. The Practice of Connection

The practice of connection is holding and listening. When we feel disconnected, any act of holding or listening will return us to the larger world. With regard to listening, the difference in being an introvert or an extrovert is mostly the direction of our attention; where we naturally face when we listen, toward the inner world or the outer world. Just as some of us are born left-handed and some right-handed, some of us are born to listen inwardly first or outwardly first. One is a strength and the other is an unused capacity. The practice connection requires that we complete the one that doesn't come naturally. Our challenge is to do the dishes and pay the bills while somehow stilling ourselves, though there are so many places to go. If we can't stay connected to the stream of life in the midst of the thousand tasks, our frustration and disconnection will begin to hurt others. Tending and being go hand in hand. When we can tend and be in a way that complements our soul, we discover time and again that holding leads to finally being held. Like everyone, I still struggle with this. My only thoughts, when feeling disconnected, are to stay open to the teachers around me moment to moment. Just the other day, I was drawn to hold some of my father's tools, now that he's gone. I have a chisel, a T-square, an awl. And when I can't really fathom the fact that he died and is no longer here on Earth, I hold one of his tools. I hold something he held. Because we can listen to what we hold. When we touch something that's been touched, it speaks to us. Not in words, but in the felt language of being from which all words arise. Meditation fills us with these positive 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 constantly when we lose them. The early morning is the best time to meditate and also before bed if you can.

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. Here is the Zoom Link: Join Zoom Meeting. Click JOIN A MEETING type in ID & code. Meeting 830 9088 9112 passcode etta

We have a wonderful group on Zoom every Tuesday morning, at 10:30 am ET. Many from out of town and even from Germany, Israel, and Canada. Many are our meditators from the Hollywood Library, but many just beginning. Either way, the class is for You. We welcome everyone, beginners and meditators who have found this practice rewarding for their lives. If you are looking for PEACE and Happiness outside of yourself, you will not find it. Peace, love, happiness, wisdom, and purity are all within your soul, inside. Take a few minutes each day, even for just a 5 minute time of silence. Look within yourself and focus on the peace and love you already are in this lifetime. It will become easier to focus and get rid of the noise in your head with practice. Join us on Tuesday morning and come together with like-minded souls who just want Peace of Mind in the world of turmoil. I, Etta Stevens, conduct the class and I am just waiting for you to join us.

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