

Inside Hillcrest

– Connecting Neighbors to Neighbors –



APRIL 2023

HOLLYWOOD, FLORIDA

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APRIL INSIDE HILLCREST

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CONDO CERTIFICATION CLASS FOR BOARD MEMBERS

Eric Glazer, as you all know, is a local attorney Certified by The Florida Bar in Condo Law. He is conducting a Condo Certification Class, Monday April 17th here in Hillcrest. Forty-three board members from the 24 buildings have signed up for this class. According to the Florida Statute, within 90 days after being elected or appointed to the board, a newly elected or appointed director must submit a certificate of having satisfactorily completed the educational curriculum administered by a division-approved education provider within 1 year before or 90 days after the date of election or appointment.

Also, the written certification or educational certificate is valid for the uninterrupted tenure of the director on the board. A director who does not timely file the written certification or educational certificate shall be suspended from the board until he or she complies with the requirement. The board may temporarily fill the vacancy during the period of suspension.

The association shall retain each director's written certification or educational certificate for inspection by the members for 5 years after the director's election. However, the failure to have the written certification or educational certificate on file does not affect the validity of any board action.

PARKVIEW AT HILLCREST HOA

Now that Pulte has turned homes and townhomes over to the newly formed HOA, the Hillcrest condo community has two seats on their Shared Amenities Board of Directors. Many of us knew **Robert De Torres**, who was the first board member in Parkview. He was a great guy to work with but moved out of the area and we wish him the best.

Parkview now has a full five-member board as of January 25th. President **Brian Belmonti**, Vice-President **Tama Rozovski**, Secretary **Stan Fishman**, Treasurer **Gaurav Mehta** and Director **Chad Riddinger**. Congratulations to all and we look forward to meeting you!

As per the Hillcrest PUD, it is required that Parkview create a Shared Amenities Committee composed of 7 members with two (2) of the members representing the Hillcrest condo community. Below is an excerpt of the

Declaration regarding the Shared Amenities Committee:

"The Shared Amenities shall be accessible to those residing in Hillcrest PUD, including Parkview at Hillcrest. However, in no event shall current and future owners of residential units in the Hillcrest PUD (i.e., other than those in Parkview at Hillcrest), have any responsibilities or obligations to fund the construction, maintenance, repair, or operation of the Shared Amenities, either directly or indirectly, including monetarily contributing to a special taxing district, the Association, a CDD or other funding mechanism. Nothing contained herein shall prohibit or limit the ability to charge said residents' usage fees for the tennis facility which may include tennis and bocce ball courts, or deposits associated with use of the clubhouse facilities for special events (i.e. private parties) as provided in the then-governing documents concerning clubhouse operations. A governing board shall be established for the purpose of, among other things, determining usage fees and applicable rules. Said governing board shall include representation from owners within the Hillcrest PUD."

Therefore, the HOA has established a Shared Amenities Committee for the purpose of, among other things, determining usage fees and applicable rules, including hours of operation. The Shared Amenities Committee shall have 7 members, including 5 appointed by the Board of Directors to represent the Association and 2 others who shall be appointed by the Presidents of the 27 other residential condominium associations in the Hillcrest PUD.

For the first time that I can remember in the past 24 years, most Hillcrest buildings have a new president. As a result, the list of qualified candidates for the two seats on the Shared Amenities board was a short one. We had four presidents offer to fill the seats, so we were preparing resumes to send out to the building presidents for a vote. Two candidates ended up dropping out, making a vote unnecessary.

A big THANK YOU to: **Steve Hurtig**, President of Hillcrest 25 and **Laura Gomez**,

President of Hillcrest 18. Based on past service to the Hillcrest Community both Presidents are very qualified to serve in this capacity. They are everything we would want in a representative; knowledgeable, experienced, and professional.

APRIL HLC MEETING

Very important that you read the notes from the HLC meeting held on April 13th, 2023. The guest speakers were **John Lafferty**, from Kimley-Horn and Associates Planning and Design Engineering Consultants, and **Mark Johnson**, Project Manager, Department of Development Services, Engineering, Transportation & Mobility Division for the City of Hollywood. Say that five times real fast... And of course, our own City Commissioner **Idelma Quintana**, who spoke about the future of recycling in Hollywood. There were a lot of new board members present who had the opportunity to meet and speak with Commissioner Quintana.

As part of the trial test for the new shuttle, FIVE of the stops are here in Hillcrest. The attendees were provided a copy of the trial program, times and routes in English and Spanish. If your building was not represented by a board member at this meeting, let us know at INFO@HillcrestLC.com for a copy of the posters. Notes from the meeting are on page 2.

Commissioner **Idelma Quintana** is inviting all interested Hillcrest and Parkview residents to participate in a meeting on this subject that will be held **THURSDAY, APRIL 27TH FROM 6:30 TO 8PM AT CLUBHOUSE 2 LOCATED AT 1151 HILLCREST COURT. April 27th 6:30 - 8pm**. A flier with the agenda / topics will be sent out next week.

MAY HLC MEETING

City of Hollywood **Mayor Josh Levy** will be the featured speaker at the May 4th Hillcrest Leadership Council meeting to update us on issues and events that affect us here in Hillcrest. If you have any questions for the Mayor, please contact your building president so that the board representative who will be attending the meeting can get you answers. The next HLC meeting will be **THURSDAY, MAY 4TH, FROM 6 PM - 7:30 PM AT CLUBHOUSE 2, 1151 HILLCREST COURT.**

RECYCLE DOS AND DON'TS

It has been a while since we printed the guidelines for recycling. Most buildings keep a container in the trash room for recyclables and a separate one just for glass as well as a small basket for dead batteries so the maintenance staff can dispose of them safely.



APRIL 13, HLC MEETING - By Steve Schneider

Do you want or need alternatives to driving around town?

Well then, the City of Hollywood is offering free rides through May 31. The van started operation three weeks ago to help the City determine if there is a permanent need for it. Currently, rides are available Monday through Saturday, from 2 p.m. to 6 p.m. After the test period ends, taking the van will cost \$2 per ride.

The on-demand rides, on an electric-running van, make stops throughout Hillcrest. The van rides go to numerous locations, all west of Tri-Rail. Stops include the Hollywood Tri-Rail Station, Target, Publix, Memorial East Regional Hospital, and Walmart. You can also catch a ride to Miramar Bakery, Bravo Supermarket, the Kay Gaither Community Center, Burlington (next door to Aldi), and Zinkil Park.

In Hillcrest, the van, run by micro-transit provider Circuit, stops at Hillcrest 2, 8, 20, 21, 23 and 25.

To arrange a ride, download the Ride Circuit mobile application from Google Play or the App Store. Or you can request a "Sun Shuttle West" ride by application, or by calling (954) 303-9057.

And to make sure this trial program is successful, the City wants your feedback, **District 6 Commissioner Idelma Quintana** said. She spoke at the April 13 Hillcrest Leadership Council meeting. You can comment by going to the City website and clicking a link for Sun Shuttle West.

Two transportation experts joined her at the meeting, which was held at Rec Room 2 on Hillcrest Court. **John Lafferty** from Kimley-Horn, Planning and Design Engineering Consultants, and **Mark Johnson**, a City of Hollywood transit official.

Johnson explained that as part of our Pilot Test with Circuit, if you request a ride via the Circuit App the cost is \$2 per rider. If you request a ride over the phone by calling 954.303.9057 during the service hours or happen to see the Circuit van at a designated stop and request a ride,

there is no charge. Initially, the trial van rides initially ran from 10 AM to 2 PM. But people weren't thrilled with those hours. So, they were changed to 2 PM. to 6 PM.

Quintana and Johnson said the City will evaluate additional feedback in a few weeks. This means the hours may change again to better suit the people who need the van rides. And that's why it's important for Hillcrest residents to use the service, and to give the City reactions to it, Quintana said.

When the test run ends next month, City officials will evaluate what they've learned. That way they can figure out if it pays to make the service permanent, at \$2 a ride.

Hillcrest leaders also learned about a survey being conducted by Kimley-Horn, the Planning and Design Engineer. Some of the questions were: How do you currently get around the City of Hollywood? Are there Hollywood destinations you visit two or more times a week? What destinations would you prefer to take transit to? What would encourage you to use transit or community shuttle services?

The survey will help the City work with Broward County to create transportation programs as alternatives to driving or taking currently operating county buses. The effort is part of the penny increase voters approved for our local sales tax.

John Lafferty, with Kimley-Horn, can be reached at john.lafferty@kimley-horn.com, Mark Johnson at mjohson@hollywoodfl.com and our City Commissioner Idelma Quintana at iquintana@hollywoodfl.com.

In another matter, Quintana said Broward Commissioner Beam Furr is working on a program to support recycling in Broward County.

Unfortunately, it has hit a snag because companies don't make the profit they used to make collecting, processing and selling recycled items, Quintana said. So, Furr wants to see all 31 Broward cities create a government-run recycling program that can process waste even if the business doesn't turn a profit.

Community Shuttle service west of I-95

In a continuing effort to improve public transportation options and connectivity within the City, the City Commission authorized staff to identify potential community shuttle routes and micro-transit zones within the City of Hollywood, districts 3, 4, 5 and 6.

The transportation options include a Community Shuttle, which would be a free service that could operate 8-hours a day, 7-days a week on routes west of I-95. The intention of the service would be to supplement transportation options currently offered by Broward County Transit.

Residents can play an important role in contributing to the creation of these routes; therefore, any feedback will be of significant help. To assist with this effort, the City has retained Kimley-Horn and Associates, Inc. to help collect data and finalize the routes in the area mentioned above.



Continued from Pg. 1

I know Hillcrest buildings 22,23 and 27 do that and it would be great if others followed suit.

Most of us recycle properly and some of us contaminate the recycling bins by putting in things that don't belong.

DO NOT PUT PLASTIC GROCERY BAGS IN THE RECYCLE BIN OR ANYTHING THAT IS CONTAMINATED WITH FOOD! THROW AWAY THE PEANUT BUTTER AND MAYONNAISE JARS IF YOU CAN'T CLEAN THEM THOROUGHLY!

I have seen greasy pizza boxes, used tissues and napkins in the bin. C'mon people, PLEASE dispose of your unwanted plastic bags, films, and wraps at participating retailers like Publix or use them as garbage bags (double bag if you are throwing your garbage down the chute). Plastic bags cannot be recycled with other materials because they get stuck in the machines, leading to costly repairs. When you throw the wrong items in the bin, you can contaminate all of it, which is counterproductive and unfair to those of us who are trying to do our part.

Again, do NOT recycle cans, paper or cardboard products that are contaminated with food. Thanks to our City Commissioner **Idelma Quintana**, we have enough copies for each floor in EVERY Hillcrest building. If you want the copies allotted to your building, please email INFO@HillcrestLC.com and we will drop them off to your building.

KEEP HILLCREST CLEAN

On a related note, it is great to see people picking up trash in their parking lot on the way from their car to the building. It has been windy lately and stuff is blowing all over the place. So, kudos to everyone who pitches in to keep Hillcrest beautiful. Now if we can only train the rest of Hollywood not to throw trash on the ground (local store parking lots are an embarrassment), our city would look much nicer. I took down the license plate number of a woman who opened her car door at a light to throw her fast-food containers on the ground. I reported it to the non-emergency police number **(954-764-4357)** and was told they sent her a warning letter! Hope that shook her up a bit.

CHILD OR GRANDCHILD HEADING TO COLLEGE IN THE FALL?

"That ain't cheap", as Uncle Gene used to say (about almost everything). But yes, been there done that. Sending a child to college is a BIG investment. See page 9 for a way to help offset the investment. And now is the time to start planning. Any questions? **Call 8-HILLCREST** for answers.

Pages 9-12 in this issue of Inside Hillcrest are easy to pull out and save. Consult the List of Referral Partners when you need a good Real Estate agent in the city where the university is located or if you have a friend/relative who needs one.

FOREVER STAMPS

Stock up on "Forever" stamps: The U.S. Postal Service will hike the price of a first-class stamp 4.8 percent, from 63 cents to 66 cents, on July 9. A first-class stamp covers the cost of mailing a 1-ounce letter. An additional ounce will remain 24 cents.

HISTORY HEARSAY

Most people don't know that back in 1912, Hellmann's Mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after its stop in New York. This would have been the largest single shipment of mayonnaise ever delivered in Mexico.

But as we know, the great ship did not make it to New York. The ship hit an iceberg and sank. The people of Mexico who were crazy about mayonnaise, and were eagerly awaiting its delivery, were disconsolate at the loss. Their anguish was so great that they declared a National Day of Mourning. The National Day of Mourning occurs each year on May 5 and is known of course, as Sinko De Mayo. The only thing that seemed to lessen their pain was a few shots of tequila. You're welcome.

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IDENTITY THEFT – ARE YOU A TARGET?

Identity theft is a serious problem that can affect people of all ages, but there are three demographics that are particularly vulnerable to this crime.

Young Children are a common target for identity thieves because they typically do not use their Social Security number until they reach the age of 16 or 18. This means that their information is often unused and unmonitored for several years, making it an easy target for thieves.

The Elderly are also at risk of identity theft. Scammers often target older people because they are more likely to be trusting and may not be aware of the risks associated with sharing personal information. In some cases, scammers may pose as government officials or financial institutions to trick older people into giving away their personal details.

The Recently Divorced is the third group that is vulnerable to identity theft. In many cases, one spouse may have access to the other's personal information, including bank accounts, Social Security numbers, and driver's licenses. This can leave the other spouse and any children they have at risk of identity theft, as the other spouse may use this information for their own gain.

Identity theft can be a costly and time-consuming crime to recover from. It can take months or even years to repair the damage caused by identity theft, and the financial costs can be significant. Unlike other crimes where the burden of proof is on the prosecution, victims of identity theft often have to prove their innocence to clear their names.

In today's digital age, where personal information is frequently shared online, it is more important than ever to consider identity theft protection. Taking steps such as monitoring credit reports, shredding personal documents, and using strong passwords can help to reduce the risk of identity theft. It is important for everyone to be vigilant and take steps to protect their personal information.

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SEVEN FOODS THAT CAUSE BELLY BLOATING

– By Denise Maher, AARP Magazine

Bloat sounds like it feels. Your belly swells, with gas and fluid pushing out from inside, making it feel as if you are wearing a heavy inner tube around your middle.

Bloating, a sensation of fullness in your abdomen, is a tricky topic, says Lin Chang, M.D., vice-chief of the Division of Digestive Diseases at the David Geffen School of Medicine at UCLA. “Bloating is such a common symptom that can be associated with multiple different diseases or disorders,” she explains, that it is often not used in diagnostic criteria, as it doesn’t help distinguish one condition from another.

What causes belly bloat?

The root cause of your bloat could stem from various issues, or a combination of them, including a lack of fiber in your diet, a food intolerance, irritable bowel syndrome (IBS) or small intestine bacterial overgrowth, or a serious condition such as colon cancer. If you’ve already gotten the clear from a colonoscopy — recommended starting at age 45 — it is likely that this disagreeable symptom comes from a classic gastrointestinal problem. Constipation, one of the main reasons so many people experience gas and bloating, gets more common as you age. According to the American Gastroenterological Association, about 16 out of 100 adults experience constipation symptoms. After age 60, that number rises to 33 out of 100.

Experts say there are a number of reasons digestive issues tend to plague more older people. “With age, we produce less stomach acid, which is responsible for activating certain enzymes that help break down foods,” says Sandra J. Arévalo Valencia, director of community health & wellness at Montefiore Nyack Hospital in Nyack, New York. “When these enzymes are not being activated and the food remains longer in the stomach, then there’s more gas that remains for a longer period of time in the digestive tract,” she says.

Every person is different, and not everyone will have trouble with every food, stresses Arévalo. But if you are curious about possible dietary causes of bloating, consider these seven types of food.

1. Milk, cheese or other dairy foods

Developing lactose intolerance later in life is very common, says Arévalo. With age, we produce less and less of the enzyme we need to digest the lactose (a type of sugar) in milk, she explains. Besides bloating, dairy digestion problems can cause gas, pain and diarrhea. Luckily, there is an easy over-the-counter remedy. You can supplement the missing enzyme, lactase, with products such as Lactaid.

2. Beans, lentils, almonds, whole grains

The high fiber content in legumes and some other foods can cause bloating and pain with digestion, notes Arévalo, who is also a spokesperson for the Academy of Nutrition and Dietetics. Chang suggests that her patients use a tool, like a spreadsheet or food diary, to help correlate consistent patterns of gastro symptoms with what they ate. Check out free digital app diet trackers like Cara Care, Symple Symptom Tracker or Low FODMAP diet A to Z that can help you connect foods with your bloating symptoms. Also helpful are such patient-friendly resources as the International Foundation for Gastrointestinal Disorders and the Rome Foundation.

3. Foods with artificial sweeteners

Manufacturers use low-calorie sweeteners like sorbitol in foods and beverages to bring down the overall calorie count. But some sweeteners might not digest fully in the small intestine, leading to gas and bloating in the large intestine. More research is needed to learn how sweeteners affect GI function and the gut microbiome, according to Monash University, where researchers created the low FODMAP diet for people with IBS. Check the ingredients list for sweeteners such as sorbitol and mannitol. Gum and mints with warnings about excess consumption causing laxative effects are a good sign that the item is a sweetened food that may cause gastro symptoms.

4. Carbonated drinks, soda, sparkling water

Some people cannot tolerate bubbles and carbonation, according to Arévalo. Others need to start drinking it gradually, to get their system used to the fizzy beverages.

5. Beer

Beer checks a lot of bloat boxes, notes Adrienna Jirik, M.D., a gastroenterologist at the Cleveland Clinic. Besides carbonation, it contains grains and gluten, which bother some people. And alcohol can disrupt digestion and interfere with healthy gut bacteria, ultimately leading to more gas production. Then, bingo! You’re bloated.

6. Broccoli, brussels sprouts, other cruciferous vegetables

While they’re nutrient-rich, cruciferous vegetables are also chock-full of sulfurs and fiber that can pack a wicked punch of gas. Chang notes that there are new digestive enzyme supplements that claim to make it easier for your system to break down these foods, though their effectiveness remains to be proven.

7. Fruits you don’t eat often

Like many fruits, apples, pears, berries and grapes are high in fructose and can trigger digestive issues, especially when added to a diet abruptly. When you aren’t used to eating fruit and your digestion isn’t as efficient as it used to be, food stays in the GI tract for longer, Arévalo says, causing more fermentation, gas production and consequent bloating. She says she sees this when people newly diagnosed with prediabetes, high cholesterol or high blood pressure are told to eat more fruits and vegetables. “If they don’t already consume fruit regularly, their bodies react badly at first,” she explains. Introduce new fruits slowly and add no sugar low-fat yogurt to your diet to help your gut tolerate them.

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



Greetings Hillcrest Residents,

April showers bring May flowers – and this April brought unprecedented rain to Hollywood and Broward County. Over 25 inches of rain drenched our area, with tremendous impacts on the lives of our residents. Flooded streets led to abandoned vehicles and water creeping towards homes. As I write this, the recovery is still ongoing. We will be examining the preparation and response to this historic rainfall, and making sure that we have the most resilient region moving forward.

Outside of the rain, this was an eventful month in District Six and Broward County. Read on below for an update!

Solid Waste

Broward County continues to work with all 31 cities in the County to advance a comprehensive waste and recycling system, which is an issue of major interest to Hollywood and Hillcrest residents. The fire at the waste-to-energy plant in Doral serves as a stark reminder of the stakes. We are far behind on our overall recycling rate, and our waste is being landfilled or shipped out of the County. This is both environmentally and economically unsustainable. Creating the capacity and facilities for recycling and other waste solutions is more important than ever – which is why the County and cities have been working together for over three years as a Solid Waste Working Group to get a system moving and a Waste Generation Study underway. On March 30th, we had a meeting with all of the delegates of the 31 cities plus Broward County to discuss the final draft of an interlocal agreement for a comprehensive solid waste and recycling system. After serious debate and deliberation over various challenging

sticking points, we hope we are near the finish line! Stay tuned for more major updates soon!

Sea Turtles

Sea turtle season is here! Sea turtle nesting season runs from March 1st to October 31st each year. Over the last several years, Broward County has made a significant effort to protect sea turtles and their nests along our coastline through our Broward County Sea Turtle Conservation Program. Last year, data showed we had 2903 loggerhead sea turtle nests, 360 green turtle nests, and 26 leatherback sea turtle nests. These are increases that show that these conservation efforts work! This year, we are working hard to make sure these efforts continue during an expected busy summer season.

Contact Us

Our District office is conveniently located within the lobby of the Hollywood Branch of the Broward County Public Library at 2600 Hollywood Blvd, next to Hollywood City Hall. My District office staff is available to you from 10 AM to 4 PM, Monday through Friday. If you plan a visit, please note the library building opens at noon on Mondays and Tuesdays. My staff is also working from my office in Fort Lauderdale and from other locations within our District. The Fort Lauderdale office is open for your convenience Monday through Friday from 9 AM to 5 PM. If you would like to schedule an appointment, or have a great idea, suggestion or an issue that may need my attention, feel free to call me at **954-357-7006/-7790** or **send me an email at bfurr@broward.org**.

MARTY KIAR BROWARD COUNTY PROPERTY APPRAISER



Copies of Deeds are Public Records and Free

Every year our office hears of new mailings aimed at Broward County property owners offering to provide the owner with a “certified deed” for their property. The company will provide this service for a fee; however, most documents are available for free through Broward County Records Division.

Your deed is a document or written legal instrument which, when executed and delivered, conveys an interest in or legal title to a property. Deed recordation is the process of registering a transfer of real property with the Broward County Records, Taxes & Treasury Division. Once the deed is recorded with County Records, it is provided to the Property Appraiser’s Office so the property record can be updated. If a property owner is registered with our Owner Alert notification service, the owner will receive an email notification of this change. Property owners can register for the Owner Alert notification service online at <https://web.bcpa.net/owneralert>

Deeds and many other important documents are already available online and free on Broward County’s Records, Taxes & Treasury Division’s website and linked from our office’s website. Deeds

recorded prior to January 1, 1978 and recorded deeds utilizing social security numbers must be ordered in person or by written request. The county charges a nominal fee for reproduction (\$1.00 a page/\$2.00 certified) along with a \$2.00 search fee per name, per year. County Records can be reached at 954-831-4000.

Reviewing and obtaining a copy of your deed on County Records website is simple: go to <https://officialrecords.broward.org/ClaimWeb> and select your search criteria. Documents matching these criteria will be displayed and you can print a copy of the document you select. To search for a recorded deed on the our website, search for the property record at <https://web.bcpa.net/bcpaclient/#/Record-Search> and click on the blue “Book/Page or CIN” number located under the “Sales History for this Parcel” on the property record page.

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, CFA
Broward County Property Appraiser

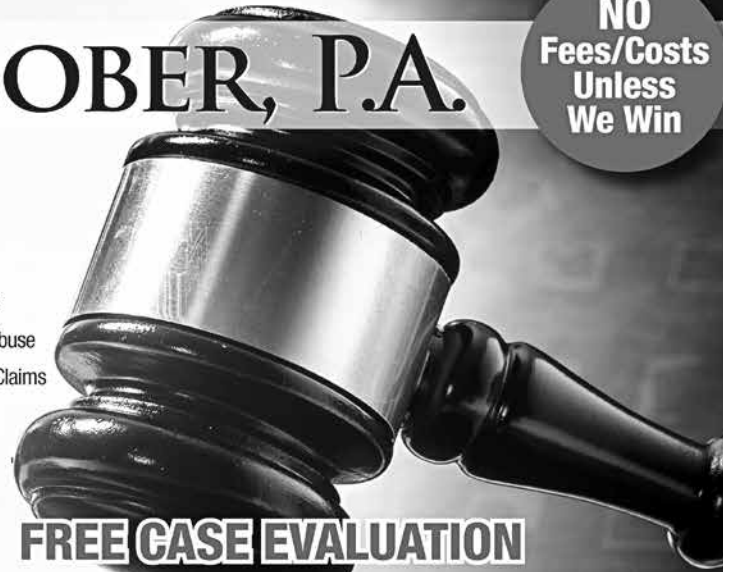
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April Kitchen Korner - by Cindy Abraham



I am not big on newfangled gadgets, but my daughter talked me into an air fryer and I LOVE IT! Saves electricity, time and doesn't heat up the whole kitchen. She swears by it and cooks almost everything in it including steaks and burgers. We aren't doing a lot of red meat so haven't tried that yet. But we are suckers for air fry chicken tenders and fish. You can't beat sweet potato fries in an air fryer. Here are a few good ones that I tried lately. Had to go out and buy a cake pan for the Scampi - never even knew you could use one in the air fryer. but all of these turned out pretty well. We are not Brussel sprout lovers but liked the recipe below. I am still using Mrs. Dash instead of salt and we like it.

I love fresh salmon for an entrée but the canned salmon for dips and cakes is just so good with the skin and bones included - nice and crunchy. I actually made the Air Fryer Scampi with Sea Scallops. 12 oz. for \$13.99 at Aldi.

The star of the show is definitely the Zucchini Tots. We love them with the Remoulade Sauce.

AIR FRYER SHRIMP SCAMPI

- 2 TBS olive oil
- 12 medium peeled, deveined shrimp
- ½ cup halved cherry tomatoes
- 2 TBS chopped shallot
- 3 finely chopped garlic cloves
- 1 tsp kosher salt
- 1 tsp lemon zest plus
- 2 TBS lemon juice
- 1/3 cup unsalted chicken broth or stock
- 2 TBS chopped fresh parsley
- 4 oz. linguini



Cook linguini according to package directions. Place an 8-inch round metal cake pan in air fryer and add oil. Preheat for 5 minutes at 375 degrees. In the meantime, toss oil, scallops, tomatoes, shallots, garlic, salt, and lemon zest in a medium bowl.

Add shrimp mixture to hot cake pan, and cook until shrimp begin to appear opaque, about 6 minutes. Stir shrimp mixture and add lemon juice, chicken stock and parsley. Cook until shrimp are cooked through, and broth is very hot, 5-6 minutes. Serve shrimp mixture over linguini in wide shallow bowls.

SALMON CAKES

- 3 TBS mayonnaise
- 1 TBS whole grain mustard
- 1 tsp lemon zest
- ¼ tsp salt
- 1 large egg lightly beaten
- 1 15 oz. can unsalted salmon drained
- ½ cup whole wheat panko
- ¼ cup finely chopped celery
- 2 TBS finely chopped fresh parsley
- 2 TBS rinsed capers finely chopped
- Cooking spray
- 1 lemon cut into wedges



Whisk together mayo, mustard, lemon zest, salt, and egg in a medium bowl. Add salmon, panko, celery parsley, and capers and mix gently to combine. Let stand 5 minutes. Wearing gloves, divide mixture into four 3-inch-wide cakes, pressing gently. Refrigerate for 5 minutes while you are preheating air fryer to 400 degrees for 5 minutes.

Lightly spray air fryer basket. Spray salmon cakes and place them in the basket. Cook at 400 degrees for 12 minutes flipping after 6 minutes until lightly browned, temperature should be 160 degrees. Serve with lemon wedges.

MAPLE ROASTED BRUSSEL SPROUTS

- 1 lb. Brussel sprouts trimmed and halved lengthwise
- 1TBS olive oil
- ½ tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp paprika
- 1 TBS maple syrup
- 1 TBS unsalted butter
- ¼ cup toasted pecans, coarsely chopped



Preheat air fryer to 375 degrees for about 5 minutes. Toss Brussel sprouts, olive oil, salt, pepper, garlic powder, and paprika. Arrange in even layer in fry basket. Cook at 370 degrees until brown on the outside with crispy leaves, 12-13 minutes - shake basket halfway through for even cooking.

Meanwhile, combine syrup and butter in microwave safe bowl and microwave on high until melted, about 30 seconds. Drizzle over sprouts and sprinkle with pecans.

ZUCCHINI TOTS WITH FETA AND DILL

- 1 lb. zucchini (about 2 medium)
- ¼ tsp kosher salt
- ¾ cup Feta cheese
- ½ cup thinly sliced scallions
- ¼ cup panko
- ¼ cup grated Parmesan
- 2 TBS finely chopped fresh dill
- 1 tsp grated garlic
- 1 tsp dried oregano
- 1 large egg
- Cooking spray



Shred zucchini with the large holes of a box grater. Toss with salt, and place in a colander; let stand for 30 minutes.

Place zucchini in a large clean kitchen towel and squeeze out as much liquid as possible. Place in a medium bowl and gently stir in cheese, scallions, panko, Parmesan, dill, garlic oregano, and egg until well combined.

Line a large baking sheet with wax paper or parchment. Wearing gloves, mold and press zucchini mixture into teaspoonful-size "tater tot" shapes. Spray with cooking spray.

Preheat air fryer to 375 degrees for 5 minutes. Place a single layer of tots in basket and cook for 5 minutes; turn over and cook 5 more minutes until crisp and golden brown. Repeat with remaining tots. Serve immediately.

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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SMART REAL ESTATE – CHILD GRADUATING FROM HIGH SCHOOL THIS YEAR?



Kids going off to school have expenses; tuition, supplies and housing. The fact is renting is rarely preferable to buying. A couple of exceptions are if you don't have the credit or funds to buy something or if you are only going to be living in an area for a short time.

If you don't have the credit to buy, I have a friend who owns a credit repair service and is ethical, experienced, and excellent at what he does. If credit is your only issue, contact **Carl Cyrius**, owner of the Oasis Firm, ccyrius@theoasisfirm.com or call him at 954.859.7000.

The second exception is if you are going to be living in an area for less than 3 years. That is about as long as paying your landlord's mortgage makes

financial sense. Which brings me to a program we have for kids headed off to college. Housing expenses are high. We have connections in most college cities in the US to help parents buy property while their child is in school. It makes solid financial sense to buy a 2/2 condo or a small

home so your child can live virtually rent free while roommates pay off your mortgage.

Even better, get a line of equity on your home or condo and pay cash for the property. One of my friends bought a 2/2 condo up in Tallahassee where his son will have a roommate for three years. The next year the younger son starts school and will be his roommate for one year. After the older one graduates, the younger one gets a roommate for the remaining three years. Think of the equity that will be built up by the time they sell!

Real Estate is and always was a solid investment. If you or a friend/family member have a child graduating this year from high school, do them a favor. Have them call us at **8-HILLCREST** to explore their options.



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MARCH 2023 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida



And we're back! The market picked up nicely in March. Remember how long the Days on the Market were in last month's issue? Of the 13 closed sales in March, only three took longer than 60 days to go under contract. Sixteen condos went under contract during the month of March; 12 in less than a month. Of the ones that went longer, only two had to lower their price.

My sister gave me a shirt that I regifted to the notorious Maria D that said, "I'd love to stay and chat but I'd be lying." That is how busy we are - more next month!

IMPORTANT NOTE: We are including the current available condo rentals on this page. Many times, rents are HIGHER than a mortgage would be including maintenance and electricity. We had a client looking for a \$1600 rental. We found her a condo for 160K. Her mortgage (with 20% down) plus taxes & insurance, maintenance fee and electric came to around \$1550 per month. We have the best Credit repair guy and the best mortgage guy so PLEASE, call us if you have a friend or family member who wants to stop paying their landlord's mortgage and start paying their own.

HILLCREST CLOSED SALES DURING MARCH

Building	Unit #	B/B	SF	List Price	Sold Price	DOM
C-23	419	2/2	1284	280,000	270,000	99
C-27	602	2/2	1344	239,000	215,000	49
C-10	102	2/2	899	225,000	215,000	22
24	906	1/1/1	844	209,500	190,000	9
25	1205	1/1/1	844	200,000	195,000	41
C-23	210	2/2	1284	199,000	180,000	60
21	607	1/1/1	844	195,000	190,000	3
26	808	2/2	1132	187,500	187,500	7
C-6	101	1/1/1	837	175,000	160,000	33
R-16	110	1/1/1	775	169,900	165,000	21
3	114	2/2	899	169,000	166,000	8
5	211	2/2	961	169,000	169,000	34
8	211	1/1/0	672	150,000	155,000	6
23	314	2/2	1132	135,000	135,000	107
24	1004	1/1/1	844	130,000	125,000	18

HILLCREST CONDOS AVAILABLE FOR RENT

Building	Unit #	B/B	SF	List Price	FURNISHED
17	406	1/1/1	775	1,825	NO
17	402	2/2	992	2,100	NO
19	510	2/2	1100	2,100	NO
17	105	1/1/1	770	2,150	YES
19	212	2/2	1,150	2,250	NO

PARKVIEW AT HILLCREST MARCH 2023



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

Well, the market has certainly picked up during the month of March. After a quiet January and February, Brian and I have been busier than ever, Although, this is the March market report, I will say April is starting out crazy busy for us too. Some of you have pointed out that some of my stats are incorrect. I take the information directly from the MLS, and I do not feel comfortable correcting another agent's input. But yes, I see that one of the listings shows a 2-car garage but in the listing it says 0. Maybe they enclosed it and made it into another room. One of the rental listings says it has a 4-car garage...

After a February with zero contracts, there are five pending sales for the month of March. Three more properties closed last month so let's hope the streak continues. Two homes sold, a 3/2/1 for 810K and a 4/2/1 for 707K. One 3/2/1 townhome sold for \$732,500.

Currently there are 13 active listings. A couple cancelled and 5 lowered their price. There are a couple of good deals out there now, three 3/2/1 townhomes are listed under 520K. If you know anyone who is interested, give us a call at 8-HILLCREST.

The rental market is sluggish also. No rentals during March but there are 12 available ranging from \$3600 monthly for a 3/2/1 townhome and from \$4200 for a 3/2/1 home to \$6500 for a 4/2/1 waterfront home with a pool.

Changing markets require adaptive strategies. And we have them. We can navigate just about everything a shifting market can throw at us. Whether you are buying or selling, give us a call at 8-HILLCREST. We are always here to help our neighbors.

MARCH ACTIVE LISTINGS

ADDRESS	B/B	SF	LIST PRICE	DOM	GAR	WTRFRFT	POOL
S-4317 Ficus Street	4/2/1	2801	1,385,000	75	2	YES	NO
S-4512 Greenway	4/2/1	2501	1,250,000	71	2	YES	NO
S-1348 Silk Oak	5/3/0	2501	1,170,000	218	2	NO	NO
S-4334 Large Leaf	5/3/0	2501	1,125,000	178	0	NO	NO
S-4566 Ficus St	4/3/0	1881	780,000	187	2	NO	NO
S-1434 Myrtle Oak	3/2/1	1769	760,000	25	2	NO	NO
S-4111 Large Leaf	3/2/1	1837	730,000	74	2	NO	NO
T-4764 Eucalyptus	3/2/1	1780	725,000	38	2	NO	NO
T-5055 Eucalyptus	3/2/1	1800	705,000	32	2	YES	NO
T-1240 Eucalyptus	3/3/0	1421	550,000	174	1	NO	NO
T-1030 Eucalyptus	3/2/1	1561	519,000	162	1	NO	NO
T-4002 Poinciana	3/2/1	1561	515,000	42	1	NO	NO
T-3943 Poinciana	3/2/1	1421	495,000	19	1	NO	NO
S-4002 N Poinciana	3/2/1	1561	525,000	145	1	NO	NO

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CALIFORNIA – Burbank/ Valencia and Santa Clarita

COLORADO – Denver area

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CONNECTICUT – Westport and all of Fairfield County

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FLORIDA – Weston/ Country Estates

FLORIDA – North Dade County – North Miami/ Miami Beach/ Miami Shores

FLORIDA – South Dade County – S. Miami/ Coral Gables/ Coconut

Grove/ Brickell/ Pinecrest/ South Beach

FLORIDA – Jacksonville

FLORIDA – Gainesville/ Alachua/ Newberry/ Archer/ Melrose.

Micanopy/ High Springs

FLORIDA - KEYS/ Key Largo/ Tavernier/ Islamorada/ Long Key/ Duck

Key/ Grassy Key and Marathon

FLORIDA – Stuart –Hobe Sound up to Fort Pierce (Martin and Saint

Lucie Counties)

FLORIDA – Palm Beach County – Boca Raton/ Jupiter/ Palm Beach/

Hobe Sound/ Lake Worth/ Boynton Beach/ Delray

FLORIDA – Lee and Collier Counties/ Fort Myers/ Naples/ Bonita

Springs/ Marco Island

FLORIDA – Marion County – Ocala/ The Villages/ Summerfield/ Oxford

and Wildwood

FLORIDA – Orlando – Nature Coast - Pasco/ Citrus/ Hernando/

Pinellas/ Palm Harbor/ Clearwater/ Sumter

FLORIDA – Orlando – SW/SE Area - Windermere/ Winter Garden/

Ocoee/ Clermont/ Davenport/ Kissimmee/ Lake Nona/ Leesburg/

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FLORIDA – Sarasota County

FLORIDA – Charlotte County - Port Charlotte/ Englewood/ Venice/

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Peachtree Corners/ Roswell/ Sandy Springs/ Sugar Hill/ and Suwanee

GEORGIA –Cobb/ Cherokee/ Paulding/ Fulton/ Pickens/

Bartow/ Douglas

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MARYLAND – Bethesda/ Chevy Chase/ Gaithersburg/ Potomac/

Rockville/ Silver Springs

MARYLAND – North Potomac/ Germantown/ Frederick/ Olney/

Boyd/ Urbana/ Clarksburg/ Bethesda/ Chevy Chase/ Gaithersburg/

Potomac/ Rockville/ Silver Spring

MASSACHUSETTS – Salem/ Beverly/ Danvers/ Peabody/

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Lynnfield/ Wakefield/ Reading/ Saugus/ Lynn/ Marblehead/ Revere/

Malden/ Everett

MASSACHUSETTS – Springfield/ Brookline/ Newton/ Needham/

Wellesley/ Natick/ Dover/ and surrounding areas

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Harbortown/ Grand Rapids/ Grandville/ Holland/ Muskegon

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Tonawanda/ Lewiston/ Orchard Park/ Hamburg/

NEW YORK – MANHATTAN

NEW YORK – ROCHESTER/ SARATOGA SPRINGS

New York – ULSTER COUNTY/ KINGSTON

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Pleasant

NORTH CAROLINA – Asheville/ Black Mountain and surrounding areas

NORTH CAROLINA – Lake Norman/ Mooresville/ Denver

NORTH CAROLINA – South Charlotte area/ Pineville and Ballantyne areas

PENNSYLVANIA – Philadelphia

RHODE ISLAND – Newport

Continued from Pg. 11

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WASHINGTON - South Sound; Pierce County which includes Gig Harbor/ Tacoma/ Puyallup/ Gig Harbor/ University Place/ Lakewood/ Edgewood/ Fife/ Browns Point/ Sumner/ Milton & Federal Way (South King county)
WASHINGTON D.C.
CANADA – GREATER MONTREAL (West Island)
CANADA – ONTARIO – OTTAWA/ Burlington/Flamborough/Lake Ontario/Hamilton/ Stoney Creek/Dundas
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The New Normal Retirement

David Treece, MBA, AIF®, CLTC® - Investment Advisor Representative, Treece Financial Group Inc.



It's believed that retirement planning as we currently know it didn't really exist until a few decades ago. Up to that point, people worked until 65 and then sailed into retirement on a pension plan. Over the next few decades, as life expectancy and years in retirement

expanded, financial professionals came up with simple guidelines to determine how much you would need at retirement to maintain your lifestyle.

This is where some of the common retirement "rules" you may have heard came from. And while these tips may have worked for many in the 70s and 80s, it's less likely that they apply to today's retirees. It's not your Grandparents' Retirement Anymore

Retirees today face a new set of challenges. Many carry debt or mortgages into retirement, and healthcare costs are continuing to rise. These expenses can quickly eat away at retirement savings, especially if you need long-term or specialized care.

For those in the "sandwich generation", being caught between caring for aging parents and children who need financial support can cause additional strain. The financial burden of helping your loved ones with their finances may increase your retirement income needs beyond what you currently make. Keep this in mind when determining how much you need to live on post-retirement.

Manage Your Risks

There are no certainties in life, the markets, or the economy, but there are risks that you can prepare for. Two risks that retirees must confront are longevity risk and inflation risk. Both of these risks can have a significant impact on your planning.

Longevity risk is a newer phenomenon. The longer you live, the greater your life expectancy. This is compounded by the risk of inflation. Even at an example inflation rate of 3%, the cost of living doubles in 20 years. Not taking this risk into account could put your planned retirement lifestyle in jeopardy.

Retirement as a New Life Stage

Some retirees are now seeing their golden years as a new life stage that includes some form of employment or business. But this isn't necessarily a bad thing. Imagine coasting through 20+ years of your life without being able to apply your skills, education, and experience in a meaningful way. Difficult to picture, isn't it?

When you retire, you have the option to pursue the work that you've always wanted to do, instead of doing what you had to do. It can be an

opportunity to take control of your life, and open a new chapter in work or education you find exciting and engaging.

Though retirement does require financial preparation, it requires emotional and psychological preparation as well. Having the financial means to retire is only part of the picture; you should also consider the emotional aspect of retirement, and how you'll make the most of this new life stage.

Retirement isn't an event with a finish line, where you're done planning when you finish your last day at work. It's an ongoing process. And while pursuing your financial goals is important, it's also important to consider your quality of life.

If you want a second opinion or need to update your retirement plan, I am here to help! Give me a call at 305-751-885 or learn more at TreeceFi.com.



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COMMUNICATING WITH LOVE

by *BK MAZANA D'SOUSA, Brahma Kumaris, London, England. Submitted by Etta Stevens.*



I have been fortunate enough to have many skills and professions over the years. I started my career with being a jewelry designer, my first love. Making jewelry to me is all about being present for people to see your things and to make beautiful, creative things. Then I was a voice on the radio with my husband, Larry Stevens. We had a wonderful celebrity interview show for over 25 years in Chicago, and we were able to interview more than 3000 celebrities. I've been a meditator; I've been a life coach and now I'm a teacher of meditation. This healing thread has enabled me to support people going through a conflict with family or in society. I try to support people with authentic communication and with conflict resolution. Authentic communication is something I am passionate about as it is so important in the world today.

I describe conflicted souls as being in a world of blame, attacking judgment, and criticism. Criticism is also a communication, but when it is directed towards the self, it can be very damaging. Authentic communication for me is genuine and real being open-hearted and listening to another person free from judgment and criticism. It also means to listen within. It is also being open about myself, my strengths, and my weaknesses. Also knowing when it's time to speak and when it's time to go quiet. It's holding the sacred thread for another to share from their heart. By doing this, I continue to learn and grow from the inside out and to heal. Each of us can do that and that creates a very different atmosphere and energy whether it is in the family or in your workplace.

Think about having a hand mirror. When I am going through criticism or judgment, I project it onto another, who often is someone close to me. If at that moment, I can hold up that hand mirror and do a little self-talk with love and compassion and think "hold on a second, you're about to criticize your family member or neighbor for being too noisy. However, let me look at myself. Where am I at times? Haven't I been noisy without thinking about someone else?" Now I shift from criticizing to thinking, how can I give my family member or neighbor a place of peace and contentment.

So, the key here is inner work, which is a regular discipline. It should become a process where I choose to learn more about myself, and how to tap back into my inner peace, which is one of my original qualities. And this takes practice.

Another important dimension to this is inner self-talk. Can I be my best friend, rather than my own critique? Can I be my own inner coach? Because if we were not careful, these inner criticisms can make us feel very low, and bring about all our inner fears of failure. When I am in a place of fear, things start to fall apart. The acronym for fear: "False Evidence Appearing Real", can become a virtual reality. Think about this, most of the fears, stress, and anxiety – those worries. Those negative beliefs go around and come around in my head, which exhausts my head and body by the end of the day. So these fusion worries actually materialize? No, when I run those fears and worry, I am being of no use to myself, my family our society.

Love is the antidote. Not the Hollywood Bollywood Valentine, love, which is here today and gone tomorrow! I am talking about the pure high vibrational, energy, of compassion, caring, sharing, empathy, and deep, open, heart listening. The more I practice creating this space, the more I will be able to heal.

How many times have we seen world leaders holding a position of status and external power, go off track and get lost in ego which affects their transparency and their integrity? It takes a lot of inner discipline, inner practice, and inner self-respect, to remain stable and unshakable, with that hand mirror of self-awareness.

I suggest you start with half an hour of downtime with yourself. Be aware of yourself, as a being of light sitting inside the forehead, and see the ocean of love, The Supreme Soul, as another point source of light in front of you. Feel the eternity of yourself, feel the unconditional love from the supreme soul. You can have access to eternal wisdom. Feel your identity rising above the limitation of time and space.

- Think about the word communication. Within it is the word union. First the union with my own higher self. Then the union with the other person, with appreciation and self-respect. And then my connection with the highest on high, The Supreme Soul, God, the ocean of love. When I operate from that space, I acquire more integrity, accountability, honesty, and discipline.

- How can I give some feedback to the neighbor from a place of inner peace if I go to them angry? I may get back double anger, irritation, and judgment.

This is where you truly belong and how you can communicate with love. 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. In our teachings, He teaches us that obstacles are only a test, to succeed we must preserve and continue to move forward in life. God is full of those qualities and powers and never loses them ever, unlike us, who need to fill ourselves constantly when we lose our way. Nonviolence is the spiritual way to peace and compassion.

The early morning is the best time to meditate and 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, PERSEVERANCE, AND TRUE FRIENDSHIP. I AM CONDUCTING A ZOOM class every Tuesday Morning at 10:30 am EDT.**

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