

# Inside Hillcrest

– Connecting Neighbors to Neighbors –



AUGUST 2023

HOLLYWOOD, FLORIDA

VOLUME 17 • ISSUE 8

## AUGUST INSIDE HILLCREST

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The world has gone mad! We hear that a lot for good reason. Mother Nature is pissed off about something. Catastrophic weather has destroyed land and lives with no sign of letting up or even preparing us for the next disaster. Good thing there is no such thing as global warming, or it could be worse... Pretty sure God isn't happy about his name being invoked by divisive, dishonest, and self-serving politicians. And don't get me started on "Pundit News". We make fun of the young folks with their heads buried in their phones and tablets. But then I see people in my generation with their heads up their asses preferring to be told what to think rather than making an effort to actually research an issue. When these folks are not regurgitating what they hear on the "news" to sound "edumacated", they can usually be found gossiping about someone. Ancient Greece had the Stygian Witches, Hillcrest has the Stygian Yentas.

I get sticker shock at the grocery store, and believe me, I am very frugal; I shop at Aldi and if it isn't BOGO at Publix, it better be on sale. I actually bought an extra freezer to stock up on good deals.

Ice-T's joke about gas prices went viral: "I was robbed at a gas station in NJ last night. After my hands stopped trembling, I managed to call the cops and they were quick to respond and calmed me down. My money is gone. the police asked me if I knew who did it; I said yes, it was pump number 9."

It is tough to keep up a sense of humor when our own Hillcrest residents are suffering. According to an informal survey of all the building presidents, we have about 113 (close to 5%) of our residents that can't pay the high maintenance fees and assessments that we are all struggling with. Condo communities are getting slammed across the board with unfair insurance requirements. Unfair because the issues that created the escalated rates have nothing to do with Hillcrest. Our buildings

are structurally solid, not near the beach and we all have a history of having preventive maintenance programs and wisely using reserves or assessments to cover any and all needed repairs and upgrades. Blanket regulations punish the many for the negligence of the few.

Now we are all facing the rising costs of services. With many brand new presidents, we need to stick together more than ever. Knee-jerk reactions to "save money" by hiring cheap is always the biggest mistake that rookie boards make. You get what you pay for, and you will pay dearly if you do not hire quality labor and use quality materials. Knocking a few bucks off the maintenance fees is not worth lowering the quality of life.

### HELP FOR HILLCRESTERS

One top of everything else, we need to figure out how to help our owners who for the first time in decades are unable to make ends meet. Inside Hillcrest has an informal "committee" of building presidents who let us know if we have a resident in dire need. IH doesn't make much of a profit, but we have been able to help people get caught up with their maintenance fees, and with the help of our advertisers, treated units for bed bug problems, bought and installed A/C compressors, and provided info to apply for programs that deliver food.

Some buildings have a couple of board members and/or unit owners who make it their business to identify and help out neighbors in need, which I think is wonderful. Some of the stories of their efforts are pretty amazing but of course they don't want accolades. On the other hand, I have heard horror stories of building boards going straight to legal and sending the ugly "pay up or else" letters instead of just calling their NEIGHBOR to find out why they are having trouble keeping up with their payments and

having a conversation to see what can be done to help. Even unit owners who paid cash for their units, have been hit with fees more than doubling; especially if they are on social security and lost their spouse. Selling and moving is not always the best option.

Be sure to read the notes from the last HLC meeting for some ideas as well as information for programs that can help unit owners.

**At the next HLC meeting on September 7th, our building leaders are going to share ways that they helped their unit owners survive on a limited income as well as share ideas of how they are dealing with the escalating costs of condo living while maintaining our standard of living.**

### SPOTLIGHT ON...

I love it when someone lets us know that we have someone living in Hillcrest who has a fascinating life story. Our neighbor in Hillcrest 21, **Adriana "Adrianita" Bianco** was known as the "Shirley Temple of Argentine". Read this month's "Spotlight On..." article by **Steve Schneider**. Hers is a great story, and you will also get an invite to an annual local film festival that she has been involved with for the past 20 years. **Dario Salto, owner of Allure Shades**, happened to be at my place installing a shade when I told him we were writing about her. He is from Argentina and actually gave me the info about her awards! Small world!

### THE GOOD DOCTOR

I am constantly disappointed in the quality of the local doctors which is why you see few advertise in Inside Hillcrest. Yes, we have even refused to allow doctors to advertise in IH if they do not come highly recommended by someone we know. Our local podiatrist **Dr. Bert Henkle** is one exception. Great at what he does, and he has been with us since the first issue. He was my mom's podiatrist.

**Dr. Daniel Wasserman** is another physician who is highly regarded by Hillcresters. I personally have used acupuncture for pain management. He has an interesting article about the discipline of acupuncture on page 5. His office is right next door to Hillcrest 27 at 3702 Washington Street. He accepts most insurances.



## INTERESTING FACTS ABOUT THE "ONE-PERCENTERS" (1%):



Sometimes called the Traditionalist Generation, (also known as the Silent Generation or the Greatest Generation), you are the smallest group of children born since the early 1900's. Ninety-nine percent (99 %) of those born between 1930 and 1946 (worldwide) are now deceased. If you were born in this time span, you are one of the rare surviving "One-Percenters" (1%) of this special group. Your age range is between seventy-seven (77) and ninety-three (93) years old, a sixteen (16) year span.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from gas to sugar to shoes to stoves.

You saved tin foil and poured fried meat fat into tin cans.

You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

Discipline was enforced by parents and teachers.

You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio.

With no TV, you spent your childhood "playing outside".

There was no Little League.

There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like.

We got "black-and-white" TV in the late 40s that had three stations and no remote.

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).

Computers were called calculators; they were hand-cranked.

Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.

The "INTERNET" and "GOOGLE" were words that did not exist.

Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening. (your dad would give you the comic pages when he read the news).

New highways would bring jobs and mobility. Most highways were two lanes (no interstates).

You went downtown to shop. You walked to school.

The radio network expanded from three stations to thousands.

Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families.

You weren't neglected, but you weren't today's all-consuming family focus.

They were glad you played by yourselves.

They were busy discovering the postwar world.

You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves.

You felt secure in your future, although the depression and poverty were deeply remembered.

Polio was still a crippler. Everyone knew someone who had it.

You came of age in the '50s and '60s.

You are the last generation to experience an interlude when there were no threats to our homeland.

World War II was over, and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life.

Only your generation can remember a time after WW II when our world was secure and full of bright promise and plenty.

You grew up at the best possible time, a time when the world was getting better.

More than 99% of you are retired now, and you should feel privileged to have "lived in the best of times!"

If you have already reached the age of seventy-seven (77) years old, you have outlived 99% of all the other people in the world who were born in this special sixteen-year (16) time span.

You are a "One-Percenter" (1%)!

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## MARTY KIAR - BROWARD COUNTY PROPERTY APPRAISER



### Questions About Your 2023 Property Assessment or Exemptions?

Our office mailed over 776,000 TRIM (proposed tax) Notices to Broward County property owners last month. The 2023 Just/Market Values are based on the market data from 2022 as Florida Statutes require our office use January 1 as the date of assessment each year.

The TRIM Notice you received shows your 2023 Just/Market Value, any tax-saving exemptions you are receiving, and the proposed tax amounts as set by the various taxing authorities listed on the notice. *It is important to remember the Property Appraiser's Office does not set or collect taxes.*

If you believe you are entitled to a Homestead Exemption or any other exemption not shown on your TRIM Notice, you may still late file for any 2023 exemption until September 18, 2023. For a list of all the available tax-saving exemptions and to apply for these exemptions online, please visit our website at <https://web.bcpa.net/bcpaclient/#/Homestead> or call us at 954-357-6830.

If you have any questions about your 2023 Just/Market Value or exemptions, please email or call us prior to September 18, 2023.

### Exemptions & General Questions:

CSEmgmt@bcpa.net - 954-357-6830

### Residential Property Values

ResTRIM@bcpa.net - 954-357-6831

### Condo, Co-op & Timeshare Property Values

CondoTRIMbcpa.net - 954-357-6832

### Commercial Real Property/Duplexes Values

CommercialTRIM@bcpa.net - 954-357-6835

### Tangible (Commercial) Personal Property

tp-pdocs@bcpa.net - 954-357-6836

### Agricultural Property Classification

ag-docs@bcpa.net 954-357-6822

### Report Homestead Fraud

DPSC@bcpa.net - 954-357-6900

*If you have questions or concerns about any of the proposed tax rates or non-ad valorem fees, including fire assessments, please contact the taxing authority listed on the TRIM Notice.*

**The ABSOLUTE deadline to file an application for any 2023 exemption or to appeal your property's 2023 Just/Market Value is September 18, 2023.**

### Value Adjustment Board

The Value Adjustment Board (VAB) is an independent quasi-judicial review board. If you believe your Just/Market Value is not what a buyer would have reasonably paid for your property on January 1, 2023, you should first contact our office. If after speaking with one of our appraisers, you still do not agree, you can file an appeal with the Broward County Value Adjustment Board. If you were denied an exemption, you may also file an appeal with the Value Adjustment Board challenging this denial. The absolute deadline for Value Adjustment Board petitions is September 18, 2023. If you would like to file a petition online, please visit the VAB website at <https://bcvab.broward.org/axiaweb2023>. Should you have any questions for the Value Adjustment Board, they can be reached at vab@broward.org or 954-357-7205.

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

Take care,

Marty Kiar, CFA

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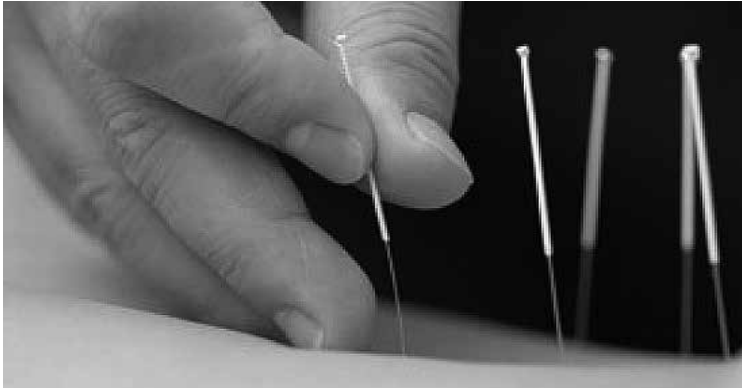
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**ACUPUNCTURE: ANCIENT AND EFFECTIVE - BY DR. DANIEL WASSERMAN**



Acupuncture has been helping people for a long time and has been becoming more widespread and popular in the US in the last 20 years. An estimated 2.1 million Americans used acupuncture last year alone. Acupuncture is an ancient healing art based on inserting sterile needles into strategic points on the body that lie along specific energy meridian pathways. It is a non-invasive therapy that has been used to treat numerous conditions.

**More Insurances Are Now Covering Acupuncture Treatments**

There are 20 acupuncture channels and about 365 acupuncture points that are located across the human body. When blockages or obstructions occur in these channels, pain and illness can often occur. Acupuncture points used on these channels give specific messages to the body to redirect its normal functioning again. Our bodies are inherently built to know what to do and how to heal. The needle works with the body to help this happen.

**What is Acupuncture Used to Treat?**

Acupuncture is used to treat a number of physical and mental conditions. According to the World Health Organization the following ailments and conditions generally respond well to acupuncture:

- **Chronic neck & back pain**
- **Muscle strains or pain**
- **Insomnia**
- **Joint pain**
- **Headaches**
- **Irregular or painful menstruation**
- **Digestive Issues**
- **Indigestion**
- **Impotence**
- **Post-stroke paralysis**
- **Addictions – overeating, smoking & drug dependence.**



In addition, acupuncture can treat a myriad of symptoms and conditions including: allergies, lupus, celiac disease, thyroid disease, high blood pressure, palpitations, poor circulation, rapid heartbeat, fibromyalgia, back pain, shoulder pain, sciatica, headaches, irritable bowel syndrome, nausea, excessive hunger, bloating, eczema, rashes, hives, dry skin, acne, frequent colds, sinusitis, sore throat, tinnitus, menopausal symptoms, PMS, PCOS, fertility, trigeminal pain, Bell's Palsy, post stroke support, numbness, difficulty breathing, cough, asthma, COPD and much more.

**Dr. Daniel Wasserman** has been practicing acupuncture and Chinese Medicine for more than 20 years. His office is located right next door to Hillcrest at **3702 Washington Street**. He takes Humana Gold, Aetna/CVS, and many other insurances.

**DANIEL WASSERMAN, DOM**  
**Doctor of Oriental Medicine**  
**Acupuncture Physician**

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The City of Hollywood's Community Development Division is administering two owner-occupied housing rehabilitation programs: The Neighborhood Pride Housing Rehabilitation Program and the Federal and State Funded Housing Rehabilitation Program. Homeowners who meet the income, property and/or location requirements may be eligible to participate in one or both programs.



### APPLICANT & PROPERTY ELIGIBILITY

- Total household income (see income charts inside)
- Owner-occupied, homesteaded single family homes, townhomes and condominiums
- The property must conform to applicable regulations
- The maximum loan amount is \$40,000 for the Neighborhood Pride Housing Rehabilitation Program and \$70,000 for the Federal and State Funded Housing Rehabilitation Program
- Other conditions apply depending on the program and applicable funding source

### WHO DOES THE WORK?

Contractors will be selected as a result of a competitive bidding process conducted by the City.

### WHO OVERSEES THE WORK?

Inspectors from the City's Community Development Division and Building Division.

*Program guidelines are subject to change without prior notice. Program guidelines, policies and procedures are subject to amendment, revision and/or termination.*

**Neighborhood Pride  
Housing Rehabilitation  
Program**

**&**

**Federal and State Funded  
Housing Rehabilitation  
Program**



**Community Development Division**  
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Hollywood, Florida 33020  
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[communitydevelopment@hollywoodfl.org](mailto:communitydevelopment@hollywoodfl.org)

# JULY HLC MEETING - By Steve Schneider

The City of Hollywood has programs to help financially struggling residents, Hillcrest leaders learned at the Aug. 3 Leadership Council meeting. It was held at Rec Room 2 on Hillcrest Court.

The programs are based on income. And disabled people may get moved ahead on a waiting list based on their condition and need.

**Steven Hurtig, President of Hillcrest 25**, chaired the meeting. He introduced **District 6 Commissioner Idelma Quintana**, who represents our community at City Hall. Quintana stressed that leaders attending the meeting should feel free to share information with residents in their buildings. But, she added, they don't have to be experts. Rather, it's enough to get out the basic information, with City contacts who can provide more information and answer specific questions.

Two of those City officials attended the meeting: **Ryon Coote, Manager, Community Development Division, Department of Development Services**. He can be reached at [rcoote@hollywoodfl.org](mailto:rcoote@hollywoodfl.org) or (954) 924-2958.

**Donna Biederman**, Community Development Project Manager also spoke. She can be contacted at 954-921-3381 or [dbiederman@hollywoodfl.org](mailto:dbiederman@hollywoodfl.org). Also, you can get Commissioner Quintana at [iquintana@hollywoodfl.org](mailto:iquintana@hollywoodfl.org) or (954) 954-921-3321.

One City program is called **Neighborhood Pride**. It provides 10-year loans that get reduced 10% every year for 10 years, meaning that at the end of 10 years, the loan is forgiven. The program pays for external repairs such as impact windows and doors for eligible condo owners. However, this program does not allow for improvements to common areas for condo buildings, including landscaping or signage. You must complete an application with income information to get qualified for the loan.

The City also offers a 30-year deferred loan that can be renewed for another 30 years. Residents can use the money to make improvements inside their unit such as: plumbing, electrical, air handler, and handicapped

accessibility for eligible condo owners. Again, people get accepted based on their income.

Quintana left a variety of information sheets at the meeting.

Here is basic information on some of these resources:

1. Operation Sacred Trust offers support services for South Florida veteran families. Learn more at [www.411veterans.com](http://www.411veterans.com). Or call (855) SSVF-411
2. The Gold Seal Initiative is a Broward County program to promote quality childcare. Call (954) 357-4800 to learn more.
3. The Broward County National Alliance on Mental Illness is there for people struggling or in crisis. You can call (954) 316-9907 or go to [www.namibroward.org](http://www.namibroward.org)
4. Have a young child? You may want to look into the Early Learning Coalition of Broward County, Inc. Contact (954) 377-2188 or go to [www.elecbbroward.org](http://www.elecbbroward.org).
5. Or maybe you are elderly or a veteran. In this case you may want to reach out to the Elderly and Veterans Services Division of Broward County, at (954) 357-6622.

The Commissioner spoke a month after she joined Marie Woodson, our District 105 State House Representative, at the July Leadership Council meeting. The officials addressed pressing financial issues, including skyrocketing insurance costs for condo associations, high costs from mandated 40-year structural and electrical inspections, as well as a requirement that some Hillcrest buildings install expensive sprinkler systems.

Commissioner Quintana reminded us that Representative Woodson is putting together proposals to see if the state Legislature will take action to help people in need. The Commissioner said that she stays in touch with State Representative Marie Woodson and our County Commissioner, Beam Furr. She will continue to discuss ways that City, County and State resources may be used to help with the issues that create a financial burden for residents on fixed or limited incomes.

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



Greetings Hillcrest Residents,

This has been an eventful summer for the entire City of Hollywood. On issues ranging from green spaces to clean water, Hollywood and Hillcrest residents in particular have stayed engaged and involved even through the supposed "dog days of summer." Despite the busy summer, I hope you will allow a little bit of a break – this is a great chance to spend time with your families and loved ones and find balance before a frantic fall. Enjoy the dog days of summer – and remember to protect your dogs (and your cats) from burning their little paws in this heat!

### Beat The Heat

Hollywood residents know all about heat – but even lifelong residents of the area have never experienced anything quite like this. Heat indexes have been 110 degrees Fahrenheit for much of the summer, which has significant risks to your health and well-being if precautions are not taken. This trend is not isolated to South Florida – the Earth broke records for the hottest day ever recorded seven times in the past month, a clear example of climate change’s deadly impacts and the consequences of not taking action. In addition to the potentially damaging health impacts this heat has on Broward County residents, it also increases the risk of dangerous hurricanes and flooding. This will have disproportionate impacts in neighborhoods like Hillcrest and other places in Hollywood. To find resources to help you handle the summer heat, Google "Beat The Heat Broward" and view our helpful interactive guide!

### Solid Waste

Many Hillcrest residents have reached out with questions about recycling. Last month, the Interlocal Agreement to create the Solid Waste and Recyclable Materials Processing Authority formally passed the threshold required for this years-in-the-making historic agreement to take effect.

### This agreement

required municipalities representing at least 75% of the Broward County population to sign-on and see over 1.5 million residents being represented by this new Authority. This is the beginning of a process that will transform how we recycle in Broward County, with tremendous positive benefits to both our environment and our economy. Over the next several months, each municipality will appoint a representative, staff will be hired including an Executive Director, and we will begin the process of creating a Master Plan and Facilities Agreement that outlines what this system will look like and what educational programs are included. Many ideas will be considered when constructing this system, and it is critical we prioritize innovative options that reduce and reuse our waste. We want to hear from you – if you have a thought or great idea, do not hesitate to reach out to my office!

### 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**.

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## THE SAFEST WAY TO REMOVE EAR WAX



So, about the same time I find myself buying sympathy cards as well as birthday cards “just in case”, I realize the stuff I am writing is less about cool things to do and more about well...here goes...

### THE SAFEST WAY TO REMOVE EAR WAX

Professionally is the best way but if you want to do it at home, you can try an over-the-counter ear wax

removal system. I couldn't find one that was particularly effective, so I use straight Hydrogen Peroxide. I cock my head and put a few drops in my ears when I am headed into the shower. I leave it in for about 5 minutes and then take a shower. I let the warm water fill my ear and then use an ear wax suction bulb to gently suction out all the water/hydrogen peroxide.

### DO NOT USE A Q-TIP.

A cotton swab acts like a ramrod in an old-style cannon. The tip pushes the earwax in deeper, so the more you use it, the more earwax you push in. Plus, you may rupture your eardrum if you push too far. Or if you scratch your ear canal, it can get infected because now dirt and bacteria can penetrate under your skin. And stay away from earwax removal candles. They don't work and can burn your ears.

Just to be sure and to CMA, I got the following from the PIH Health House Clinic which unfortunately only has locations in California: “We've all been warned against the dangers of removing earwax with Q-tips, and we've also seen the research showing that ear candling is dangerous and not effective at removing wax. This has caused many to turn to other methods of earwax removal, including rinsing out the ear canals with hydrogen peroxide, but is this practice safe?

Healthy ears produce earwax, which plays the important role of lubricating the ear canals to prevent them from becoming dry and itchy as well as trapping debris. In most cases, earwax does not need to be cleaned or removed, as it will fall out on its own thanks to jaw movements when talking and chewing.

Earwax only needs to be removed if it becomes impacted. Symptoms of impacted earwax include earache, itchy ear, infection, hearing loss, tinnitus, and vertigo. Impacted earwax should be removed at a doctor's office by an expert.

If you feel your earwax is unsightly or if you just want it gone, there are safe ways to clean it at home.

Hydrogen peroxide can help soften and dissolve earwax. In general, hydrogen peroxide has a good safety profile when used properly. Most

OTC hydrogen peroxide solutions have a 3% concentration, while OTC ear drops contain about 6.5% carbamide peroxide, which contains hydrogen peroxide but also releases oxygen to soften the wax. While generally safe in low concentrations, some people experience side effects like:

- Temporary fizzing/bubbling sensation
- Temporary ear pain
- Temporary hearing loss
- Dizziness
- Tinnitus (ringing in the ears)
- Bitter taste

### How to Use Hydrogen Peroxide Safely

At concentrations over 10%, hydrogen peroxide can cause skin irritation like blistering and even burns. Be sure to check the label of the product you're using. Ideally, you should use drops containing hydrogen peroxide that are formulated specifically for the ears.

Even in safe concentrations, it's possible to introduce too much hydrogen peroxide into the ears. Always follow the manufacturer's instructions or advice from a doctor. The rule of thumb is that you should not put more than 10 drops in one ear at one time. Instead, place 5-10 drops in each ear twice daily for no more than four days in a row.

If you're experiencing discomfort, flush out the excess hydrogen peroxide and earwax with warm water while standing in the shower, or use a bulb syringe.

Consult a doctor if you have ongoing discomfort, and never use hydrogen peroxide if you suspect you have an ear infection or damaged eardrum. “

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



**Cindy Abraham**



**Brian Gaiefsky**

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

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

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

Chat – 954-964-2559 - Email – [Info@ATeamFlorida.com](mailto:Info@ATeamFlorida.com)

Text – Cindy - 954-895-1617 Brian – 954-415-5323



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## REAL ESTATE UPDATE

- by Cindy Abraham, Keller Williams Realty Professionals



Where are the best deals in Real Estate right now? Anything that is priced to market value or even a little higher. The cash buyers are finally easing out of the market and families with mortgages now have a chance to buy the home or condo of their dreams. Appraisers are doing their best to keep the market fair. Do you know the best way to get top dollar

in a shifting market? Take the guesswork and stress out of selling your South Florida home or condo. Which repairs/enhancements are worth the investment? We know presenting your property in the best light will draw the best qualified buyers. And when you sell your most valuable asset, it is important that you hire the best.

One service we provide is thanks to Brian's extensive background in kitchen and bath remodeling. Bathrooms and kitchens are the biggest selling points for most buyers followed by flooring and paint and age/condition of appliances, A/C and water heater. Brian can advise you what is worth doing to enhance the purchase price of your home/condo and what is a waste of money. He not only knows what buyers look for but what the inspectors look for.

We have done as little as having a yellow bathtub sprayed to look brand new, getting the A/C coils cleaned and other small repairs to replacing an electrical panel and full-on staging of rooms both physically and virtually. We are a full-service Real Estate team.

Plus, we have a team of professionals that we work with to ensure that our transactions get to the closing table the first time around while other properties listed with other agents do not, approx. (26%+/-).

Visit us at [www.ATeamFlorida.com](http://www.ATeamFlorida.com) and schedule a personal consultation with **Cindy Abraham and Brian Gaiefsky, Keller Williams Realty Professional's A TEAM FLORIDA** or call us at **954-974-2559**. so we can get started on making your sales experience successful, rewarding and stress free!

# JULY 2023 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida



July softened a bit with 10 closed sales split 50/50 between the one- and two-bedroom condos, and between the all-age and over 55 buildings. Inventory increased to 28 active listings. 12 more went under contract, nine 2/2 units and four 1/1/1 units.

Of the 28 active listings, 15 are 2-bedroom units, 15 are in high-rise buildings, and 50/50 between the over 55 and all-age buildings. It is a level playing field between the number of people retiring and the number of people wanting to buy rather than rent, and our price point remains very attractive.

Pending sales list prices ranged from \$110,500 to \$159,900 for the three one-bedroom units and between \$184,900 and \$293,000 for two bedrooms.

Twelve units are for rent in Hillcrest right now; four 2/2 units and eight 1/1/1 units. The one bedrooms seem a bit high, between \$1700 and \$2100 per month, while the 2/2s range from \$2100 to \$2300 which is right in the ballpark. However, 10 have been on the market for over 30 days which is the point at which the landlord starts losing money and one has been on the market for over 5 months.

The rental market has taken a bit of a hit overall and I am not sure why. At those prices, if possible, it is wiser to buy something because their mortgage plus expenses would almost always be lower than a lease. However, most buildings wisely require 20% down in their by-laws and good credit. This ensures that our owners have equity and a history of paying their bills. But as you saw in the cover story, for the first time in our history, we have long time residents facing the inability to make ends meet and that is a problem we all need to help resolve.

## HILLCREST CLOSED SALES DURING JUNE

Building	Unit #	B/B	SF	List Price	Sold Price	DOM
C-25	701	2/2	1344	3899,000	380,000	21
C-23	620	2/2	1284	219,000	215,000	146
21	618	2/2	1132	233,000	220,000	27
3	204	2/2	899	179,500	178,750	56
8	903	2/2	899	190,000	180,000	6
22	204	1/1/1	896	119,000	119,000	118
21	201	1/1/1	844	155,000	159,900	60
25	905	1/1/1	844	175,000	172,500	60
23	206	1/1/1	844	180,000	165,000	166
9	104	1/1/1	744	166,000	170,000	52
27	206	2/2	1164	175,000	175,000	78
6	104	1/1/0	672	160,000	157,500	25
23	505	1/1/1	896	159,000	155,000	6
18	505	1/1/1	770	139,999	137,000	31

## HILLCREST RENTALS FOR JULY

Building	Unit #	B/B	SF	List Price	FURNISHED	DOM
16	106	1/1/0	700	1650.00	1650.00	44
24	902	2/2	1132	2250.00	2250.00	34

# PARKVIEW AT HILLCREST JULY 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.**

As of this writing we have seven active listings; five 3/2/1 townhomes ranging between \$539,00 and \$735,000 and three single family homes: a 3/2/1 listed at 710K and two waterfront 4/2/1 homes, both listed at \$1,250,000.

Only one pending sale during July - 1348 Silk Oak Drive, a 2501 SF 5/3/1 listed at \$1,148,00 on the market for 78 days. That is pretty good! But even better, one single family home sold close to 1 million and one sold over. That is great!

Three townhomes and one single family home rented during July (see below). Not sure about the one with the 4-car garage but I go by what is on the MLS.

Two went into pending in July and there are currently 8 active listings. Seven of those have been on the market for over 30 days; one has been listed for 7 months. I hate to be a nag (but then again, why am I so good at it you ask) but I don't understand how that happens. If you list a home to rent at \$5900 per month, you would gross \$70,800 per year. However, after 7 months sitting on the market, you "lost" \$41,300 already. If you had listed it at \$4900 and rented it right away, you stand to gross 12K less for the year, \$58,800, but you would have \$34,300 in hand. I don't get it.

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, selling, or renting, give us a call at 8-HILLCREST. We are always here to help our neighbors.

## JULY CLOSED LISTINGS

ADDRESS	B/B	SF	LIST PRICE	SALE PRICE	DOM	DESCRIPTION
T-5055 Eucalyptus	3/2/1	1800	705,000	690,000	63	2 car/Wtrfront
S-4200 Large Leaf	5/3/1	2795	1020,000	980,000	41	2 car
S- 4317 Ficus St	4/2/1	2801	1385,000	1340,000	172	2 car/Wtrfront
T-1190 Eucalyptus	3/2/1	1421	561,000	505,000	50	1 car
T-4014 Black Olive	3/2/1	1561	540,000	525,000	65	1 car
T-1240 Eucalyptus	3/2/1	1421	499,000	495,000	83	1 car

## JULY RENTALS

ADDRESS	B/B	SF	LIST \$	RENT \$	DOM	DESCRIPTION
T-1030 Eucalyptus	3/2/1	1421	3500	3500	22	1 car
T-4126 Ficus St	3/2/1	1906	4000	4000	20	4 car
S-1671 Trailhead	3/2/1	1881	4300	4300	24	2 car
T-1033 Eucalyptus	3/2/1	2104	5,000	5,000	45	2 car/wtrfront furnished

# August Kitchen Korner - by Cindy Abraham



We found another pan roasted Salmon recipe. Salmon cooks fast which is another reason why we love it. You may have to adjust the cooking time depending on the thickness of the salmon. One day I will try it in the air fryer. I heard you can insert a cake pan and it works like a frying pan. I will keep you posted.

I always keep a small jar of fresh pre-minced garlic in the fridge. But because I am always looking for shortcuts, when a recipe calls for "grated", I use the store-bought tube of garlic for convenience. I also bought ginger, anchovy, and sun-dried tomato paste in the tube. When I buy a jar of sesame seeds, I pre-toast them so they are always ready to go. Slicing the green part of the scallion on the diagonal makes it prettier as a garnish.

### SESAME HOISIN SALMON

- 2 6-8 oz. pieces skin-on salmon fillet
- 2 scallions, whites and greens separated
- 1 clove grated garlic
- 1 TBS hoisin sauce
- 1 TBS reduced-sodium soy sauce
- 1 TBS toasted sesame oil
- 1 TBS sesame seeds, plus more for garnish, toasted
- 1 tsp honey
- 1 tsp rice wine vinegar
- 1 TBS canola oil



Finely chop white parts of scallions and place in a small bowl. slice green parts diagonally and set aside for garnish. To the bowl add the garlic, hoisin sauce, soy sauce, sesame oil, sesame seeds, honey, and vinegar. Stir to combine.

Pat salmon dry. Heat oil in a skillet on medium high. Add the salmon skin-side down, lower heat to medium and cook until the underside is browned and releases easily from the pan, 3-4 minutes. Turn off the burner, spoon some sauce over the salmon and flip the salmon skin-side up. Let cook for another 2-3 minutes. Scoop cooked rice onto plates. Drizzle some of the sauce over rice. Place salmon on top of rice and pour the remaining sauce over salmon. Sprinkle with scallion greens and sesame seeds and serve.

\*\*\*\*\*  
The star of the show is the sauce in many recipes. We love hoisin sauce, but maple syrup is another go-to when we want a touch of something sweet. Here is another fast and easy recipe. We only make two pork chops but use the same amounts for the sauce, so we have plenty of it! This is another one that goes nicely with rice.

### MAPLE BALSAMIC GLAZED PORK CHOPS

- ¼ cup maple syrup
- 3 tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 4 pork chops
- 2 teaspoons olive oil
- Salt and pepper to taste
- Combine syrup and vinegar in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 3 minutes), stirring occasionally. Remove from heat; stir in mustard.



Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pork evenly with salt and pepper. Add pork to pan; cook 3 minutes on each side. Add vinegar mixture; cook 1 minute or until desired degree of doneness, turning pork to coat. Place 1 pork chop on each plate and drizzle syrup mixture over each serving.

\*\*\*\*\*  
This is our absolute favorite new pork tenderloin recipe, and you could easily use it for pork chops. It seems like such an odd combination, but it is DELICIOUS!!! Once you get the prep done, the cooking part takes very little time. So, you can get everything ready and cook at the last minute.

### PORK WITH MUSHROOMS, BRIE AND MASHED POTATOES

- 1 wedge deli Brie cheese (7-8 oz.)
- 2 TBS fresh parsley
- 1 lb. pork tenderloin
- 1 tsp steak seasoning
- 4 TBS unsalted butter, divided
- 8 oz. sliced portabella mushrooms
- 2 tsp chopped garlic
- 1 tsp dried thyme
- 1 (24 oz.) package refrigerated mashed potatoes
- Optional: Add 1 can drained and rinsed green beans to mashed potatoes
- 1/2 cup chicken broth (or ¼ cup broth and ¼ cup white wine)



Remove and discard Brie rind, then cut cheese into chunks (about 1 cup); chop parsley. Cut pork into 1-inch-thick medallions and coat with seasoning.

1. Preheat large, nonstick sauté pan on medium-high 1-2 minutes. Melt 2 TBS butter in pan until frothy. Add pork and cook for 2-3 minutes on each side until browned; remove from pan.

2. Melt the remaining 2 TBS butter in the same pan. Add mushrooms, garlic, and thyme; cook 3-4 minutes, stirring occasionally, until mushrooms are tender. Microwave potatoes following package instructions. Add green beans if desired for an extra boost of veggies.

3. Reduce heat to medium-low. Stir in broth and pork; simmer 3-4 minutes, stirring occasionally, until sauce has thickened, and pork is 145°F. Remove pan from heat and stir in Brie until melted. Serve pork and mushroom sauce over mashed potato mixture, sprinkled with parsley.


\*\*\*\*\*


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## NATIONAL KIDNEY FOUNDATION'S 10 POSSIBLE SIGNS THAT YOU MAY HAVE KIDNEY DISEASE



More than 37 million American adults are living with kidney disease and most don't know it. "There are a number of physical signs of kidney disease, but sometimes people attribute them to other conditions. Also, those with kidney disease tend not to experience symptoms until the very late stages, when the kidneys are failing or when there are large amounts of protein in the urine. This is one of the reasons why only 10% of people with chronic kidney disease know that they have it," says Dr. Joseph Vassalotti, Chief Medical Officer at the National Kidney Foundation.

While the only way to know for sure if you have kidney disease is to get tested, Dr. Vassalotti shares 10 possible signs you may have kidney disease. If you're at risk for kidney disease due to high blood pressure, diabetes, a family history of kidney failure or if you're older than age 60, it's important to get tested annually for kidney disease. Be sure to mention any symptoms you're experiencing to your healthcare practitioner.

1. You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

2. You're having trouble sleeping. When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

3. You have dry and itchy skin. Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

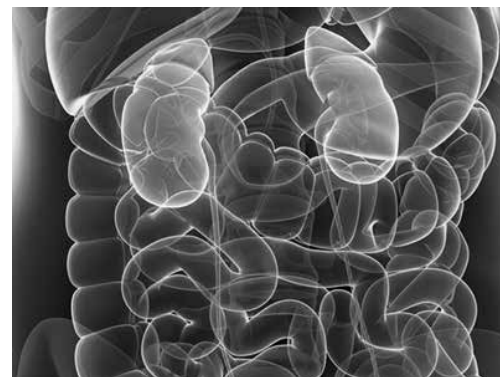
4. You feel the need to urinate more often. If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

5. You see blood in your urine. Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

6. Your urine is foamy. Excessive bubbles in the urine – especially those that require you to flush several times before they go away – indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

7. You're experiencing persistent puffiness around your eyes. Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

8. Your ankles and feet are swollen. Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.



9. You have a poor appetite. This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

10. Your muscles are cramping. Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

Herbal supplements to avoid if you have kidney disease:

- **Astragalus**
- **Apium graveolens**
- **Horsetail**
- **Licorice root**
- **Parsley root**
- **Uva ursi**
- **Barberry**
- **Creatine**
- **Huperzinea**
- **Nettle (and stinging nettle)**
- **Pennyroyal**
- **Yohimbe**
- **Cat's claw**
- **Goldenrod**
- **Java tea leaf**
- **Oregon grape root**
- **Ruta graveolens**

SOURCE: National Kidney Foundation

# SPOTLIGHT ON...By Steve Schneider

Hillcrest 21 resident Adriana Bianco is known as the “Shirley Temple of South America” for her roles in seven movies as a youngster. The most famous films were called: “La Melodia Perdida” (The Lost Melody), “La Niña del Gato” (The Girl with the Cat), and “El Primer Beso” (The First Kiss).

For her performance in La Niña del Gato, the Argentine Film Critics Association awarded her the Silver Condor Award for Best Supporting Actress and she became a star. In 2004 the Argentine Film Critics Association awarded her with the Silver Condor lifetime achievement award.

Bianco, whose artistic name is “Adrianita,” also studied Literature and Philosophy at the University of Buenos Aires, Argentina, and Sorbonne - Paris. Along the way, she wrote several books, and has lived in Mexico, Brazil, Venezuela, Colombia, Ecuador, France, and Switzerland.

But then the Hillcrest resident shifted gears as an adult, eventually moving to the United States to assume a variety of communication-based roles.

One role involved writing for OAS Magazine -- the Organization of American States, based in Washington, D.C. She netted interviews with major newsmakers, among others, presidents, senators, writers, and artists.

Bianco also performed work as a journalist for “Diario La Prensa”, a major Spanish-language newspaper, in New York City. News, in the form of history, intruded, however. The terrorist attacks on Sept. 11 forced her paper to move across the Hudson River to New Jersey.

So, Bianco changed roles again. She headed down to South Florida, to live with her mother in Hillcrest. Years later, the actress, communicator, and journalist, still calls Hillcrest home.

Adriana created the Festival Cine y Arte Argentino-Latino, which has been a yearly event for the past 20 years. r in Nova Southeastern University. **Admittance is free** and everybody is invited. This annual festival is now considered a significant event promoting art, culture and the love of cinema between Argentina and the United States.

Nova Southeastern University, in Davie, will host **Festival Cine & Arte, Argentino – Latino 2023**. The festival is curated by Bianco. The first event occurs on **Sept. 3, at 2 PM**. It will

feature the film “La Luz Con El Tiempo Dentro” (Espana) which translates to “The Light From Time Within”.

The University is planning on creating an honor wall dedicated to the festival and “Adrianita”, Argentina’s beloved child actress and our own Hillcrest neighbor!

You can call the university’s **Alvin Sherman Library, Research, and Information Technology Center at (954) 262-5477** for more information.

**Biblioteca Alvin Sherman en Nova Southeastern University, Consulado de Argentina, Centro Cultural Español y Centro Cultural de Puerto Rico Invitan**



## FESTIVAL CINE & ARTE

### ARGENTINO – LATINO 2023

#### ADRIANA BIANCO

Dedicado a *España*






**LA LUZ CON EL TIEMPO DENTRO (ESPAÑA)**  
 Dirección: Antonio Gonzalo  
 Septiembre 3 | 2:00 p.m. | 105 mins  
 Vida del poeta Juan Ramón Jiménez, ganador del Premio Nobel de Literatura en 1956.  
 2015. Sin subtítulos en inglés. Estreno en USA.

**LAS VACAS CON GAFAS (PUERTO RICO)**  
 Dirección: Alex Santiago Perez  
 Septiembre 10 | 2:00 p.m. | 93 mins  
 Comedia dramática, con la presencia del actor Daniel Lugo.  
 2016. Sin subtítulos en inglés.

**MEMORIAS DE UN SOLDADO (VENEZUELA)**  
 Dirección: Caupolican Ovalles  
 Septiembre 17 | 2:00 p.m. | 97 mins  
 Film histórico basada en una historia real del siglo 19 en Venezuela.  
 2012. Sin subtítulos en inglés.

**LA PUTA Y LA BALLENA (ARGENTINA)**  
 Dirección: Luis Puenzo  
 Septiembre 24 | 2:00 p.m. | 127 mins  
 Drama romántico que sucede entre España y Patagonia.  
 2004. Sin subtítulos en inglés.



Comentarios de la actriz y periodista  
**Adriana Bianco**

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## IT'S TIME FOR CHANGING SENSITIVE TO SENSIBLE

by BK ARUNA LADVA, London, England, submitted by ETTA STEVENS

*"For the highly sensitive person, a little drizzle feels like a monsoon." - Anonymous*



Science tells us that highly sensitive people are affected by their environment and other people, more so than 'normal' people. Scientific research into these different personality types has coined the term "highly sensitive people" or HSP, because their central nervous system is highly sensitive and reacts to stimulation. They pick up more subtle social cues (not always positively) and respond more to stimuli from their surroundings, people, and situations than other people do, hence they are affected by everything more than Mr. and Mrs. Average.

Someone having a "delicate", "touch-me-not", or "thin skinned" nature, may well have a deep sensitivity meter that is built into their make-up. It is not that they are just delicate because of their upbringing or circumstances, it seems to be something more deeply ingrained into their personality which affects how they perceive and experience the world.

Therefore, it is not a simple nurture issue, it may also be nature too. These highly sensitive people are wired in a way where they feel things too intensely, that then influences their moods. If not corrected it will create an experience of toxic overload. Such a person may suffer from anxiety and be overly introverted which could lead to depression and emotional burn-out.

People who are oversensitive in this way could be said to have an inverted ego. In other words, they are deeply concerned with themselves rather than others. Arrogant people are also overly concerned with the self but have an inflated opinion of themselves. The oversensitive person usually has low self-esteem and fear of being criticized or ridiculed. They tend to be on 'high alert' watching people's expressions and interpreting and analyzing conversations in which they have perceived some slight. These delicate natures are very difficult for others to be around. Everyone feels as though they are walking on eggshells, including the oversensitive person, who tries constantly to not cause any reason for criticism or aggression. This extra sensitivity could well be the cause of a lot of mental health issues, because these people are simply picking up too much information outside of themselves, which they are finding hard to process and accommodate. If such a soul is not in alignment with themselves, they will surely become mentally and emotionally unbalanced trying to negotiate the burden of excessive data input plus trying to adjust with it all.

Someone who is a natural empath on the other hand, is a person with a sensitive nature who is aware of the feelings of others and can sense their suffering and know what the right thing is to say or do to alleviate the suffering. A supersensitive person could learn to manage all their mixed emotions if they have some spiritual practice to help keep them anchored. Taking "time out" to re-tune themselves and edit out the emotions and moods of other souls, this will help them to stay balanced in life. The key thing is to distinguish what is "yours" and that which belongs to other people; to be aware of the feelings of others without being influenced by them and losing yourself in the process. If you are a highly sensitive person, then a good tip is to keep checking in with YOU! Ask yourself: Is this my "stuff"? Use the method of clean and delete as you go through your day.

Something we can all do is have the aim to be a compassionate human being, and sensitive to others. We do not need to become super sensitive, but just gently aware of the nature and circumstances of those around us, being respectful of their feelings and giving them space. Remember everyone is doing the best they can with the information they have available. We can learn to be sensitive and aware, and still protect the self, with understanding and healthy introversion. For some, awareness is awakened by simply being exposed to a new environment. Prince Siddhartha, for example, lived in a beautiful palace and believed everyone lived just like him and lived a life of comfort and pleasure. Outside of the palace was suffering and poverty, but this this was shielded from him. If ever he left the palace walls, his route was carefully planned, and he was escorted everywhere. Streets were cleaned and cleared of anything that might shatter his serenity. One evening, he left the palace grounds alone and was exposed to the reality of how the other people lived. The illusion he had been living under was shattered. It was a great awakening and the suffering he saw put him on the path of searching for the way to end all suffering. He pursued a life of renunciation, and the wisdom and enlightenment he achieved are the foundations of Buddhism. He is remembered as the Master Buddha. Regarding the pain of others ... this is not a time to walk away or put our head in the sand. If we can do nothing else, we can afford to send them a prayer and good wishes. Being able to stay in our own power and not be affected by people and situations is a good stage to have... always... with love and compassion. Make yourself stable in any situation, so that you are able to deal with challenges as they come up. It's Time... to stay sane, become sensible and be sensitive of the feelings of others. Try this every day and you will see all the obstacles you have bottled up inside begin to diminish and you will find yourself calmer than when you started. It works! I know!

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. 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. Being sensible works so much easier when you leave your sensitive emotions out of the picture.

**MEDITATION IS THE ONLY WAY TO BRING UP YOUR CONNECTION TO YOUR HIGHER POER AND COMBINE YOUR ETERNAL GIFTS OF LOVE, PEACE, HAPPINESS, WISDOM, PERSEVERANCE, AND TRUE FRIENDSHIP.**

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## THE MANY USES OF DRYER SHEETS – contributed by BNW (Best Neighbor in the World)

Dryer sheets are excellent household items that can be used in more ways than you know. Whether you want to freshen up your furniture, eliminate odors, dust your home, or clean gunky pots, dryer sheets can be a handy tool to have.

### 1. PREVENT TANGLES IN YOUR THREAD

Run your threaded needle through a dryer sheet before you begin stitching to avoid knots (and frustration).

### 2. SHARPEN BLADES

Use a dryer sheet to sharpen your scissors when they are dirty and blunt. Rub the sheet against the blades to sharpen them up and remove any dirt.

### 3. ELIMINATE STATIC CLING

Fill a container with water, add a lavender dryer sheet, and let it sit for a good 30 minutes at a minimum. The longer you let it soak, the better. The chemicals will soak into the water. Decant the mixture into a spray bottle. Use this whenever you have something stuck to you, simply spray the mixture on the area, and it releases that static electricity.

### 4. PICK UP SPILLS

The same static absorbing qualities that make them great dusters make them perfect for picking up spilt powder. So, no more panicking when you accidentally knock over that bag of flour.

### 5. CLEANING SOLUTIONS

**Pots** - Dryer sheets can be used to clean gunky and messy pots. Fill the pot with water, add some Dawn dishwashing liquid and a dryer sheet (two if the stuck-on residue is particularly bad), and let it soak for 30 minutes. Then take the soaked sheet and use it to scrub the inside and even the outside of the pot. After a good rinse, your pot should be sparkling clean. The chemicals in the dryer sheet will help loosen the grime and the sheet's rough surface will help you scrub it away easily.

To save a burnt pan, drop the scouring pad and try this trick instead: Fill the pan with warm water and lay a new dryer sheet flat on top to soak overnight. In the morning, the baked-on gunk will have either floated off or be loose enough to scrape off with a spatula.

### 6. CLEANING CHORES

**Sinks and faucets** - Clean your sinks and faucets with damp dryer sheets to remove dirt and polish them up. You'll be amazed at how it will release any soap residue and other gunk that is just sitting in your sink.

**Shower doors** - You can use dryer sheets to clean shower doors. Dampen a sheet and rub it against the shower doors. The ingredients that are on the sheet will break away the soap scum. Go ahead and rinse it off to reveal crystal-clear glass.

**Chrome** - Use a used dryer sheet to rub calcium deposits off showerhead, faucets, and even your car. Skip the harsh chemicals – a damp, used dryer sheet removes hard water stains and soap scum just as well.

### 7. DUSTING

Try a used dryer sheet instead of a feather duster – their static absorbing qualities make them great for lifting dust from just about everything: Their static absorbing qualities pull dust away from the surface of the object and onto the sheet.

**Computers and Tv's** - Wipe a dryer sheet across the surface of your computers and TVs. It will clean off the dust without leaving streaks or scratches.

**Floors** - You can also attach a dryer sheet to a dollar store Swiffer mop head and easily sweep up the dust and debris from your floor.

**Shelves** - Keep your shelves squeaky clean by using a dryer sheet to trap the dust that settles.

**Blinds** - Easily remove the dust from your blinds by simply swiping a dryer sheet over them.

### 8. FRESHEN JUST ABOUT EVERYTHING IN YOUR HOME

**Couches** - Place a dryer sheet between the cushions of your couch and push it down until it's out of sight. The fragrance of the dryer sheet will be released slowly over time, providing a subtle and refreshing scent to the room.


**Linen** - You can also use dryer sheets to freshen up your linens by placing one in the middle of your folded sheets before storing them in a pillowcase. You'll be able to keep your sheets together and your bed will smell great when you make it.

**Bathrooms** - Place a dryer sheet in a toilet paper roll to keep your bathroom smelling fresh. The scent will fill your bathroom every time someone pulls off a piece of paper.

**Drawers** - To give your clothes a sweet aroma, place a dryer sheet in your drawers. It will smell like fresh laundry every time you pull an item out.

**Shoes** - Eliminate odor by placing half a dryer sheet in your shoes overnight. The conditioning sheet will absorb the stench and impart a more pleasant smell.

**Trash cans** - Dryer sheets make a great garbage can deodorizer. Go ahead and toss one in your trash can to leave it smelling nice and fresh.



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