



INSIDE HILLCREST

CONNECTING NEIGHBORS TO NEIGHBORS

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JUNE INSIDE HILLCREST

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WHAT'S NEW WITH THE HARWIN-TOBIN LLC PROJECT at 1101 Hillcrest Drive?

To be fair, the company that builds the affordable income high rise buildings do a great job. Our argument is WHERE they want to build another one. There are already over 1,000 affordable units planned nearby, including projects on South Park Road and Pembroke Road. These developments could offer real benefits for our aging population. At some point, many residents may prefer the flexibility and lower costs of renting over the increasing burden of condo ownership, including maintenance fees, assessments, and taxes.

But placing another high-rise in the middle of Hillcrest Drive is simply not a good fit.

Hillcrest Drive provides access to **eight Hillcrest buildings and both entrances to Parkview**. This project would dramatically increase traffic in an already busy area. A proposed 110-unit building, plus an office space for 20+ employees and visitors, with 136 parking spaces? Most working couples require two cars — and 136 spots will barely cover residents, let alone visitors and employees.

An 8-story building would block views from Hillcrest Building 20. This project could potentially reduce rental values for nearby buildings 16, 19, and 20, and negatively impact property values for the entire community. And then there's the **Hillcrest PUD (Planned Unit Development) 3,000-unit cap**, which exists for a reason: to prevent overcrowding and preserve the quality of life in our neighborhood. Adding this development would push us beyond that limit.

Ray Chait, Hillcrest 16, Steve Hurtig, President of the HLC and Brian Belmonti, President of the Parkview HOA are leading the effort. And Steve Schneider, our Inside Hillcrest reporter, is doing a GREAT job, taking the initiative to do the exhaustive research needed to coordinate the effort with our land use attorney. He is amazing! See his report on **page 2**.

My only role in this matter is to communicate updates and manage the funds contributed by Parkview HOA and 23 of our 24 condo buildings.

I want to recognize the progress we've made as a community, especially when it comes to leadership. When I recently reviewed the list of building presidents, it was clear: we are in a much better place than we were a few years ago, with strong, experienced leadership across the board in all but one building.

Thanks to all the unit owners who have supported this effort, either by insisting that their boards contribute to our community cause, or in the absence of their own building leadership's support, contributing funds themselves! Together we have a voice! Let's make sure it's heard.

ROTHFIELD DENTAL

I don't know why it's been so hard to find a good dentist; you know, one who takes care of your dental needs instead of trying to sell you unnecessary procedures. I get it: our culture is all about making money at any cost, with little regard for fairness, honesty, or integrity, and dentistry is no exception. After all, whatever they sell you usually won't kill you, especially if you have good insurance.

Every time I went to a new dentist for a simple cleaning, they insisted on X-rays (because insurance covers them) and somehow "discovered" I needed veneers, crowns, or even a root canal. When I sought a second opinion, I'd hear the same nonsense — just focused on a different side of my mouth. One dentist even had his wife running a supplement business out of the office and tried to rope me into that too.

In total, I went through four dentists. The last one actually did decent cleanings, but when I needed a procedure, it was painful. I decided to stick with them just for basic cleanings. But then I lost a filling. When I went in, it was all about my insurance again. The dental assistant couldn't even put in a temporary filling — just handed me some wax and said, "Good luck." Then Dr. Painful showed up, badgering me about insurance once more. That was it — I told them to shove it, walked out, and walked into Rothfield Dental (which, ironically, is right

near Hillcrest), told them I broke up with my dentist and needed an appointment.

Dr. Elizabeth Rothfield and her team are amazing. She painlessly smoothed out the tooth and placed a temporary filling in one visit with no drama. I got my permanent crown on May 15, and it was painless, and I would dare say, a pleasant experience. Soothing music and an amazing staff. Bonus: even though my insurance doesn't cover crowns, Dr. Rothfield charged me \$288 less than Dr. Painful would have. I put a copy of her business card on **page 2**.

HILLCREST CONDO REAL ESTATE MARKET

We have had a tough time trying to get the word out — the market boom is over. The low days on the market and high sales prices are no more. Inside I compare the markets from 2022 up until today. No one is unhappier than Brian and me. We love Hillcrest and have sold more units over the past 20 years than any other agent. We truly believe that Hillcrest is undervalued in ANY market, but today's market is especially disheartening.

The cause? I have heard many theories, but Florida has really taken a hit. Snowbirds are fleeing as maintenance fees have more than doubled in the past 10 years as well as multiple assessments. The worst is over for most of us as far as assessments go, so I am hoping 2026 gives us a resurgence in sales.

Smart selling starts with smart strategy.

Give me a call at 8-HILLCREST (844-452-7378) to get the market facts. Brian and I will always tell you what you need to know, not what you want to hear. Before you list, look at what has actually sold, not what is sitting on the market. Pricing your unit based on emotion, optimism, or a neighbor's old sale won't get it sold in today's market. If your agent isn't honest about the numbers, or worse, if they're telling you what you want to hear just to win the listing, you are putting your property at risk of sitting unsold for months.

A LAST WORD ABOUT HILLCREST

Let's give Hillcrest the credit it deserves. Our buildings are rock-solid, well-built, well-maintained, safe, and spacious (a rarity these days). As "The Hidden Jewel in Hollywood", we are located minutes from everything that matters, and close enough to the beach to feel those ocean breezes without the beachfront price tag.

Honestly, if you picked up a Hillcrest building and dropped it on the sand, values would triple, and so would the taxes, insurance, and HOA fees. I'll gladly trade that for a 12-minute drive, keep my distance from hurricanes and keep the value where it belongs: in my pocket.



PUDGETABOUTIT? - by Steve Schneider

Residents of the Hillcrest condos and neighboring Parkview at Hillcrest thought they might have a powerful legal document to help them prevent construction of an affordable housing complex in their community.

The document is called a Declaration of Restrictive Covenants. It states that 80% of the residents of the Hillcrest PUD must approve PUD expansion before more construction can take place. The PUD is maxed out, which is why developers are asking the City of Hollywood to increase it. A PUD is a Planned Unit Development community.

Community leaders quickly realized we needed help dealing with the legal and political morass. And their first step was to find a land use lawyer who would represent our interests. Legal counsel is a must if we are going to deal with a prominent local landowner and a South Florida affordable housing group favored by the City of Hollywood. Jason Tobin owns the land; the Housing Trust Group has already built affordable housing developments in Hollywood.

In fact, despite knowing about the Declaration of Restrictive Covenants, the City had already set in motion the approval process for the affordable housing proposal. Two City sounding boards – known as PACO and TAC – moved things along to the Hollywood Planning and Development Board. That Board was scheduled to review the plan and issue a recommendation in May. But that didn't happen because the developers requested a delay, apparently to refine the project. No date has been set for the Planning and Development Board meeting, which recommends action before the Hollywood City Commission discusses and votes on the issue.

At stake: whether more than 100 units of rental housing get built in an area already struggling with congestion and lack of parking, as well as more than 1,000 rental units approved for construction adjacent to and down the road from Hillcrest. If approved, office space will be built on the ground floor, along with parking spaces that leaders believe is inadequate.

Therefore, hiring an attorney was an important first step. The community leaders, with their attorney, then needed to define a course of action. Since a City official had muddied the water about whether the developers could build affordable housing at 1101 Hillcrest Drive, in the heart of Hillcrest, attorney and clients decided to consult a surveyor. The surveyor will review the Declaration, which laid out the PUD composition in surveyor terms.

If 1101 Hillcrest Drive is indeed in the PUD, leaders planned to ask their attorney to go to Broward Circuit Court to fight. If it wasn't, they were prepared to continue speaking with city commissioners who would then have the final say on the affordable housing plan.

In 2016, Broward County also secured a Declaration of Restrictive Covenants before approving land use changes that made Parkview at Hillcrest a reality. Ironically, the Declaration came into existence when Hillcrest unit owners agreed to let 645 houses and townhomes be built on their two shuttered community golf courses. That new development is called Parkview at Hillcrest, where some properties now sell for more than \$1 million. Compounding the irony, we need to learn if Washington Palms is part of the PUD. If it is, then their 48 units should have been deducted from the 645 units approved for Parkview at Hillcrest. If so, who at City Hall in 2016 allowed the breach of the maximum 3000 units, based on the PUD guidelines?

If the City of Hollywood approves the current affordable housing proposal, the development will set aside units for people at 80%, 60% and 30% of the Area Median Income. It's worth noting that the Housing Trust Group has a very good reputation. It has even built affordable housing developments in Hollywood, including Hudson Village, at U.S. 1 and Washington Street.

And at a Town Hall meeting with Hillcrest and Parkview residents, representatives from the Housing Trust Group highlighted the quality of their buildings, the wide range of amenities offered, their thorough tenant screening process, strong building security, and consistent property maintenance.

Our own City Commissioner, Idelma Quintana, in an email after the Town Hall, stressed the need for affordable housing in Hollywood and surrounding locales. She said, "The Broward County Area Median

Income is currently around \$74,000," with many Broward County residents struggling to pay rent and survive. Quintana also sent along this link: <https://broward-county-housing-affordability-bcgis.hub.arcgis.com/>.

Our leaders agree, but not at the expense of our community.

It is too early to say what will happen. But an attorney for the developers told the Town Hall meeting that it's always possible to walk away from the proposed federal affordable housing program and invoke the state's Live Local Act, which makes the approval process easier for developers. That law was passed in 2023 to spur affordable housing, basically in areas considered commercial or industrial. A 2025 change in the law, though, includes PUD's in the Live Local Act umbrella. Live Local also allows for mixed-use developments as long as at least 40% of the rental units are affordable. The state and federal programs provide financial incentives for developers to build affordable housing.

So, on some levels, it seems developers and government officials are telling Hillcrest and Parkview at Hillcrest residents to PUDgetaboutit and welcome the building to the neighborhood. Will a Court get the final say?



ROTHFIELD DENTAL

ELIZABETH ROTHFIELD DMD

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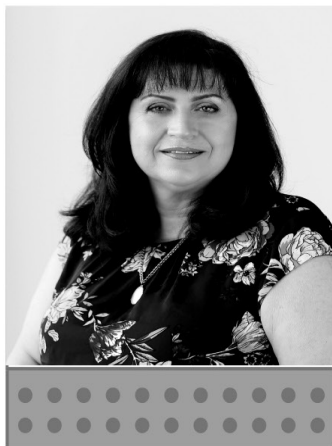
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MAKING UP FOR LOST TIME: HOW TO BOOST YOUR RETIREMENT SAVINGS



Realizing you have less saved for retirement than you think you'll need can be concerning. Despite potential setbacks like supporting children through college or managing unexpected expenses, it's never too late to take action, starting with refining your goals.

4 Tips for Setting Retirement Savings Goals

1. Evaluate your current position: A clear understanding of your current situation can help you strengthen your retirement preparation. An online retirement calculator can help you estimate how much you'll need to close the gap between your current savings and your goals. For a more comprehensive analysis, contact the office.

2. Understand future expenses: Consider your anticipated retirement expenses, including lifestyle choices, travel, recreational activities, and your legacy. Potential healthcare should also be taken into account, as medical expenses typically increase with age.

3. Plan for housing costs: Housing plays a significant role in retirement planning, whether you're planning on staying in your current home, downsizing to a smaller space, or moving to assisted living. Maintenance, property taxes, and potential home modifications to support aging in place should also be factored into your calculations.

4. Account for inflation: Remember that a dollar today will buy less in the future. Planning for rising costs of essentials like groceries and utilities helps you set strategic and informed retirement goals.

Key Considerations for Retirement Planning

Understand Social Security's Role in Your Retirement

Social Security is a government program designed to provide income support during retirement. This benefit is calculated based on your highest 35 years of earnings. Maximizing your income in your remaining working years can help replace those lower-earning years and increase your future benefits.

Explore Retirement Account Options

Employer 401(k) plans, especially those with matching contributions, can be an effective investment vehicle. You can also consider Roth IRAs for tax-free growth and flexible retirement income strategies, which are particularly beneficial for those anticipating higher future tax brackets.

Ways to Boost Your Retirement Savings

Take Advantage of the SECURE 2.0 Act

The SECURE 2.0 Act introduced provisions that may enhance retirement saving opportunities for those approaching retirement.

These changes include expanded access to workplace retirement plans, increased flexibility for contributions and distributions, and new catch-up provisions for those aged 50 and above.

Downsize Your Home

An expensive home can strain retirement savings. Downsizing may free up equity and cash flow, and selling a home can also provide tax benefits. Individuals can exclude up to \$250,000 of profits from taxes, and married couples filing jointly can exclude up to \$500,000.

Last Resort: Cash Values on Insurance Policies

If other strategies fall short, you can explore cash-value life insurance policies. However, carefully consider the potential trade-offs, such as reducing the policy's death benefit or triggering taxes.

Connect to Catch Up

Catching up on retirement savings may feel overwhelming, but you don't have to do it alone. Together, we can tailor your strategy and help you make informed decisions to work toward your goals. I am here to help! Schedule a complimentary consultation with my office at treecefi.com.



David Treece MBA AIF® CLTC®

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our mission is to provide in-home care in the local Greater Broward area. We provide an array of different services ranging from working with elders to supply them with the necessary aid they need to live a virtuous lifestyle. Since 2015, Ken Care Services has been changing the way people think about senior living.

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Transfer between bed and chair
Wheelchair assistance

KEN CARE SERVICES, A HOME HEALTH AGENCY

– by Steve Schneider



Maybe you need some assistance staying in your Hillcrest condo. Or perhaps you need to spend some time in a local care facility.

Either way, Ken Care Services, 5740 Sheridan Street, in Hollywood, is here for you. It's been run by a husband and wife team for a decade. Jones Olowoniye is the CEO and Admissions Officer; his wife Femi is an RN and serves as the Director of Nursing.

The first step after speaking over the phone is to arrange a home visit so Ken Care representatives can learn what level of care you need, Jones says. Once determined, Ken Care can dispatch home health aides, RNs, LPNs, physical and occupational therapists and other professionals, based on your medical situation. All care givers are screened thoroughly.

Ken Care can even arrange for a companion to travel with you when you leave the hospital and return home or arrange for care outside of your condo. The company offers placement in short-term and long-term settings free of charge.

Alzheimer's and dementia, bed sores and wounds are just some of the medical concerns the company helps you address.

Femi, the RN, notes that it's fairly common for people who are not mobile to develop bedsores and even wounds. If not treated promptly

and properly, she says, they can get infected and increase the care you need. Therefore, the people who care for you need to be vigilant and persistent in monitoring your skin, which gets thinner with age and can suffer from reduced blood flow.

Whatever your situation, you can call Jones and Femi to get more information and see if your insurance coverage works with Ken Care. Ken Care works with Medicare and Medicaid and a variety of Medicare advantage plans. Their office phone number is (754) 221-0107. You can also check out their website at: www.kencareservices.com/



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



Greetings Hillcrest Residents,

Over the past several weeks, many residents have expressed their concerns over the closure of the Hollywood Library due to a car accident. Unfortunately, the Hollywood Library is facing a long timeframe to reopen due to damage and liability concerns. In the meantime, I wanted to inform you of potential options for residents to access the resources of the Broward County Library while repairs take place.

Residents in Southeast Broward are welcome to use the Dania Beach Library, where most holds and Interlibrary Loans have now been sent. In addition, District Six also has the Marta-Beth Friedman Stirling Road Branch Library, which has now expanded to be open on Saturdays – and is open seven days per week! Residents may also access the Reading Room at the Hollywood Beach Community Center on A1A, which combines a great location with great service. In addition, the Hallandale Beach Library, which has been closed for renovations since last fall, is expected to reopen with exciting improvements in July.

You don't need to leave your home to access the treasures of the Library! Residents with a Broward County library card can access e-books and audio visual materials through our library system. Residents can also browse the many journals available, search through periodicals and archives, or request an InterLibrary Loan. Go to Broward.org/library to learn more about all the wonderful things our libraries offer. If you would still like to receive a physical book, residents in Hollywood are eligible to receive Books By Mail.

Our young people are one of the groups significantly impacted by the closure of the Hollywood Library. Fortunately, Broward County has many alternatives available for children to enjoy a joyous summer

of learning. All Broward County Students have access to a Broward County Digital Direct Library Card – all they need to do is enter their Student ID to access the resources of the library (as long as their parents opted-in during the signing of the Student Code of Conduct). Broward County Libraries also sets the standard with our Summer At Your Library Program, which features two months of imaginative and informative events designed to highlight the joy of reading and provide innovative entertainment. To learn more, [click here](#).

In addition to the Broward County Library, the Children's Services Council of Broward County also provides significant programming and resources for families. This includes summer camp options, nutrition programs, and other services. To learn more about these opportunities.

I recognize that the closure of the Hollywood Library is not just a significant inconvenience – it also leaves a major gap in our region's community and resources. That is why I am working to explore every possible opportunity to fill in these gaps with alternatives and expedite the opening of the Library. Please stay tuned for more updates.

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. Due to an accident at the Hollywood Library, this location is currently closed. 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, please call 954-357-7006/7790, or email me at bfurr@broward.org.

MARTY KIAR BROWARD COUNTY PROPERTY APPRAISER



Important News for New Homeowners

When buying/acquiring real estate, do not assume the property taxes will remain the same as the current owner's taxes. Under Florida law, a change in ownership requires the property to be reassessed at current full market value the year following the change of ownership OR if a Homestead Exemption is added/removed from the property.

This reassessment could result in higher property taxes for the new owner than what the seller was paying. Please use our Tax Estimator available online to approximate your new property taxes based on the reassessed value.

If you are moving to a new home and have held a Homestead Exemption anywhere within Florida during the past three tax years, you may be eligible to transfer your Save Our Homes (SOH) benefit to your new home to help lower the property's assessed value and subsequent taxes. The Portability Estimator available online helps you approximate what your new property taxes will be using any portability you may be transferring from another property.

Both the Tax Estimator and Portability Estimator are available on our website at web.bcpa.net under "Online Tools".

The Property Appraiser does not set or collect taxes. Tax rates/fees are set by individual taxing authorities each year based on their budgetary needs. All property tax billing and collecting is handled by the Broward County Tax Collector's Office. Should you have any questions regarding payment of taxes, please visit their website at browardtax.org or contact them directly at (954) 357-4829 or revenue@browardtax.org.

Homestead Exemption and Portability save eligible property owners thousands of dollars each year. For more information on tax-saving exemptions such as Homestead, Senior and all other available exemptions, please visit our website at web.bcpa.net under "Exemptions & Classifications". The deadline to apply for any 2025 exemption is September 17, 2025.

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, JD, CFA
Broward County Property Appraiser

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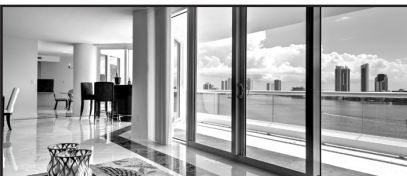
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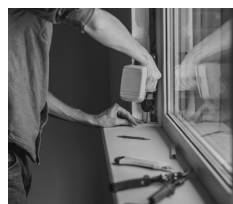
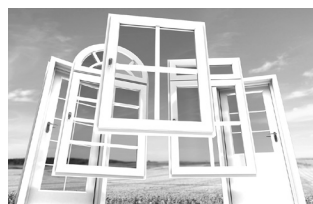
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NO MORE BIRTHDAY PARTIES! *by Carl "Frugal Father" Cyrius, EA MBA*

As an accountant and a father of four, I live by two sacred rules:

1. Everything fits in a spreadsheet.
2. Kids don't need a big budget to have a blast.

For years, I ran birthday parties like a Fortune 500 company — tightly managed and wildly efficient. The playbook was simple:

- **Venue:** Backyard – Free
- **Emcee:** Yours truly – Also free, also fabulous
- **Decor:** My wife (aka The Designer) – Voluntold
- **Food & Drinks:** Costco or Chick-fil-A catering – \$350 to feed 40+ sugar-fueled humans
- **Grand Total:** Always under budget, always under control

Even inflation couldn't shake my system. If it ain't broke, don't fix it, right? Well... enter my twins: Blake and Blaire. Last year, they dropped a party bombshell. They still wanted their usual joint party — *but with a twist*. Separate themes. Two cakes. Two sets of decorations. Two guest lists (because now they're in different classes).

As they rattled off their wish list like mini event planners, I could feel the spreadsheet weeping. The budget? Crumbling. The mental math? Painful. I needed a counteroffer. Fast.

Then I remembered a movie we watched during one of our legendary **Cyrius Casa Cinema** nights: *Yes Day* — where parents say "yes" to their kids for 24 hours (within reason). But I took creative liberty.

"Hey Twinsies," I said, "how about a *Maybe Day* instead?" Naturally, they asked, "What's a *Maybe Day*?" Glad you asked, kids. I was totally making it up on the spot. "It's like *Yes Day*, but with a budget. Mom and I will each give you \$100 to spend however you want — *within reason*. Plus, you get to pick anywhere for dinner — *also within reason*."

Sold. They were all in. And just like that, **Maybe Day** was born. When my eldest son's birthday came around? He wanted a *Maybe Day* too. My youngest? Already planning hers with PowerPoint slides.

The kicker? *Maybe Days* cost less than half of my already-frugal parties.

They also teach my kids about budgeting, decision-making, and the harsh reality of sales tax. So yes, no more big parties. And honestly? That's a win for all of us.

Carl "Frugal Father" Cyrius, EA MBA
Maybe Day Manager
Father of the Year Finalist
954-859-7000



Why Kitchen & Bath Remodeling Is Worth The Investment

Remodeling your kitchen and bathroom is one of the best investments you can make in your home. These spaces are among the most frequently used and can significantly impact both your home's functionality and value. Here's why a kitchen and bath remodel is worth the investment.

Increased Home Value

Kitchen and bathroom upgrades provide some of the highest returns on investment (ROI). A well-designed remodel can boost your home's resale value and attract potential buyers, making it easier to sell when the time comes.

Enhanced Functionality

A remodel allows you to optimize the layout and improve usability. Adding storage, upgrading appliances, and installing modern fixtures can make these spaces more efficient and enjoyable to use daily.

Energy Efficiency and Cost Savings

Upgrading to energy-efficient appliances, LED lighting, and water-saving fixtures can reduce utility bills while benefiting the environment. These improvements also make your home more attractive to eco-conscious buyers.

Improved Aesthetic Appeal

Outdated kitchens and bathrooms can make your entire home feel old-fashioned. A remodel gives you the opportunity to update styles, choose modern finishes, and create a space that reflects your personal taste.

Increased Comfort and Livability

Remodeling enhances the overall comfort of your home. Whether it's creating a spa-like bathroom retreat or an open-concept kitchen for entertaining, these upgrades improve your daily quality of life.

Addressing Safety Issues

Older kitchens and bathrooms may have outdated wiring, plumbing issues, or hidden structural problems. A remodel allows you to address these concerns, ensuring your home is safe and up to code.

Customization to Fit Your Lifestyle

Your needs evolve over time, and your home should adapt accordingly. Whether you need a more accessible bathroom, a family-friendly kitchen, or high-end luxury finishes, remodeling allows you to tailor these spaces to your lifestyle.

Conclusion: Remodeling for Longevity and Independence

Investing in a kitchen and bathroom remodel not only increases your home's value but also enhances its functionality, efficiency, and overall appeal. But beyond aesthetics and resale value, these upgrades can support **aging in place**, allowing homeowners to live comfortably and safely in their homes for years to come.

Features like **walk-in showers, grab bars, non-slip flooring, and wider doorways** can significantly improve accessibility while maintaining a stylish design. Thoughtful kitchen improvements—such as **pull-out shelving, adjustable countertops, and smart appliances**—make everyday tasks easier and more manageable.

MOST importantly stay in your own home that you love, don't move to a nursing home.

For your first FREE appointment in our showroom, even if you're just exploring ideas—or wondering if this is even possible for your space—begin with a conversation.

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



Cindy Abraham



Brian Gaiefsky

In 2024 we saw prices fall as demand slowed and inventory continues to increase.. Affordability issues from high prices, high mortgage rates and rising insurance are the biggest factors for the market slowdown. It takes an average of 57 days from list to close when a property is priced right.

When you list with the A Team, you get a WEEKLY report with factual data outlining the number of people who have viewed your property online, how many marked it as a "favorite" and even what city and state the potential buyers are from. Knowledge is power.

If you are thinking about selling, call Keller Williams A Team Florida. We will put you on a notification system so that YOU can monitor the market for properties like yours. If you have a property and you want to sell it in the shortest amount of time at the right price, hire the A Team.

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

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HILLCREST CONDO MARKET RECAP FROM 2022 TO TODAY

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

What You Need to Know Before You List

As the number of listings climbs, I'm increasingly disheartened by the poor quality of many of them. More than ever, I'm seeing agents with little to no experience, many with few previous sales, offering discount commissions and representing our community poorly. Hillcrest has long been undervalued, and this current wave of low-effort, poorly represented listings is doing real damage.

You get what you pay for.

Buyers today can browse listings online and instantly judge a unit by its photos and presentation. Listings with blurry images, minimal or incorrect information, or poor (misspelled) descriptions don't just reflect on the agent, they affect all of us by dragging down perceived value.

I know it's frustrating to hear that your neighbor sold two years ago for a high price, and now a seasoned agent is advising a list price 40% lower. But hiring a rookie who is desperate for a deal, willing to overprice your unit just to get your listing, is not a smart move. If they won't fight for their own commission, how hard do you think they'll fight for your money?

Hillcrest Market Overview

A balanced market in Hillcrest typically has about **60-80 active units**. The highest I've ever seen was **200 units in one day in 2011**. The lowest? Just **6 active listings** in 2023.

Let's take a look at what's actually been *selling*, because **listings don't determine value—sales do**.

2022 Market Stats

- **Total Sales:** 167 (1 three-bedroom, 97 two-bedrooms, 69 one-bedrooms)
- **Highlights:**
 - o 3BR (2,200 SF): Sold for \$350K (25K over asking) in 79 days
 - o Corner unit: \$339K in 2 days
 - o Highest 2/2 convertible: \$315K

- o Highest 1BR: \$197K in 32 days
- o Only 10 listings stayed on the market over 100 days

2023 – Best Year for Sellers

- **Total Sales:** 124 (3 three-bedrooms, 65 two-bedrooms, 56 one-bedrooms)
- **Market Peak:** As low as 6 active listings at one point
- **Highlights:**
 - o 3BRs: \$362,500 and \$370K; midrise 3/2 at \$285K
 - o 2/2 corner: highest sale \$330K
 - o Most 2/2 convertibles sold for over \$200K (14 original-condition units sold below that)
 - o Highest 1BR: \$195K
 - o Only 17 of 56 one-bedrooms sold under \$150K

2024 – Market Softens in second half of the year

- **Total Sales:** 108 (1 three-bedroom, 66 two-bedrooms, 41 one-bedrooms)
- **Highlights:**
 - o One 3BR sold for \$356,320
 - o Five corner units: Over \$300K
 - o 42 2/2s (all buildings) sold for over \$200K
 - o Two 1/1/1s sold for over \$200K 27 sold for between \$150K and \$200K, only 10 below \$150K; Just 2 sold below \$125K,
 - o Clear softening trend in the last 6 months of the year

2025 – A Market Downturn - Total Sales (YTD): 36

- Current Listings: Over 100
- Days on Market: Half already over 100 days; 11 under contract, five of those between 100-300 days

Two-Bedroom Sales (19 total):

- 2 top-tier corner remodels: Over \$250K
- 5 full remodels: Between \$200K-\$249K
- 5 upgraded units: \$175K-\$200K

Continued on Pg. 11

MAY MARKET REPORT FOR HILLCREST AND PARKVIEW AT HILLCREST

by Cindy Abraham, Keller Williams A Team Florida



This market is just disappointing; the number of monthly sales dwindle as the listings keep increasing. Listings for Hillcrest condos remain over 100 and there are now 20 Parkview townhomes and single family homes on the market. **TWO condos closed** during the month of May which is unprecedented and seven went under contract.

Our Parkview community had **THREE closed sales, all townhomes**, no other properties went under contract during May. Active listings range from a 3/2 townhome listed at 565K to 2501 SF 5/3 listed at \$1,450,000.

Showings for our properties increased dramatically in May. We also sent out our listings to our Referral Partners up north, many of whom remarked that Florida was struggling. I had not sent our listings to our Florida partners, but when I contacted them to update our list, FOUR had left the business! We also had one New York agent leave the business. We still have referral partners in 84 cities around the country and six in Canada.

OF the current 102 active listings, 56 have lowered their price and 4 raised their list price, a strategy I never understood. If you can't sell your property at a lower price... Of the 20 Parkview listings, 9 have lowered their list price.

High maintenance fees, limited parking and the level of remodel are the biggest buyer concerns right now. Many buildings monthly fees cover EVERYTHING except electricity so my argument to that is to add up what they would pay if they owned a home with the same amenities, including reserves. I don't think you can beat the convenience, safety and security of Hillcrest.

If your kitchen and baths are not completely remodeled, you cannot command a high price. You are in love with your unit, it is clean and everything is working, but if any part of your kitchen or baths is original,

CLOSED SALES DURING MAY

(R-Rental building, C- Corner unit, T – Townhome, S – Single Family)

Building	Address	SF	B/B	List Price	Sale Price	DOM
T	4915 Eucalyptus Dr.	1905	3/2/1	689,900	675,000	66
T	5040 Eucalyptus Dr.	1561	3/2/1	630,000	570,000	188
T	1240 Eucalyptus Dr.	1491	3/2/1	578,000	550,000	137
24	4200 Hillcrest Dr. #617	1216	2/2	174,900	170,000	4
8	1101 Hillcrest Ct. #109	672	1/1/1	109,900	109,900	64

HILLCREST / PARKVIEW MAY RENTALS

Building	Address	SF	B/B	List Price	Sale Price	DOM
T	5040 Eucalyptus Dr.	1421	3/2/1	3,750	3,750	115
17	4700 Washington #106	775	1/1/1	1,650	1,650	48
C-24	4200 Hillcrest Dr. #201	1284	2/2	2,500	pending	25
16	950 Hillcrest Dr. #102	775	1/1/1	1,725	pending	46

buyers get nervous. Our buildings are structurally extremely well built BECAUSE they were built in the 70's and early eighties, but retro tile and décor doesn't cut it for condo buyers.

The number of available rentals are rising also, **25 rentals** on the market in Hillcrest and Parkview—from a 1/1/1 listed at \$1695 which has been on the market 5 months to a 5/3 single family home with a pool listed at \$6,999, on the market for two months. The highest DOM (days on market) is currently 265 days. One would think that the amount of money a landlord is losing for every month the property sits on the market, would trigger a reduction.

Smart buyers will zig when others zag. The market always rewards those who act with clarity when others are frozen by fear.

Continued from Pg. 10

- Units with original kitchens/baths: \$125K–\$175K, depending on view
- 2 full gut jobs: \$125K

One-Bedroom Sales (17 total):

- 2 at \$185K
- 4 more over \$150K (all remodeled or rental-ready)
- Anything original: Under \$150K
- Remaining range: \$80K–\$140K depending on condition

The Bottom Line: Strategy Over Sales Talk

Smart selling begins with smart strategy—and that starts with the truth. At

A Team Florida, we don't sugarcoat. We tell you what you need to hear, not just what sounds good. Before you list your property, look at what's actually sold, not what's lingering on the market. Pricing based on hope, emotion, or a neighbor's outdated sale is a fast track to frustration. If your agent isn't being honest about the numbers, or worse, saying whatever it takes to get your listing—you're setting yourself up for months of zero movement and lost equity.

Don't risk it. Price it right. Sell smart. Work with Cindy Abraham and Brian Gaiefsky, Keller Williams A Team Florida, your Hillcrest experts.

June Kitchen Korner - by Cindy Abraham

Well, after a barren 2023 (I got EIGHT mangoes the whole season!) it looks like the trees are bearing this year. One out of my three sources has already started giving me bags of mangoes. The only problem is that they are small so it's twice the work. This year I am not making Mango Jam or Mango Rum/Tequila/Whiskey. I realized that it is a waste of time (and money) since you all can easily make them on your own. The first three recipes you can easily make yourself:

1. MANGO JAM

You need a large bowl with a strainer over it. Wear gloves! Peel and dice mangos over a strainer placed in a large bowl- I usually have at least 8 mangos. Don't go too deep near the seed or you get the "mango hairs" in it. For jam, super ripe mangos are best. Sometimes I even let it sit overnight to drain as much juice as possible.



When you are ready, all you do is scoop out the mangoes, add a pinch of salt and a TBS of fresh lime juice. Start on high and stir/scrape the bottom of the pan a wooden spoon or spatula as you gradually lower the heat for about two hours or until the mangos are thick. If you want to add some turbinado sugar, it will caramelize on the bottom so you can scrape up some caramelized mango bits to go in the jam, otherwise keep it "no sugar added".

2. MANGO RUM, TEQUILA/ VODKA OR WHISKEY

For some reason, Mango Vodka isn't that good, but I like the mango whiskey the best. My neighbor Sylvia suggested it and it is a winner. All you do is strain the juice that was left over in the pot, put it in a measuring cup. The ratio is 4/4/2. Four parts mango juice, 4 parts alcohol and 2 parts distilled water. Pour into a bottle, refrigerate and shake it before you drink it. To make it less strong, double the water.



3. EASY MANGO ICE

Peel a mango. Freeze it. Using a box grater, grate the frozen mango. Serve with your favorite topping from crushed nuts to whipped cream to slivered basil.

MY MANGO FAVORITES – I love making Mango Chutney and Mango Frozen Yogurt. If you want the chutney, all you have to do is provide the jar. I have plenty of containers for the frozen yogurt.

MANGO CHUTNEY

1 cup sugar (or allulose for a sugar free version)
1 cup distilled white vinegar
6 cups mangoes (4-5), peeled and diced (3/4 inch pieces)
1 cup chopped onion
½ cup golden raisins (I use 50% less sugar raisins)
2 TBS finely chopped non crystallized ginger

1 minced garlic clove, 1 tsp
mustard seeds
½ tsp red chili pepper flakes

In a large skillet, combine the sugar and vinegar. Bring to a boil, stirring until the sugar is fully dissolved. Add the mangoes and all the remaining ingredients. Reduce the heat to a simmer and cook for about 2 hours, stirring occasionally. Use a wooden spatula to scrape the bottom to prevent sticking.

The chutney is ready when it's thick and you can run the spatula through it and the mixture parts without immediately coming back together. Let cool, then spoon into jars.



This is my new favorite! You need a small springform pan

OMG WHISKEY-MANGO ICEBOX CAKE

12 oz. softened cream cheese
½ cup Greek yogurt
½ cup granulated sugar (or monk fruit)
2 tsp vanilla extract
½ tsp ground cinnamon
1 tsp grated lemon zest plus 2 tsp lemon juice
¼ cup whiskey plus 2 TBS
1 ½ cups chilled heavy cream
1 ½ cups diced frozen mangos
½ cup mango jam (or orange marmalade!)
1 lb. thin butter pecan cookies

Beat the cream cheese with a mixer on medium speed until smooth, add the yogurt, sugar, vanilla, cinnamon, lemon zest and 2 TBS whiskey. Reduce speed to low, add heavy cream and beat until soft peaks form.

In a small bowl, stir together the mangoes and jam with the lemon juice. Set aside

Cover the bottom of the spring form pan with a layer of cookies. Break some up to fill the gaps. Brush the cookies with the whiskey. Spread 1/3 of the whipped cream evenly on top and cover with ¼ of the mango mixture.

REPEAT 2 MORE TIMES: cookies brushed with whiskey, 1/3 whipped cream and 1/4 cup of mango.

One more layer of whiskey brushed cookies, and the whipped cream then cover with plastic wrap and freeze for 2-3 hours. Put the remaining mango mixture in the refrigerator. YOU CAN ALSO LEAVE IT IN THE FREEZER FOR UP TO TWO WEEKS. Just let it thaw in the fridge over night before proceeding to the next step.



TIPS FOR RESOLVING CONFLICT - *by Helen Vella*



Tips for Resolving Conflict

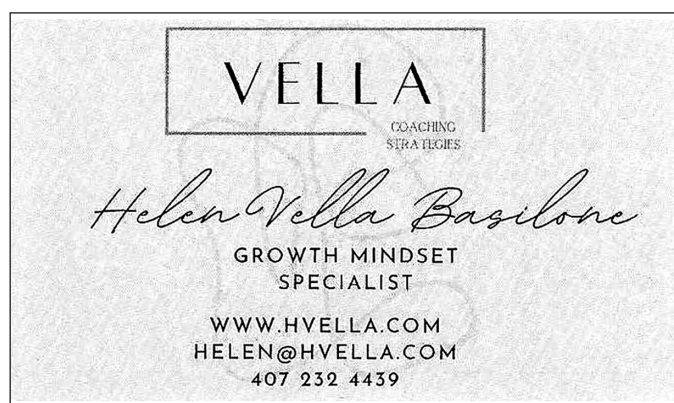
Conflict resolution is an important skill for anyone to have in order to maintain healthy and productive relationships. With the right skills and approaches, resolving conflicts can become easier and more effective.

Here are some tips to help you resolve:

1. Identify the source of the conflict: Before attempting to resolve a conflict, it is important to identify the source of the disagreement. This helps you understand what the other person is feeling, and how best to approach the situation.

2. Understand both sides: Once you have identified the source of the conflict, it is important to understand both sides of the story. Listen to the other person's perspective and be open to new perspectives. It is important to remain objective and recognize both sides have valid point is key when it comes to resolving a conflict. It is important to express your thoughts and feelings in a calm and respectful manner. Additionally, it is important to actively listen to the other person and try to hear what they are saying.

3. Look for common goals: When attempting to resolve a conflict, it is essential to look for common goals. Doing so will help you reach a mutually agreeable solution. There are so many situations you can resolve if you only think before you react. Try it and see what happens. Listening to hear and not to talk also can help to resolve conflict.



Continued from Pg. 12



TRADITIONAL MANGO CAKE

1-1/2 cup butter (softened),
4 large eggs
1 cup sugar (or allulose for a sugar free version)
2 cups all-purpose flour
2 tsp baking powder
1 tsp lemon extract, Pinch salt
1 large mango deseeded and sliced thin, 1/4 cup brown sugar or cinnamon sugar

Mix the first six ingredients together in mixer. Spread into greased 9X13 pan lined on the bottom with parchment paper. Toss mango slices in brown sugar or cinnamon sugar. Layer the apple slices vertically on top of the batter, you will have enough for two layers.

Remove from freezer, run a knife around the edges of the spring form pan and remove outer ring. Move cake (still on pan) to a platter. Stir remaining mango mixture and put 1/4 cup on top of whipped cream. LEAVE A TWO INCH BORDER AROUND THE CAKE. Fill in the border with crumbled cookies (OK if they fall around the cake).

Sprinkle a little more sugar on top if you want. Bake at 350 degrees for about 45-50 minutes or until a toothpick inserted in the center comes out clean. OR make 12 mango cupcakes – use the paper liners. Check for doneness after about 20 minutes. They are even better the next day. Reheat and top with Mango Nice Cream or Mango Frozen Yogurt.

MAGIC CITY MANGO BREAD

2 cups flour
2 teaspoons cinnamon
2 teaspoons baking soda, 3/4 cup white sugar,
3/4 cup brown sugar
1/2 teaspoon salt, 1 cup flaked coconut
3 eggs slightly beaten, 1 teaspoon vanilla
3/4 cup vegetable oil, 2 cups diced mango
1/2 cup toasted chopped pecans (optional).
1/2 cup raisins or craisins (optional)

Preheat oven to 350 degrees. Butter (2) 5x9 inch bread pans (I use parchment paper on the bottom & oil on the sides. Stir together flour, cinnamon, baking soda, sugars and salt. Add other ingredients and mix. Pour into bread pans and bake for 55 minutes.



PANIC ATTACKS AND PANIC DISORDER – by Cheryl Solimini

Before a racing heart catches you off-guard, here's what to know about panic attacks and what they mean for your health. The unwanted side effects of stress can show up in different ways for different people. But figuring out if rapid breathing and chest discomfort is a panic attack can be tricky to tell. In fact, about one in four patients who visit a doctor for chest pain have panic disorder rather than heart trouble. But any condition that could be a sign of heart trouble should be treated seriously and checked out by your health care provider. Learn what to look out for and what some of the causes might be.

A panic attack is a sudden wave of genuine fear that sets off a chain of physical symptoms. It's not always clear what triggers a panic attack. It can happen at any time for many reasons, and it may come on without a warning. The root cause may be psychological, biological or just a reaction to a moment of distress. Research suggests some people may have an imbalance of certain brain chemicals or have areas of the brain that are more excitable. The signs of a panic attack are varied. Not everyone experiences a panic attack the same way. People having a panic attack may experience sudden and repeated instances of **overwhelming anxiety and fear or a feeling of being out of control or a fear of death or impending doom.**

- Physical symptoms are varied:
- Chest pain
- Chills
- Difficulty breathing
- Pounding or racing heart
- Stomach pain or nausea
- Sweating
- Tingly or numb hands
- Trembling
- Weakness or dizziness

People who have previously had panic attacks may also experience an intense worry about when the next panic attack will happen or a fear or avoidance of places where panic attacks have occurred in the past.

Anyone who suffers from repeated panic attacks and is continually afraid of future attacks should speak with a health care professional that specializes in panic or anxiety disorders. If someone is having frequent episodes, it's important to seek treatment. Mental health counseling can offer techniques for handling intense symptoms. Medications prescribed for depression or anxiety can help limit attacks. Talk to a health care provider about which option might be best.

Some panic attack symptoms may be managed until an episode is over. Some suggestions include:

- Focus on breathing slowly, deeply and gently through the nose and out slowly through the mouth.
- Gentle reminders that it's only a temporary episode and it will soon pass.
- Look around and name individual items that are within sight.
- Relax one muscle group at a time to reduce tension and stay in the present.

Keep in mind that during an attack, a person may not be able to think clearly. Another person can try to help until the episode passes with these best practices:

- Ask them what they need
- Keep calm and stay with them
- Move them to a quiet place
- Speak in short, encouraging sentences, such as "You can get through this"
- Suggest a simple physical task to help them focus — for instance, raising and lowering their arms over the head
- Take long, slow breaths with them or count slowly to 10

If someone is having panic attack symptoms, especially chest pain, seek medical help as soon as possible to rule out a heart attack or other conditions. Even if their physical health is otherwise fine, untreated panic attacks can become worse. If attacks start to interfere with their relationships or way of life, they should speak with their health care provider to find strategies that support their mental health.

REMEMBER FREDO? – by Cindy Abraham



If you want to watch a great documentary, find "Johnny, We Hardly Knew Ye". It will floor you. It is about John Cazale, a brilliant but brief presence in 1970s cinema. He acted in just five films, each nominated for Best Picture, including *The Godfather I & II* (as the tragic Fredo), *The Conversation*, *Dog Day Afternoon*, and *The Deer Hunter*, released after his death from cancer in 1978 at age 42.



Cazale specialized in fragile, often pitiful characters, timid, dim, or weak, opposite stars like Al Pacino and Robert De Niro. Yet he brought them humor, depth, and a haunting vulnerability. In *Dog Day Afternoon*, when asked what country he wants to escape to, he quietly answers, "Wyoming"—an improvised line that captures his signature mix of awkwardness and sincerity. Pacino had to do all he could to not laugh and ruin the scene.

And this is the part that blew my mind. He met and fell in love with Meryl Streep while performing Shakespeare in Central Park. She was his girlfriend and stayed with him through his final days, even joining *The Deer Hunter* cast to be near him. Sick during filming, Cazale's frailty gave even more weight to his role, a sad soul in a macho world. Always just off-center, he gave every scene a quiet, unforgettable brilliance. Unforgettable he is!

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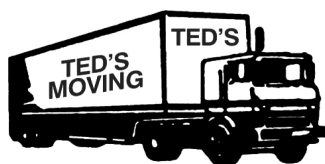
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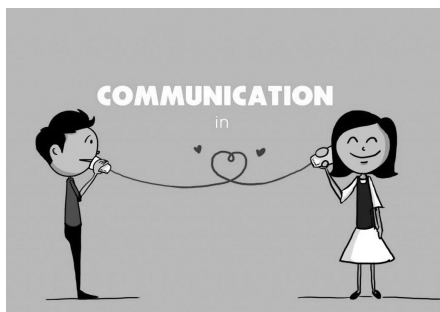
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COMMUNICATING WITH LOVE

– by BK Mazana D'Souza submitted by BK Etta Stevens



I have been fortunate to have many skills and professions over the years. I started with nursing, and it's my first love. To me, nursing is all about being present for another person, not just externally caring for a patient. When you are present for someone, it touches their life. That "Healing Thread" has been

there for my whole life: being a counselor, a mediator, and a coach. This healing touch has enabled me to support people going through conflict with family and society. I'm also an intuitive facilitator supporting people with authentic communication and conflict. Resolution communication is something I am passionate about. It is so important in a world that I describe as a world of brain attack, judgment, and criticism.

Criticism is also a communication. When it is directed towards the self, it can be very damaging. Whether I point fingers at my family, someone at the workplace, the weather conditions, etc., there is a lot of authenticity in such communication. Authentic communication for me is genuine, real, being open-hearted, listening to another person free from judgment and criticism.

It also means to listen within. It's also being open about myself, my strengths and weaknesses. It is also knowing when it's time to speak, and when it's time to go quiet, holding the secret space for another to share from their heart. By doing this, I continue to learn and grow from the inside out and heal. Each of us can do that and create a very different atmosphere and energy whether it is in the family, workplace, or any social setup.

Think about holding up a hand mirror. When I am going through criticism or judgment, I project on another, or someone close to me at that moment, I can hold up that mirror and do a little self-talk with love and compassion. I say to myself, "Hold on a second, Marna, you're about to criticize your son or 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 somebody else?" Now I shift from criticizing to how can I give some feedback (to the son or neighbor) from a place of peace, because if I go into anger, I may get back double anger, irritation, and judgment.

So, the key here is to make this work 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 the inner self-talk. Can I be my "best friend" rather than my own critic? Can I be my own inner coach because if we are not careful, this criticism can make us feel very low and bring out all our feelings 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 that go round and round in my head, which exhausts my mind and body by the end of the day.... do these fears and worries ever materialize? When I run those fears and worries, I am being of no use to myself, my family or society.

Love is not the Hollywood, Valentine love, which is here today and gone tomorrow. I am talking about the pure, high-vibrational energy of compassion, caring, empathy, deep-hearted listening. The more I practice creating space, the more I will be able to heal. Think about the word communication; within the word is 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, the Ocean of Love. And when I operate from that space, I acquire more integrity, accountability, honesty, and discipline. How many times have we seen world leaders, holding a position of status and external power and getting lost in ego which affects their transparency and their integrity? It takes a lot of inner discipline and practice and self-respect to remain stable and unshakable with that kind of self-awareness.

I suggest you start with half an hour downtime with yourself, actually quiet meditation, be aware of yourself as of being of light sitting inside the forehead, and see the higher power, supreme being, or God, as another point source of light in front of you. Fill the entirety of yourself with the unconditional love from the Supreme Soul. You can access eternal wisdom as your identity, rising above the limitations of time and space. This is where you truly belong.

Meditation is the greatest value, especially in these chaotic times. It brings you to a place of peace and positivity.

That's why the path of spirituality and meditation teaches us the importance of being able to master the self. Learning how to master the senses is the way to master the world around you. We must be able to control our inner world of thoughts, long before they extend out into the world through our words and actions. This is attained through self-discipline and self-management, because it all starts with the "self". As we begin to lose the self, then we try more desperately to control everyone and everything on the outside, and we all know how badly that works out for everyone.

I am conducting a FREE ZOOM class every Tuesday morning, so that we can all learn to live more positively in these troubling times. Class begins promptly at 10:30 AM until 11:30 AM.
Join Zoom Meeting 852 5673 8420 Password: 123

In this month of JUNE, I take a moment to wish all the FATHERS out there a joyous, Happy Father's Day! Blessings of PEACE!!



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KIDS WITH THE BEST SOCIAL SKILLS HAVE PARENTS (OR GRANDPARENTS) WHO DO THIS

I came across an article by Kelsey Mora, a Certified Child Life Specialist. She's a private practice owner, mom of two, creator of *The Method Workbooks*, and Chief Clinical Officer of the nonprofit Pickles Group. This is a modified version, but I love how she provides actual dialogue to use in real-life situations with kids.

Strong communication, emotional regulation, and relationship-building skills aren't just something kids naturally have—they learn them from the trusted adults in their lives. Essential people skills like empathy, communication, boundary-setting, and conflict resolution help children navigate both big life challenges and everyday interactions.

Here are six things parents of socially and emotionally skilled kids do regularly:

1. They have open, honest conversations— even about tough topics.

Rather than shielding their kids from difficult subjects like illness, death, or major life changes, these parents approach conversations with honesty and compassion. They use clear, simple language, invite questions, and reassure their kids that it's okay to talk about hard things.

When kids feel safe expressing their thoughts and emotions at home, they become more comfortable communicating and advocating for themselves in the world.

2. They help their kids process big emotions.

Instead of dismissing feelings with phrases like, "Don't cry" or "It's not a big deal," these parents validate their child's emotions:

- "It's okay to cry. I'm here with you."
- "I see you're feeling upset."
- "Your feelings make sense."

By naming and modeling their own emotions, including joy and playfulness—parents teach kids that all feelings are valid. This helps children develop healthy coping strategies and emotional resilience.

3. They teach empathy and perspective.

Rather than forcing a quick apology, these parents guide their kids to consider others' feelings:

- "How do you think your friend feels about what just happened?"
- "Does your sibling seem okay right now?"
- "What do you think would help them feel better?"

This approach strengthens kids' ability to take another person's perspective, making their apologies more meaningful and their relationships stronger.

4. They encourage problem-solving and boundary-setting.

Instead of always stepping in to fix conflicts, they empower their kids to navigate challenges themselves:

- "What do you think we could try to make this better?"
- "Would you like some ideas, or do you want to try something first?"

They also teach their kids how to set boundaries with confidence:

- "I don't like that. Please stop."
- "I need some space right now."
- "I'm not comfortable with that."

By balancing problem-solving with boundary-setting, kids learn to advocate for themselves while understanding that not every problem has an instant solution—and that's okay.

5. They prepare kids for new experiences.

Rather than pushing their kids into social situations and hoping for the best, they set them up for success by preparing them in advance:

- Talking through what to expect: "At your check-up, the doctor will measure how you're growing, listen to your heart, and look inside your ears, nose, and mouth."
- Role-playing tricky interactions: "Let's practice what you might say if someone keeps asking why you can't eat the cupcake."
- Teaching boundary-setting in social situations: "If someone is pressuring you to do something that feels unsafe or unkind, what can you say?"

This preparation helps kids feel more confident and capable in new situations.

6. They use play to teach social and emotional skills.

Play isn't just about fun—it's how kids process emotions, solve problems, and build relationships. These parents:

- Use play to help kids express emotions: "Whoa! Let's get those mad feelings out safely. Can you pretend to be a bear or blow out birthday candles?"
- Prioritize unstructured playtime for connection and creativity: "You have my full attention. What do you want to play? You're in charge of the game."
- Use play to prepare for new experiences: "Teddy bear needs a check-up! Can you be the doctor?"

By embracing play, parents strengthen their bond with their children while equipping them with lifelong social and emotional skills.



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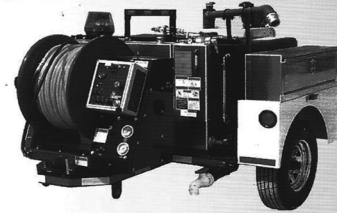
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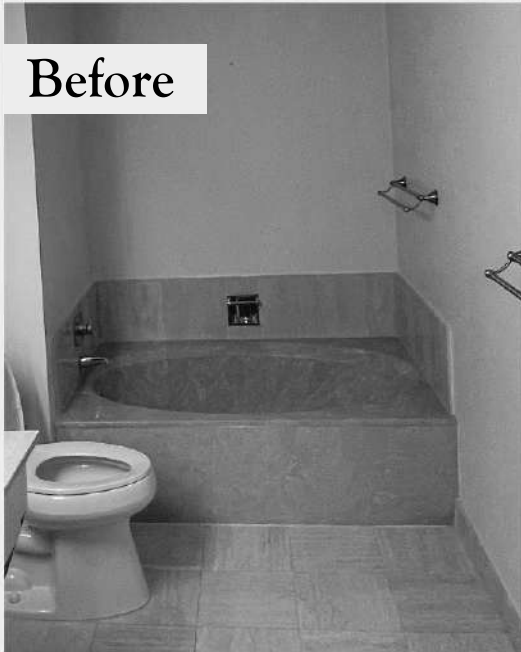


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