



INSIDE HILLCREST

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HOLLYWOOD, FLORIDA • FEBRUARY 2026 • INSIDE HILLCREST.COM • VOLUME 20 • ISSUE 2

FEBRUARY INSIDE HILLCREST

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OOPS!

In the last Hillcrest/Parkview State of the Market article, we printed condo sales and rentals for the months of November and December. However, the home and townhome sales that were headlined as November and December were actually the totals for all of 2025. Thank you to those of you who caught the typo, we appreciate the extra eyes!

NEW ADVERTISER

We are very happy to welcome a truly *pawsome* new advertiser to *Inside Hillcrest*. When she first reached out, it made me wonder why more pet-focused businesses haven't appeared in our pages before. With so many beloved pets and ESA animals here in Hillcrest, this one feels especially timely.

Our neighbor **Rho Rosado** owns **Pawsitively Happy Paws LLC**, a certified, insured, and bonded mobile pet care service serving the Hollywood area. Her premium in-home care is designed for peace of mind and happy pets, offering feeding, walks, home security checks, and even overnight companionship. See her ad on page 10.

I love her spirit. Here's what Rho shared by way of introduction:

"As a resident of Building 16, I've seen firsthand how vibrant our pet community is, and I am genuinely excited to start this journey with all of you. My mission has always been to provide *premium*, expert-level care that goes beyond a simple walk, focusing on the advocacy and mental well-being of our pets. Having this extra space to share that message means the world to me. I look forward to helping our neighbors and their beloved companions for a long time to come. Thank you for making me feel so welcome as a local business owner." — *With much excitement and gratitude, Rho Rosado.*

NEED NEW WINDOWS?

When **Alison Saffold**, our Civic Affairs Administrator for the **Office of the City Manager**, sent a flyer about the Owner-Occupied Home Rehabilitation Program, I immediately called to ask the obvious question: Do condos qualify? The answer is YES.

Because the program focuses on exterior improvements, for condos this means impact windows—a much-needed upgrade for many of our aging sliding doors and windows. More information is on page 5, but act fast. Funds are available now, and it is first come, first served. Additional program details, the online application, and a video tutorial can be found on the Community Development webpage on the City's website.

EMERALD NURSING AND REHABILITATION

As you know, not just anyone can advertise in *Inside Hillcrest*. Advertisers must either live here or be recommended by a Hillcrest— and we have removed advertisers in the past when their services failed our residents.

Years ago, I allowed an ALF my mom lived in to advertise. After it was bought by a large corporation, I started hearing horror stories from friends and IH readers. I wrote them a letter and canceled the ad. Period.

Recently, I was visiting my neighbor **Lynne Gurst** at Emerald Nursing and Rehabilitation Center, just up the street. About three-quarters of the facility is long-term care, with the remaining quarter dedicated to rehabilitation. Lynne spent nearly four months in rehab, and the staff was excellent. The facility is spotless.

After Lynne returned home, one of my best friends in the building checked in for a few weeks following knee surgery. It is incredibly convenient to visit her because it is so close by. My only complaint was a phone system issue, not a dealbreaker, just illogical.

I asked to speak with the Administrator and ended up meeting **Dr. Sherry Dujon-Sanders and the Director of Nursing, Freddy Gonzalez**. I was blown away. Although both have been there less than a year, even long-term staff rave about them. Their passion, energy, and leadership are clearly making a difference.

I also met **Patrick Harris**, one of the long term care residents who has been there for eight years and made a new best friend. He's a sports lover and an absolute hoot. **Helen**

and **Maxine** at the front desk are always pleasant and helpful, and the residents themselves are friendly and engaged.

Steve Schneider, our IH reporter, joined me at their pre-Super Bowl BBQ and wrote the "Spotlight On..." article featured on page 2.

WHO IS REALLY RUNNING YOUR BUILDING?

We are re-running our article on Condo Board positions (on page 3) because we are in the middle of building elections and the quality of leadership determines everything that follows. Buildings with chronic problems rarely suffer from bad luck. They suffer from bad governance. And the most telling sign of weak governance is a board that struggles to attract capable, ethical candidates.

Qualified unit owners with strong business backgrounds, respect for the law, and a genuine desire to serve the community are often the least likely to run when current boards are dominated by self-serving personalities. No one with integrity wants to volunteer their time only to be marginalized by bullies, power seekers, or those treating a volunteer position as a personal fiefdom.

Well-run buildings do not happen by accident. They are led by boards that value transparency, financial discipline, and accountability. When unit owners actively screen board candidates for proven business experience, sound judgment, and the ability to work collaboratively, condo living becomes both more affordable and more pleasant. Owners have an absolute right to understand how their money is spent and why decisions are made.

When boards align themselves with building employees or vendors to steer contracts for personal gain, the consequences are inevitable. They show up directly in inflated assessments and wasted reserves. I have seen a job awarded for \$450,000 to an unlicensed company when the same work was completed for \$280,000 in a larger building. The reason was simple: a family connection. That discovery was only the beginning of that building's financial drain nightmare.

Here is the warning sign every owner should recognize. When staff members are given more authority, influence, or deference than the people funding the building, governance has already failed. And once that happens, the cost always falls on the unit owners. There are no shortcuts. Once your board starts going down the wrong road, you will pay the toll.



SPOTLIGHT ON... EMERALD NURSING AND REHABILITATION CENTER - by Steve Schneider.

Hillcresters can remain in the neighborhood if they need to spend time at a care facility. That's because **Emerald Nursing and Rehabilitation Center**, at 4200 Washington Street, is adjacent to our community.

The center offers cardiac care, dementia & Alzheimer's care, hospice care, specialized diabetes care, orthopedic rehabilitation, pain management, nutritional management, Post-surgical rehabilitation and stroke rehab, according to the website. You can find the website at <https://emeraldnursing.care/>.

On top of the full range of services, Emerald is in the process of beautifying the facility, said Administrator **Dr. Sherry Dujon-Sanders, EdD, LNHA, OTR/L**.

Sanders oversees a large building that can house 240 residents; 208 are there now, in the four wings. Doctors also visit regularly to check on residents, and hospitals are nearby if needed.

The staff consists of housekeeping, dietary services, activities and nursing. The nursing staff is comprised of more than 200 people, ranging from CNAs to LPNs and RNs, said **Freddys Gonzalez, the RN-BSN Director Of Nursing**.

Of course, recovering at the center means you still get to see friends and relatives, who can visit 8 am to 8 pm, seven days a week, said **Luis Ramirez, the Assistant Director Of Nursing**.

While living at the center, you'll also have plenty of options to stay active, according to **Mark During, the Activity Director**. He showed Inside Hillcrest a bulletin board that spells out activities every day of the week throughout the month. One popular activity occurs when an employee brings in her dog to visit with residents. The bulletin board depicts residents enjoying themselves with the pooch visit, as well as arts, crafts, and mental stimulation games, among other activities.

Emerald accepts Medicare, Medicaid and other forms of insurance.

During a recent visit, Inside Hillcrest learned that Dujon-Sanders became the Emerald Administrator three months ago. Her devotion to putting residents first comes from her experience caring for her father, Stephen, who passed away in 2010.



Dr. Sherry Dujon-Sanders, Administrator and Freddys Gonzalez, Director of Nursing

Dujon-Sanders, a Florida Panthers cheerleader back then, worked with her mother to care for Stephen at home. However, he eventually needed to enter a care facility, where he spent the last eight years of his life.

Caring for her dad, and visiting him, motivated Dujon-Sanders to become an Occupational Therapist, and then earn her EdD.

Taking time out from a Pre-Super Bowl BBQ party in the sprawling dining area, she stressed she brings to the job a belief in communication, education, systems and process management as well as positive energy.

The positive energy was on display as people got in line to get their BBQ food. Gonzalez and staffers started dancing. Two residents, in wheelchairs, also danced, moving their arms and hips left and right to the beat of the music.



Staff enjoying pre-Super Bowl party

Emerald also held a Valentine's Day party where the resident King and Queen were named.

Part of her management style involves meeting with staff to communicate what is expected of them. Dujon-Sanders also meets with a resident council monthly to get compliments and concerns that need to be addressed. The dietary staff also gets feedback from residents about the quality of the meals, she said.

For information, go to <https://emeraldnursing.care/>. You can also call (954) 981-6300.



Valentine's Day King and Queen

MEET OUR TEAM



KYLE HARVEY

*Vice President,
Atlantic Roofing & Waterproofing*

As Vice President, Kyle oversees operations, client relations, and strategic growth across Florida. With a focus on quality craftsmanship and long-term partnerships, he helps lead a team dedicated to protecting communities and properties through dependable roofing solutions for HOAs, single-family homes, and commercial clients alike.



NETALIE ABRAMS

*Business Development
Manager, Atlantic Roofing
& Waterproofing*

Netalie is your friendly point of contact for all roofing questions, scheduling, and customer service needs. As Business Development Manager, she leads with a focus on clear communication, dependable service, and lasting partnerships throughout Florida's HOA, single-family, and commercial communities.

ABOUT ATLANTIC ROOFING AND WATERPROOFING

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KEY QUALITIES FOR BOARD OFFICERS

PRESIDENT – KEY QUALITY: LEADERSHIP

A building president who is a true leader must be an expert at team building. The ability to delegate wisely is a close second; both are important LEADERSHIP qualities. True leaders value the welfare of those they lead and come from service. Poor leaders value power and serve their own ego.

When building presidents have the qualities of a leader, they are respected by their fellow board members and by the unit owners that they serve.

One of the most important team building duties of a president is inclusiveness and recognition of skills in their fellow board members AND building residents. To better build a team and effectively delegate, many leaders abide by their by-laws that mandate committees because they know how to bring people together for a common cause.

VICE-PRESIDENT – KEY QUALITY: COMMUNICATION

Other than being an ex-officio member of all the mandated committees, the Vice-President's position is to assume the duties of the President when the President is absent. In some buildings, the VP is the liaison between the Board and the Unit Owners. This gives the VP the chance to learn firsthand unit owner concerns in preparation for stepping up as president.

SECRETARY – KEY QUALITY: TRANSPARENCY

The Secretary is one of the most important positions on a Condominium Board of Directors. This role is responsible for making sure the Board's official communications and records are clear, accurate, and properly handled.

The Secretary takes meeting minutes and records them properly but also organizes and distributes ALL notices and is responsible for ALL record keeping. The Secretary oversees the paperwork required for the Annual Meeting and elections and keeps the roster of all unit owner mailing/contact info. When this role is done well, owners are properly informed and meetings run more smoothly.

TREASURER – KEY QUALITY: ACCOUNTABILITY

Anything to do with the handling of building funds is handled by the treasurer, full and accurate accounts of receipts and disbursements, and deposits of all funds and investments. The treasurer must give a full accounting association's financial condition at every regular board meeting.

In a nutshell, the treasurer must record every cent coming in or going out of the building coffers and be able to provide documentation of same to unit owners who request them.

MONK FRUIT (ERYTHRITOL) VS. ALLULOSE – by Cindy Abraham

Many of my friends/neighbors are diabetic. Once in a while, I like to bake (and share) so I started using monk fruit sweetener instead of sugar, which is mostly erythritol. Then someone casually mentioned that erythritol is banned in the UK. HUH?! That was enough to scare me into digging deeper. What I found made me switch to allulose. I like it very much, although I won't lie, it's pricey.

For years, erythritol has been marketed as a safe, "natural" sugar alternative. It's in thousands of products, especially anything labeled sugar-free or keto-friendly, from protein bars to soft drinks. It behaves a lot like sugar, is only slightly less sweet, and doesn't spike blood sugar, which is why so many people used it.

But newer research raises some uncomfortable questions. A study out of the University of Colorado looked at what erythritol does to cells in the blood-brain barrier, the brain's security system that keeps harmful substances out while letting nutrients in. Researchers exposed these cells to levels of erythritol similar to what you'd have in your bloodstream after drinking a sweetened beverage.

What happened wasn't reassuring. The cells showed signs of oxidative stress, meaning they were flooded with damaging free radicals while their natural antioxidant defenses were weakened at the same time. Some cells stopped functioning properly, and some died outright.

Even more concerning was what happened to blood vessel function. Healthy blood vessels constantly adjust, widening when more blood is needed and narrowing when it's not. This balance depends on two key players: nitric oxide, which relaxes vessels, and endothelin-1, which constricts them.

Erythritol disrupted that balance. Nitric oxide went down and endothelin-1 went up. That combination can leave blood vessels overly constricted, potentially reducing blood flow to the brain. This imbalance is a known warning sign for ischemic stroke, the type caused by blood clots.

The study also found that erythritol interfered with the body's natural clot-busting mechanism. Normally, when a clot forms, cells release a substance that helps dissolve it before it causes damage. Erythritol appeared to block that response, leaving clots free to cause trouble.

These lab findings line up with large observational studies in humans. People with the highest blood levels of erythritol were found to have significantly higher rates of heart attack and stroke, in some cases roughly double the risk of major cardiac events.

To be fair, this research has limits. These were isolated cells in a lab, not whole blood vessels in living people. Scientists agree that more advanced testing is needed. And many regulatory agencies in both the U.S. and parts of Europe still classify erythritol as safe.

Still, the takeaway for me was this: just because something is "natural" or helps avoid sugar doesn't mean it's harmless when used regularly and in large amounts.

ALLULOSE

That's when I landed on allulose. Allulose is technically a sugar, but it behaves very differently in the body. It occurs naturally in small amounts in foods like wheat, maple syrup, brown sugar, and some fruits. It's about 70 percent as sweet as regular sugar but has only about a tenth of the calories because most of it passes through the body without being metabolized. I use the regular and the brown sugar when baking.

Taste-wise, it's impressive. In one study, people liked yogurt sweetened with allulose just as much as yogurt sweetened with sugar and reported less aftertaste than with stevia or sucralose. That matches my experience.

The main downside is digestive. In a small study, some people experienced bloating, diarrhea, or abdominal discomfort at higher doses. Lower amounts caused no symptoms, but sensitivity clearly varies, and there's limited data on children or people with existing gut issues.

So, the bottom line for me is this. Allulose appears safe, tastes good, and behaves more like real sugar, but it can cause GI issues in some people, and it costs more. Erythritol may help reduce sugar intake, but emerging research suggests it could come with risks we didn't fully understand when it first became popular.

Again, as with most things in nutrition, moderation and awareness matter. Sugar substitutes can be useful tools, but none of them are completely free of trade-offs.

EXPERT SERIES: THE ANXIETY AUDIT – SPOTTING SUBTLE SIGNS OF STRESS

- By Rho Rosado, Pawsitively Happy Paws LLC

Many of our beloved Hillcrest pets—including the growing number of ESAs in our buildings—suffer from anxiety that often goes unnoticed. As a professional Pet Care Specialist, I've learned that pets communicate through subtle body language. Are you seeing "Whale Eye" (white of the eyes showing), excessive lip licking (when no food is present), or pinning ears back? These aren't just "quirks"; they are pleas for help. Early detection allows for better interventions, ensuring our neighborhood pets remain happy and stress-free. At Pawsitively Happy Paws LLC, we don't just walk; we observe, advocate, and provide the calm environment your pet deserves.



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HOME REPAIRS PROGRAM

Good afternoon, Civic and Community Leaders,

I hope you are doing well. Our Community Development Division has asked me to share the attached flyer with you regarding our Owner-Occupied Home Rehabilitation Programs. Please share it widely with the membership of your Civic and Homeowner/Neighborhood Associations.

At this time, there is no waiting list, and applications are currently being accepted. We want to ensure eligible homeowners are aware of this opportunity and can take advantage of the program while funding is available.

Community Development staff are also happy to attend upcoming association meetings to provide an overview of the program, explain eligibility requirements, and discuss the benefits these improvements bring to homeowners and neighborhoods. If you have any questions or would like to discuss further, please contact Ryon Coote, Community Development Division Manager, at (954) 924-2958.

Thank you for your continued partnership and for helping us spread the word about this important resource for our residents.

Best regards,

Alison Saffold - Civic Affairs Administrator
 Office of the City Manager
 954-921-3599 • asaffold@hollywoodfl.org



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MARTY KIAR BROWARD COUNTY PROPERTY APPRAISER



Late Filing Exemption Deadline - September 18, 2026

Your Homestead Exemption automatically renews each year provided there is no change in the ownership or use of the property. If you are already receiving Homestead Exemption on your current home, you do not need to reapply.

If you have not yet applied for your 2026 Homestead Exemption, Limited-Income Senior Exemption or any other exemption, you can still late file until September 18, 2026. To view all the exemptions available and to apply online, please visit our website at web.bcpa.net and click on "Exemptions & Classifications".

While Homestead Exemption is the most common tax-saving exemption, there are additional exemptions available to qualified applicants.

Limited-Income Senior Exemption: The Limited-Income Senior Exemption is both an age and income-based exemption that must be applied for. To be eligible for this exemption, an applicant must be age 65 or older as of January 1, 2026 and have a combined household adjusted gross income for 2025 not exceeding \$38,686.

Disability Exemption: This exemption is available to every blind person or totally and permanently disabled person who is a bona fide resident of Florida.

Veteran & Military Exemption: Veterans with a service-connected disability and the unmarried surviving spouse of a veteran with a service-connected disability are entitled to an additional tax-saving exemption. Active duty servicemembers who are receiving the Homestead Exemption may qualify for an additional exemption if deployed outside the United States serving in support of designated military operations.

Surviving Spouse of Military Veteran or First Responder: An unmarried surviving spouse of a military veteran or first responder who died in the line of duty may be eligible for an exemption of the full assessed value of a Homesteaded property.

The absolute deadline to apply for any 2026 exemption is September 18, 2026.

Once the September statutory "late filing" deadline has closed, we cannot accept any more 2026 exemption applications regardless of any good cause reason for missing the late filing deadline.

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

Take care,

Marty Kiar, JD, CFA

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TREECE INSIDE HILLCREST ARTICLE: FEBRUARY 2026



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The Solo Ager™ | Aging. Together.

Team Treece offers support for those aging solo or without a built-in safety net to navigate the often complex financial, healthcare, social, and emotional aspects of aging alone.

La Vida Pride™ | Age out loud, proud & prepared

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Visit TreeceFi.com to learn more about how we can help you not only build wealth but find resources to enhance your wellbeing to enjoy it! And, please share with family and friends who you think would benefit from our financial and lifestyle support resources.

As always, Team Treece is here to help. Schedule a consult with us at TreeceFi.com. Moving forward in 2026 with purpose and pride!

Hello Neighbor!



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NEW YEAR RESOLUTIONS FOR CONDO & HOA BOARDS

Every January, boards and unit owners swear that this will be the year their association finally gets its act together. And every year, the same mistakes repeat themselves. Budgets are delayed. Meetings are mishandled. Rules are enforced inconsistently. Owners complain loudly but participate quietly. By summer, everyone is frustrated, and by fall, someone is threatening litigation.

So instead of vague good intentions, here are resolutions that work... grounded in Florida law, association realities, and decades of hard-earned experience.

Condo and HOA Board Member Resolutions: *Governance That Actually Functions!*

1. Read the Governing Documents (Again)

One of the most common...and costly...Condo and HOA board mistakes is acting outside its authority. Declarations, bylaws, rules, and amendments are not suggestions. They are contracts. Yet boards routinely rely on institutional memory or "how we've always done it" instead of the documents that control their power.

Before voting, enforcing, or spending:

- Confirm the board actually has authority
- Identify owner approval requirements
- Verify amendment and notice procedures

Ignorance of the documents is not a defense, not to owners, and not to a judge.

2. Respect Open Meetings and Due Process

Florida's open meeting and notice requirements are not optional.

Boards must:

- Provide proper statutory notice
- Avoid side conversations and "parking lot votes"
- Allow owner participation when required

These violations don't just create distrust...they undermine enforcement actions and hand plaintiffs' lawyers ammunition they don't deserve. If the process is flawed, the decision is vulnerable.

3. Fix Financial Discipline...Now

Deferred maintenance and underfunded reserves are no longer theoretical risks.

Boards must resolve to:

- Adopt budgets on time
- Fund reserves when required by law
- Stop delaying inevitable special assessments

The 2025–2026 reality is simple: yesterday's savings become tomorrow's seven-figure lawsuits. Insurance carriers, engineers, and courts are far less forgiving than they used to be.

4. Document Everything

If it isn't written down, it didn't happen.

That applies to:

- Enforcement policies
- Violation letters
- Architectural decisions
- Board deliberations and votes

Consistency lives on paper. So does credibility. When disputes arise... and they will...records protect the association, not memories.

5. Know When to Call Counsel

Legal advice should not be the board's last resort.

Counsel should be consulted for:

- Major repair and restoration projects
- Rule changes and amendments
- Escalating enforcement disputes involving residents or visitors
- Perceived violations of unit owner rights (Counsel works for all unit owners, not just the Board.)

The resolution for the new year: Stop waiting until the problem is already in court.

SUPPLEMENTS AND KIDNEY STONES – by Cindy Abraham



I recently had my second kidney stone. Ugh. Super painful. I went to the ER next door at Memorial South, and they did a scan that confirmed it was finally entering my bladder and would pass in the next day or so. Dr. Gomez was very cool and a big shoutout to Nene and Natoya who put up with me yelling "let me out!" the

minute I started feeling better but before all the tests were in...

Of course, I was wondering why – I have changed my diet to low salt, high fiber, no beef, and little sugar. I drink way more water than I used to. So WTH?! I googled the dos and don'ts to avoid kidney stones and stopped taking collagen and it turns out I was taking too much Vitamin D. The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over 70 years.

Here is a synopsis of what I found as far as supplements:

- A simple multivitamin with food is safe, as the vitamin amounts are typically small (but do check C and calcium).

- Vitamin D is safe when monitored through blood tests. Think not much, not too little.
- Get calcium from food, not supplements.
- Avoid high-dose vitamin C and all the "immune booster" powders.
- Skip collagen.
- Use magnesium supplements confidently (do check your 24-hour urine pH, and if you take mag citrate, make sure you are not doing so with a high urine pH).
- Don't trust anything claiming to dissolve stones.
- Stick with evidence, not trends.

My personal take on vitamins is that if a blood test says you need them, then do so. Otherwise, a well-balanced, whole-food (most of the time) diet is your best bet for getting all your necessary nutrients. But then you already know this, right?



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



Cindy Abraham



Brian Gaiefsky

The 2025 market started out flat, showings have picked up and we are seeing our listings sell. The momentum is still leaning toward buyers. Slower sales and more listings mean they have more choices and more negotiating power. Inventory keeps climbing and selling times are longer, but Keller Williams A Team Florida continues to be the leader in Hillcrest sales.

Sellers who align with the market (realistic pricing, good presentation) can still do well, but patience may be necessary. Hillcrest has the perfect location, but price and condition are still major considerations for buyers. One of A Team Florida's key advantages is knowing exactly what matters most to today's buyers, so we can guide our sellers on how to make every showing count. Another is that we have been selling Hillcrest since 2005, and we know the buyer agents who shop here regularly. With our in depth knowledge of Hillcrest, we make the process from contract to close smooth and stress-free.

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

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SCAM ALERT — PLEASE READ

– by Cindy Abraham, Keller Williams A Team Florida

Deed Copies

If you receive anything in the mail asking you to pay for a copy of your deed, it is a scam. One of the common “company” names is Property Records and another is Property Site (who are stupid enough to use a California address.) The other uses a Tallahassee return address to look official. Still a scam.

You do not have to pay for a copy of your deed. If you want one, email me at info@HillcrestLC.com and I will show you how to go to the BCPA website and print one for free, OR I will print one for you at no cost. These notices usually target new buyers or show up after any change to a deed.

Sunbiz / Annual Report Scams

If you have a company registered with Sunbiz, you may receive emails saying your 2026 Annual Report is due. Some recent examples came from:

- renewal@flcorpfilg.com
- info@fileforms.com

These are not affiliated with Sunbiz. If any company offers (for a fee of course) to help you file your annual report and uses language like “Florida requires most businesses to file an Annual Report each year to remain active and in good standing,” be aware: it's a solicitation, not the state.

Yes, the fine print may say they are not a government agency, but if the email does not come **directly from Sunbiz**, delete it or block it. When in doubt, don't click, don't pay, and ask first.

YOUR LISTING IS YOUR FIRST SHOWING

– by Cindy Abraham, Keller Williams A Team Florida



It is very important that Hillcrest condos be presented in their best light, and frankly there are too many listings out there that are flat out embarrassing. Your listing is your first showing, why would you not LOOK AT IT the way a buyer does? Bad photos, incorrect information, and dull, generic descriptions are deal-

killers. If buyers scroll past your listing in the first five seconds, you've already lost them.

And let's be clear, you are not “picking” a Realtor. You are **HIRING** one to sell one of your most expensive assets. That means doing your due diligence. Ask about their track record. Ask about their strategy. Ask how they plan to make your property stand out in a crowded market.

This is where experience matters.

A professional Realtor understands that pricing, presentation, and accuracy must work together. Steer clear of an agent that is so eager to win a listing that they promise an unrealistic price just to get your signature. Overpricing may feel flattering, but it usually leads to longer days on market, multiple price reductions, and a final sale below where the property should have sold in the first place.

A seasoned Realtor tells you the truth. They invest in strong photography. They verify every detail. And they write a description that sells the lifestyle, not just the square footage. The goal is not to “test the market.” The goal is to attract serious buyers, create demand, and get you the best possible result.

JANUARY 2026 MARKET REPORT FOR HILLCREST AND PARKVIEW AT HILLCREST

– by Cindy Abraham, Keller Williams A Team Florida



We currently have 89 active condo listings and 21 home/townhomes listed, but things are still moving slowly. I am not sure why we do not have more buyers when the market is more affordable. In 2022 and 2023, things were way high and selling like crazy. Those buyers are now a bit underwater. Why aren't the buyers out in full force now?! I guess it's "monkey see..." If any of you have friends or relatives who are thinking about buying a condo/home/townhome in South Florida, now is the time and Hillcrest/Parkview is definitely the place. Best prices for the size and location of our properties; and for the condos, most maintenance fees include EVERYTHING except electric – many even include cable and internet.

The only two negatives that I can think of is the parking situation – many buildings cannot accommodate two cars and in today's world, most couples have 2 cars. The second negative needs to be revisited by our condo associations.

The old NO WASHER/DRYER rule makes no sense anymore and only three buildings have come to that realization. The all-in-one WDs of today are ventless and use very little water. They must be installed by a licensed plumber WITH A PERMIT, and it is expensive to modify your condo for the connections (you not only need a licensed electrician but there will be some structural changes necessary) but the building wins. Less water is used than the commercial units AND the unit owner pays for the electricity. Because of the cost, many unit owners in the buildings that allow separate WDs, still opt to use the common laundry. But for those who can afford it, it is not only more convenient but a must for those with pet or dander allergies.

Hillcrest remains the “**Hidden Jewel in Hollywood.**” It is well constructed, perfectly located, and the vast majority of its 24 condo buildings are well run by proven, business-savvy board members who are strong financial stewards, proactive with preventive maintenance, and experienced in managing large projects.

Most importantly, they set ego aside and are willing to learn from—and share with—their fellow leaders. When a board functions as a true team and values resident input, a building naturally develops the friendly, neighborly atmosphere that Hillcrest is known for, making it not just a wonderful place to live, but a great investment.

Smart sellers (and buyers) will zig when others zag. The market always rewards those who act with clarity when others are frozen by fear. You need to hire agents who tell you what you need to know about the current market, not what you want to hear. **Call Brian Gaiefsky and Cindy Abraham, Keller Williams A Team Florida!**

PENDING AND CLOSED SALES DURING JANUARY 2026

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

Building	Address	SF	B/B	List Price	Sale Price	DOM
T	1436 Silk Oak Dr	1906	3/2/1	725,000	pending	111
S	4434 Ficus St	2220	3/2/1	849,997	810,000	64
S	964 Banyan Dr.	1881	3/2/1	775,000	710,000	26
T	1595 Evergreen Terr	1769	3/2/1	699,999	680,000	77
C-27	3850 Washington St. 317	1344	2/2	295,000	pending	531
C-25	3800 Hillcrest Dr. 112	1600	2/2	259,000	pending	41
11	4900 Hillcrest Dr. 203	961	2/2	199,990	pending	173
21	4400 Hillcrest Lane 314	1132	2/2	199,000	pending	29
8	1201 Hillcrest 306	672	1/1/0	124,900	pending	260
21	4400 Hillcrest Dr. 107	844	1/1/1	185,000	pending	254
7	1201 Hillcrest Dr. 204	672	1/1/1	179,000	pending	263
C-23	4330 Hillcrest 810	1284	2/2	219,000	210,000	53
22	4350 Hillcrest Dr 112	1132	2/2	199,000	183,000	157
21	4400 Hillcrest 916	1132	2/2	189,400	180,000	551
5	1100 Hillcrest Ct 302	899	1/1/1	189,000	162,000	334
16	950 Hillcrest Dr 302	775	1/1/1	170,000	150,000	110
16	950 Hillcrest Dr 112	775	1/1/1	170,000	162,000	46
25	3800 Hillcrest Dr 709	844	1/1/1	168,750	162,000	17
23	4330 Hillcrest Dr 705	844	1/1/1	150,000	150,000	233
25	3800 Hillcrest Dr 614	900	1/1/1	145,000	140,000	11



HILLCREST/PARKVIEW JANUARY 2026 RENTALS

Building	Address	SF	B/B	List Price	RENT	DOM
T	1240 Eucalyptus Dr.	1561	3/2/1	3,400	3,400	86
17	4700 Washington St. 107	770	1/1/1	1,700	pending	12
16	950 Hillcrest Dr. 202	770	1/1/1	1,650	pending	56
C-19	901 Hillcrest Dr. 501	1150	2/2	2,100	2,100	66
20	919 Hillcrest Dr. 306	1,100	2/2	1,800	1,800	131
17	3700 Washington 108	770	1/1/1	1,650	1,650	61
24	4200 Hillcrest 303	1132	2/2	2,200	2,200	71
20	919 Hillcrest Dr. 301	1,150	2/2	1,995	1,995	34
18(S)	4650 Washington 110	992	2/2	1,795	1,795	147
16	950 Hillcrest Dr 106	700	1/1/0	1,550	1,550	117



February Kitchen Korner - by Cindy Abraham

We have been on a bit of a Chicken Wing kick. I like the Farmer's Focus wings when they are BOGO at Publix, but I also like the huge frozen flats and drummies in the 5 lb. bag for \$9.99 at Aldi. Always frugal – my new saying is BOGO or NOGO.

I make the sugar-free Caramel/Chocolate Chip/walnut Cookie Bars I printed in IH a few issues ago at least once a week. Then one day, I messed up a step and somehow, they turned out WAY better. So, I'm reprinting the recipe at the end of this article... with the improved version.

But first, back to the chicken wings including how I prep them to make them extra crispy.

CRISPY BAKED CHICKEN WINGS

Pat wings dry. For each pound of wings, toss with 1 TBS baking powder and 1 tsp salt. Place wings on a non-stick rack on top of a sheet pan lined with foil (just to keep it clean). Put them in the fridge for 4-24 hours to "air dry".

Preheat oven to 400. Spray both sides of wings with butter flavored spray. Bake 20 minutes; flip and bake another twenty minutes. (LARGER WINGS MAY NEED 30 MINUTES ON EACH SIDE).

If they aren't brown enough for you, turn oven to broil, broil both sides until brown. You can either toss them with your favorite sauce or serve it on the side for dipping.

There are many good sauces, but the Garlic Honey was our favorite this time around. It is also great on pork chops or Salmon.

GARLIC HONEY SAUCE FOR CHICKEN WINGS

2 tablespoons butter
4 cloves garlic minced
1/3 cup honey
1/4 cup water
1/4 cup brown sugar
2 tablespoons soy sauce
2 tablespoons rice vinegar
1 tablespoon cornstarch

In a small pan over medium heat, melt the butter, then add the minced garlic and cook for 1-2 minutes, until the garlic is fragrant.

Add the honey, water, brown sugar, soy sauce, rice vinegar, and cornstarch and whisk well to combine.

Bring the sauce to a boil, stirring frequently, and then allow it to simmer for 5 minutes, or until thick enough to coat the back of a spoon. Allow to cool slightly before eating.



Notes

- Whisk continuously when adding the cornstarch. It keeps the sauce nice and smooth while avoiding any clumps.
- Simmer slowly so the garlic honey sauce thickens nicely without losing flavor.
- Stir frequently to prevent the sauce from sticking and help all the ingredients really meld together.

Store leftovers in a glass jar or airtight container inside the refrigerator. It will stay fresh for up to 2 weeks.

LEMON PEPPER WINGS – (Don't prep wings, the baking powder crisping method is in the recipe)

* I buy lemons in bulk and freeze the zest in small plastic bags and the juice in ice cube trays

2 1/2 lbs. chicken wings
1/4 cup lemon pepper seasoning
(I use Dash – not so salty)
1 TBS mustard powder
1 tsp. sugar
1/4 cup cornstarch
1 TBS baking powder
Butter flavored cooking spray

Dipping Sauce
1/2 cup butter
1 TBS pepper
*2 TBS lemon zest
*1/4 cup fresh lemon juice
2 TBS hot sauce
2 1/2 tsp garlic powder
2 tsp sugar
1/2 tsp salt



Place a wire rack over a backing sheet.

Mix cornstarch and baking powder in a small bowl and set aside. Mix lemon pepper, mustard powder and sugar in a large bowl and toss wings. Add the cornstarch mixture and toss again until evenly coated. Shake off excess as you place the wings on the wire rack.

Chill uncovered for about 30 minutes. Place a wire rack in the middle of the oven and preheat to 400 degrees. Remove the wings from the fridge and spray the tops with the butter spray.

Bake for 50-60 minutes turning wings over halfway through until brown and crispy.

After flipping wings, heat butter in a small saucepan over medium. Add pepper and stir for about a minute. Mix the lemon juice, zest, hot sauce, garlic powder sugar and salt in a small bowl and whisk. Pour in saucepan and whisk vigorously until sauce is smooth, about 30 seconds and let cool until thickened.

When wings are done, place them in a large bowl and drizzle sauce over them. Toss until well coated. Serve.

AIR FRYER HOISIN WINGS

20-24 split chicken wings
4 tsp sesame oil
2 TBS soy sauce

Continued on Pg. 13

Continued from Pg. 12

¼ cup soy sauce
2 tsp grated ginger or
ginger paste
1 tsp minced garlic
3 TBS Hoisin sauce
3 TBS orange marmalade
2 TBS ketchup
4 tsp rice wine vinegar
1 TBS sriracha
4 tsp toasted sesame
seeds
¼ cup thinly sliced scallion
greens

Place the wings in a large bowl. Toss with 2 TBS soy sauce and sesame oil. Season generously with black pepper.

In a small bowl, whisk together ¼ cup soy sauce with next seven ingredients until smooth and set aside.

Arrange chicken wings on baking sheet and bake at 390 degrees for 10 minutes. Turn wings over and bake for another 10 minutes. Switch to broil for 3 minutes. Turn over and broil another 3 minutes until golden and crisp.

Toss with sauce. Return to air fryer for 4-6 minutes until sticky and glazed. Transfer to a platter and top with toasted sesame seeds and scallions.



NEW AND IMPROVED SUGAR FREE CARMELITA BARS

1 cup all-purpose flour
½ teaspoon baking soda
1 cup quick cooking oats
¾ cup packed brown sugar (sugar free)
¾ cup melted butter
¼ teaspoon salt
½ cup sugar free chocolate chips
½ cup chopped walnuts
½ cup sugar free caramel
2 tablespoons all-purpose flour

Preheat oven to 350 degrees F. Line a 9x9 inch square pan with parchment paper and spray with nonstick butter.

Combine the 1 cup flour, baking soda, oats, brown sugar, salt and melted butter. Mix to combine, mixture will be very crumbly. Press HALF of the mixture into the bottom of the prepared pan. Bake at 350 degrees F for 10 minutes.

Let cool slightly then mix the chocolate chips and chopped nuts together and pour over the crust. Mix the caramel with the 2 tablespoons of flour and drizzle HALF over the chocolate chips. Top with the remaining oatmeal mixture. You will need to break it into small pieces to cover. Drizzle the other HALF of the caramel over the top. After they are baked, they will have smoother tops and won't be so crumbly.

Bake at 350 degrees F for 15 minutes. Cool before cutting.



WHY PEOPLE WHO CLEAN AS THEY COOK ARE WIRED DIFFERENTLY



Ever notice how some people finish dinner and their kitchen already looks calm? While the pasta boils, they rinse the knife. While the sauce simmers, they wipe the counter. It feels effortless and it is not about being neat. It is about how their brain works.

Psychology suggests these people do not wait for motivation. They act in tiny moments. A quick wipe now beats a big mess later. Because the task stays small, it never feels heavy.

They also crave micro-order in the middle of chaos. One clear counter can quiet a noisy mind. Less visual clutter means less mental clutter. It is a fast way to lower stress without thinking about it.

Just a quiet decision to make life easier later.

And yes, "they" is me. I tend to be anal about cleaning. I am one of those who uses isopropyl alcohol to wipe cans, silverware, sinks and even floors.

Plus, I value tomorrow's comfort over today's convenience. Thirty seconds now saves ten minutes at the end of the night. That same mindset shows up elsewhere, I prepare the coffee before bed so that

tomorrow I just have to push the button, I have back-ups of everything and yes, I fill my gas tank when it hits ¼, not when it is empty.

I have, however, been criticized (only once, and she was never invited back) for starting the dishes while guests were still here. I bought a condo with an open kitchen for a reason. I am still in the conversation. I just know myself. I am not great with late nights, and once everyone leaves, I want to lie down, not stare at a sink full of evidence.

This habit is not about cleanliness or manners. It is about reducing friction wherever possible. I am not trying to offend anyone. I am trying to wake up to a kitchen that does not feel like a chore waiting to argue with me. Plus, I am not a fan of roaches or ants. I have been told this is a faux pas. Fair enough. That is the price of my amazing dinners.

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TOUCHDOWN! MIKVAH APPLICANTS RECORD WIN DAYS AFTER SUPER BOWL – by Steve Schneider



Image provided by FELDMAN/Hollywood Beach TV

Devout Orthodox Jewish supporters of a mikvah in Hollywood Lakes reached the promised land after enduring a four hour public hearing of the Historic Preservation Board Tuesday night.

By a four to two vote, Board members approved a request for a special exception to build the mikvah in an historic overlay district.

Three variances and a certificate of appropriate design were also granted. All that apparently remains is an administrative hearing to grant permission for the property owners to demolish the single family home before mikvah construction can start.

The discussion and votes came after Chairman Terry Cantrell recused himself out of an abundance of caution about a possible appearance of a conflict of interest. Cantrell is the president of the Hollywood Lakes Civic Association, which opposed the mikvah being built at 1434 Monroe Street. The organization also raised money to fund possible legal action.

The public forum grew heated at times, with City of Hollywood staff sometimes cautioning members of the audience and Board members to behave appropriately.

Conversely, at times, Board members and residents chastised City staff for seeming to make repeated bad calls that warped the potential outcome. Residents also cried foul because City staff didn't make public information that the property owners were cited for a code violation related to doing work without a permit. That violation led to fines and a lien, amounting to more than \$140,000.

But staff put an end to the discussion, contending the Board would step out of legal bounds if it considered it.

City staff were also asked if they were acting with a heavy hand because of pressure from above. After initial attempts to avoid the question, the answer came back — NO.

On the other hand, two attorneys representing the mikvah applicants kept trying to find common ground with the Board and the public, although residents argued the proponents failed to meet with them between the initial December meeting and the Tuesday night conclusive gathering. Residents charged the Board in December instructed mikvah supporters to communicate more with residents to learn about their concerns.

But on Tuesday night, the mikvah attorneys, including civil rights lawyer Mendy Halbarstam, agreed to a panoply of voluntary conditions/restrictions to push their application into the City of Hollywood's legal end zone. Staff had said the concessions must be voluntary.

In essence, the mikvah attorneys argued that their clients want to be good neighbors. Therefore, they committed to limited daily visits by women who make appointments to use the mikvah; limited nighttime, off-peak hour operations; five parking spaces out back; as well as a promise they won't expand the size of the new building either horizontally or vertically, among other things. The pro-mikvah team also presented a redesign that had been suggested by Board members at the pre-Christmas hearing. The new design looked more like a home and blended into the block much more, advocates said.

Interestingly, one argument came up during citizen comments that hadn't been voiced before. Hollywood Lakes resident Dana Gallup mentioned that other Hollywood mikvahs had been constructed without demolishing an existing single family home. Rather, work was done on the interior of the buildings to make them suitable for religious practices.

Noting a changing city landscape, lifelong Hollywood resident Pamela Burgio pleaded with the Board, "Be careful. What you do affects the whole city."

(Ed Note) When I find an interesting article, I want to share it but of course most are too long with a lot of irrelevant references (in my opinion). This article is the condensed version of an article by Hannah Jocelyn.

FAWNING

Do you ever find yourself laughing at a colleague's unfunny joke or standing in front of your closet completely unable to decide what to wear? These moments may be signs of something known as the fawn response, a form of pleasing often framed as a self-preservation strategy. In a recent review, critic Katy Waldman explores the rise of fawning, a concept that has gained traction in therapy inspired corners of the internet. The following is a condensed and edited version of that discussion.

What is the fawn response?

The fawn response has been added to the familiar list of stress responses: fight, flight, freeze, and now fawn. While these categories are more cultural shorthand than neuroscientific fact, fawning is generally described as an attempt to reduce perceived threat by aligning with the desires of others. It involves reshaping behavior or identity to please someone else to feel safer.

In popular psychology, fawning is usually portrayed as a post traumatic behavior rather than something that occurs during an immediate crisis. It is often linked to long term or complex experiences such as growing up in an abusive environment.

Is fawning always a problem?

Advocates of the concept often suggest that behaviors like seeking reassurance or being highly attuned to others' reactions are evidence of fawning. However, caring about how one is perceived or checking in

on relationships can also reflect thoughtfulness and social awareness. Wanting to understand how others feel is not inherently unhealthy.

How did the idea gain popularity?

The rise of online therapy culture has fueled widespread interest in psychological terminology. Concepts once limited to clinical settings are now repurposed as broad identity labels. The fawn response gained particular momentum on platforms like TikTok and Instagram, promoted by psychologists who also operate as influencers. Some of these figures have published books that blend professional language with personal narratives, presenting fawning as a shared struggle and "unfawning" as an attainable personal transformation.

Why the skepticism?

Critics argue that these interpretations often fail to distinguish between genuinely helpful actions and behaviors motivated by a desire for approval. Treating both as equally disordered raises ethical concerns. Even more troubling, the proposed solution of "unfawning" can veer toward dismissing empathy altogether. Advice to prioritize the self at all costs risks framing care for others as weakness or pathology.

Reducing all social behavior to a binary of fawning or "unfawning" encourages people to view relationships primarily as tools for self-definition. This framework can justify greater self-absorption under the guise of healing.

So, what is the alternative?

Rather than labeling consideration for others as a trauma response, a more balanced approach may be to reject the framework entirely. Human relationships require empathy, flexibility, and mutual care. Pathologizing these traits can lead to extremes that are ultimately unhelpful. Letting go of oversimplified psychological labels and perhaps stepping back from social media driven self-diagnosis, may offer a healthier path forward.

THREE BIG RISK FACTORS FOR DEMENTIA

– by *Rachel Nania AARP*

While there are a few risk factors for dementia that you can't control like age and family, a growing body of research shows that there are several that can potentially be changed throughout life. And a recent study suggests that three of these so-called modifiable risk factors may have a big impact on an aging brain.

Diabetes, alcohol consumption (measured by frequency) and exposure to air pollution are the most harmful modifiable risk factors for dementia out of 15 that were studied in a recent report published in the journal *Nature Communications*. A team of researchers examined brain scans of nearly 40,000 UK Biobank participants and found that parts of the brain associated with Alzheimer's disease, the most common form of dementia, that are more prone to earlier and accelerated aging were most affected by these three factors.

"We know that a constellation of brain regions degenerates earlier in aging, and in this new study we have shown that these specific parts of the brain are most vulnerable to diabetes, traffic-related air pollution — increasingly a major player in dementia — and alcohol, of all the common risk factors for dementia," study coauthor Gwenaëlle Douaud, an associate professor at the University of Oxford, said in a statement.

Other known modifiable risk factors studied were blood pressure, cholesterol, weight, smoking, depression, inflammation, hearing, sleep, socialization, diet, physical activity and education.

Excessive alcohol use — defined as more than 21 drinks weekly — is among the 12 modifiable risk factors for dementia noted in a 2020 report published by the Lancet Commission. The Centers for Disease Control and Prevention (CDC) says that over time, too much alcohol can lead to learning and memory problems, including dementia.

And Bender, who was not involved in the latest study, says "diabetes is a really well studied and well known risk factor." If diabetes is not well controlled

and too much sugar remains in the blood, it can damage the organs over time, including the brain, explains the Alzheimer's Association. High blood sugar is also linked to inflammation and cardiovascular disease — both of which can contribute to declining brain health.

Research on the health effects of air pollution is newer but has been accumulating in recent years. A 2023 study published in *JAMA Internal Medicine* looked at data from more than 27,000 adults older than 50 and found that those who went on to develop dementia were more likely to live in places with higher levels of fine particulate matter. This type of air pollution can come from vehicles and factories, though in this particular study, fine particulate matter from agriculture and wildfires was specifically associated with an increased risk of dementia.

Long-term exposure to wildfire smoke seems to be especially bad for brain health, according to a 2024 study published in the journal *JAMA Neurology*. A team of researchers analyzed the health care records of 1.2 million Southern California residents aged 60 and older and found that people who were exposed to higher levels of wildfire smoke had a greater risk of developing dementia.

Another study published in 2024 in the journal *Neurology* found that people with greater exposure to traffic-related air pollution were more likely to have high levels of amyloid plaques in their brains after they died. These plaques are a hallmark of Alzheimer's disease.

Inflammation could help explain the emerging link between air pollution and brain health. Some animal studies suggest that "there is a relationship between particulate matter in pollution and inflammation in the brain," Bender says. Researchers have also found that tiny pollution particles — the kind you might inhale from smoke or exhaust in the air — can circulate in the blood and work their way into the brain, where they may cause direct damage.



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FEBRUARY IS THE MONTH OF LOVE - BELIEVE IN YOURSELF!

– Aruna Ladva, Brahma Kumaris, London England, Submitted
and revised by BK Etta Stevens, Miami/Hollywood



Before you can love anyone else, you must truly love yourself. In this article, we will learn the magic of loving who you are and who you can become.

Believe in yourself. Spirituality teaches you to inject positive creative energy back into your life, and in so doing, you begin the process of self-transformation. As you believe more in yourself, you change and transform into powerful spiritual beings.

Today, I am asking you... not to believe! Or at least to think, filter, discriminate, before you believe. Why? Because there is just so much fake out there that it is tricking and misleading people. Many people base their future and lives on this fakery. Now everyone is an expert on something or the other ... People can claim to be an expert in literally anything, while being a knower of nothing ... except how to run a good grift and scam!

Throughout the day, life throws information at us in a myriad of ways. Much of it we consume consciously, and in a subconscious way. But have you noticed how quickly our attitude changes upon hearing a new piece of information ... which is not even authenticated! We start switching and changing with each new development. We change our minds just as often as a chameleon changes its colors!

One moment, we believe daily milk is essential for good health; the next, we believe it isn't. Well, not really. "I think I will turn vegan".

One moment, slim, slick branded trainers make us feel confident, the next ... No, forget the look. "I am converting to barefoot shoes. Open wide toes and freedom."

One moment, running is good for us, the next ... No, it impacts the knees. "I am turning to Tabata for my daily exercise routine".

One moment, we believe eating fruits before a meal is healthy. No, not any more, the Glucose Goddess tells us: "It's OK to eat fruits after a meal to prevent a sugar spike!"

One moment, the spandex polyester breathable fabric is good for easy stretching moves, the next ... No, forget the stretch, cool 100% cotton is best for the skin.

We are deeply influenced by the latest diet, detox program, exercise, clothes, fashion sport, exercise or whatever in the media and social media. Sometimes these fads and fashions change so quickly and cunningly we barely notice that things have changed ... they so easily influence and change our attitude. With every information update, we change our perspective ... yet again.

Some people are more gullible than the rest. What is right and what is wrong is all subjective, and we should not jump to the new fad and ideology as soon as it comes on the market. Everyone is out to make a buck and there are a lot of false facts, presented as true statements, flying around the internet. Do your research and follow your instincts. When something sounds too good to be true, then it probably is not true at all. Learn to trust your gut feelings.

I live in a community where many people come and go. Thereby, I am privy to many conversations, even those I wish not to be. And I hear people talking about all kinds of things they came across or the latest trending practice. I have found that the discipline of being the detached observer saves me from becoming a sponge and swinging from one belief to another.

Also, the conclusion I came to that really helps, is to want less ... to desire less and to be content with what is ... My internal natural intuitive navigation system will guide me to what is right and true for MY soul. If I am confused and undecided then I will attract such things, such souls, and such information into my life. If I give the vibe of being empty, then sure there are a lot of fillers out there waiting to grab that idea!

Once I am content and steadfast in what I believe then no one can influence me. When I come to listen to my intuition and conscience, I can make myself free by using the power of discernment. I find the daily practice of silence and meditation can help me maintain that inner balance and peace.

We must learn to know ourselves from the inside out, despite the heavy influences on many levels coming to us from both inside and outside. Our personal and social beliefs, our own habits and thinking patterns, the past and memories, or future anxieties, and the mass media are all vying for our time, attention, and money. Sometimes it can be difficult to see a way out and through the maze of such demands on life.

But the Bard was spot on when the great Shakespeare wrote these words for Hamlet: "To thine own self be true ..."

It's Time ... to make ourselves free with the power of discrimination and begin being true to ourselves, and love who we are and what we can become.

Learning meditation and practicing it daily will help you understand yourself better and learn to discern what is real from what is not. To understand exactly what it is you are searching for in your life, and how to become the best ME you can BE!

I am conducting a FREE ZOOM meditation class on Tuesday mornings, so that we can all learn to live more positively, with HAPPINESS in our heart and mind, by putting the self first, especially in these troubling times. It begins promptly at 10:30 AM until approximately 11:30AM.

Just use the following Zoom ID: 852 5673 8420 Password: 123

Thank you and have a beautiful LOVE month!!

GLAZERSACHS[®] P.A.

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