



INSIDE HILLCREST

CONNECTING NEIGHBORS TO NEIGHBORS

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JULY INSIDE HILLCREST

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TOWN HALL MEETINGS

I walked into Hillcrest 23 recently and saw the lobby set up for a town hall meeting. They are not the only building that holds a town hall meeting for their residents on a regular basis. That always impresses me. A Town Hall meeting is an informal meeting with the board and unit owners so that unit owners can ask any questions about what is going on in the building. They are usually held during the day which is fair so that board members are not giving up their dinner hour for an extra meeting.

What is the difference between a town hall meeting and a board meeting? Everything. A board meeting is usually held in the early evening and addresses specific agenda items. Although the board and unit owners can stay later to ask/answer general questions, usually everyone is ready to pack it in. Again, this is an informal, voluntary get-together when board members basically donate their time to be present for general questions. In my book, you can't beat that for what we need most in a board - transparency.

MICHAEL DESIATO

January 13, 1922 - July 4, 2026

I have mentioned Mike in past issues. He celebrated his 104th birthday on January 13th, an incredible milestone. Mike was a longtime resident of the Beverly Hills condo community, and whenever I stopped by the clubhouse, I could usually find him there, always busy working on something. He was my favorite "future ex-husband." We had an agreement that after the divorce, he would get the kids, and I would get the money.

Mike was one of those people who made his community a better place simply by being part of it. His years of dedication and volunteer work meant so much that the Beverly Hills community named the clubhouse in his honor.

Mike passed away on July 4th. He lived a remarkable life, and his kindness, sense of humor, and willingness to help others touched so many people. He will be deeply missed by everyone who had the pleasure of knowing him.

ELECTION SEASON: MEET THE PEOPLE WHO WANT TO REPRESENT US

Before you vote, get to know the candidates who want to earn your trust. So that when the

campaign signs come down and the ballots are counted, the real winners are the people. We are fortunate that several candidates on this year's ballot bring experience, sound judgment, dedication, and perhaps most importantly, integrity. In today's political climate, that combination is becoming harder to find.

Our endorsement for the Broward County School Board in 2024 was **Maura Bulman**, and she is now running for a full four year term. In just two years, she has accomplished a great deal, and we believe she deserves the opportunity to continue that work. Read Steve Schneider's exclusive interview with Maura on **page 7** to learn more about her achievements and plans for the future.

State Senator Shevrin Jones is officially running for Florida's 24th Congressional District, which includes Miami Gardens, Hollywood, Miramar, and Pembroke Park. With Congresswoman Frederica Wilson retiring, this is an important race for our area. Jones says, "You've trusted me in Tallahassee. I ask that you send me to Washington, D.C., to fight on your behalf." Learn more about his priorities and vision on **page 5**.

And then there's one of our own. **Caryl Shuham**, who has represented District 1 as a Hollywood City Commissioner, is now seeking the Broward County Commission seat being vacated by Beam Furr. Beam also came from Hollywood, and we'd love to keep that hometown representation going. Read about Caryl and her campaign on **page 3**.

Be sure to look at our back page in this month's issue. All Hillcrest and Parkview residents are invited to a **Town Hall Meeting on Wednesday, July 22, at 6:00 p.m.** It's an opportunity to meet **Maura Bulman** and **Caryl Shuham** in person, ask questions, and make an informed decision before Election Day.

For those of you who are new to the Hillcrest/Parkview community, Inside Hillcrest has been around since November 2008. It began as a way to keep residents informed by publishing highlights from the monthly Hillcrest Leadership Council meetings. Over the years, it grew into the community newspaper you receive today.



Advertising was originally intended to cover printing and operating costs, but any profits have always gone into our **Help for Hillcresters Fund**. When building presidents learned that a resident was facing a difficult time, they would let us know. Sometimes a few hundred dollars made all the difference. When one of our advertisers was able to help, we purchased the materials needed and they donated the labor. Over the years, we've replaced A/C compressors, eliminated bedbug infestations, provided meals and medications, and even helped residents catch up on maintenance fees. Most of our building presidents understand that their role is one of service, not power, and they have been wonderful about helping us identify neighbors in need.

As you know, only people we know, like, and trust are allowed to advertise in **Inside Hillcrest**. Our advertisers also know where their advertising dollars go, which is why companies such as **Elite Guard Security/Concierge Services** and **Accountsult Accounting Services** advertise even though they primarily serve condominium associations rather than individual residents. They advertise because they appreciate our community and know their support benefits Hillcresters.

For many years, we have also maintained a **Condominium Building Preferred Vendor List**, updated annually, to help building boards find reliable, proven companies for major projects and building services.

A few years ago, residents suggested we create a **Residential Preferred Vendor List** made up entirely of businesses recommended by your neighbors. In today's world, it can be difficult to know who to trust. If you don't have a copy of the Residential Preferred Vendor List, email us at info@hillcrestilc.com, and we'll be happy to send one to you.

INTRODUCING OUR NEWEST HILLCRESTER RECOMMENDED ADVERTISER

Please welcome **Arian Guerra of Elite Assembly!** You'll find his ad on page 12. Even better, his ad was paid for by the Hillcrest who was so happy with his work she wanted to introduce him to the community.

Despite the name, Elite Assembly does much more than assemble furniture. Whether it's putting together an IKEA or Amazon purchase, mounting a TV, installing shelves, or tackling a variety of handyman projects, Arian is ready to help. I've already hired him to replace a kitchen baseboard in one of our listings. He may end up in TWO spots on our Residential Preferred Vendor list.

IPO EXCITEMENT VS. INVESTMENT REALITY: OPPORTUNITY, RISK, AND PERSPECTIVE - by David Treece

When a highly anticipated initial public offering (IPO) hits the headlines, it's natural for investors to pay attention. The excitement can be hard to ignore. News coverage ramps up, social media buzz grows, and many people start wondering whether they're missing out on the next big opportunity.

Our office receives questions about IPOs regularly, especially when public interest is high. While every situation is unique, it's important to understand both the opportunities and the risks before making any investment decision.

Why IPOs Generate So Much Attention

An IPO is the process through which a private company becomes publicly traded. For many investors, it represents the first chance to purchase shares of a company that has previously been unavailable to the general public.

The anticipation surrounding an IPO often creates a sense of urgency. Investors may feel pressure to act quickly out of concern that the stock price could rise dramatically after trading begins.

This emotional response is understandable, but it's important to remember that excitement and investment merit are not always the same thing.

Valuations Can Be Difficult to Assess

One challenge with newly public companies is determining whether the valuation accurately reflects the business's fundamentals.

Unlike established public companies with long operating histories and years of financial data available to investors, newly public companies may have limited public information and no trading history. This can make it difficult to evaluate whether expectations are realistic. When investor enthusiasm is especially strong, valuations can become disconnected from traditional measures such as revenue, earnings, or cash flow. That doesn't necessarily mean an investment will perform poorly, but it does increase uncertainty.

The Fear of Missing Out Is Real

One of the most powerful forces in investing is the fear of missing out. Investors often see headlines about a new opportunity and assume that getting in early automatically leads to strong returns. History shows that's not always the case.

Some IPOs have gone on to become successful long-term investments. Others have experienced significant declines after their public debut, even when the underlying businesses eventually proved successful.

The reality is that a company's future success and a stock's short-term performance are not always the same thing.

Why Access to IPOs Is Often Limited

Many investors are surprised to learn that access to IPO shares is frequently restricted. In many cases, demand exceeds the number of shares available. Investment banks underwriting the offering often allocate shares first to institutional investors and other large clients before shares become available to retail investors.

As a result, many individual investors either receive a very small allocation or are unable to participate at all. While this can feel frustrating, it is simply part of how the IPO process typically works.

The Compliance and Suitability Considerations

Another factor that often goes unnoticed is the regulatory environment surrounding IPOs. Financial professionals are subject to suitability and

fiduciary obligations that require recommendations to align with an investor's goals, risk tolerance, financial circumstances, and overall investment strategy.

Because newly public companies have limited trading history and can experience significant price volatility, many firms take a conservative approach to IPO participation. This isn't about avoiding opportunity. It's about recognizing that higher uncertainty often requires greater caution.

Keeping IPOs in Perspective

IPOs can be exciting, and some may eventually become successful investments. However, excitement alone is not a sound investment strategy. Before investing in any IPO, it's important to ask:

- How does this fit within my overall financial plan?
- Am I investing based on research or emotion?
- What risks am I taking?
- How would I react if the investment declined significantly after purchase?
- Does this investment align with my long-term objectives?
- The answers to those questions are often more important than the IPO itself.

The Bottom Line

Investing success is rarely about chasing headlines. More often, it's the result of maintaining a disciplined strategy, staying diversified, and making decisions that support long-term goals. When evaluating an IPO—or any investment opportunity—it's important to separate excitement from analysis and focus on how the investment fits into your broader financial picture.

As always, investment decisions should be based on your individual circumstances, objectives, and risk tolerance, and there is no guarantee that any investment strategy will be successful.

We are here to help. If you have more questions about IPOs — or want to chat about one that you may be considering investing in — schedule a consult with Team Treece by emailing info@davidtreece.com or calling 305-751-8855.

All investing involves risk, including the possible loss of principal. There is no assurance that any investment strategy will be successful. A diversified portfolio does not assure a profit or protect against loss in a declining market. Business Development Companies (BDCs) involve specific risks, including limited liquidity, valuation uncertainty, and the potential for loss of principal. BDCs may not be suitable for all investors.



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SHUHAM: I'LL BUILD ON WORK OF OUTGOING BROWARD COMMISSIONER BEAM FURR

My name is Caryl Shuham and I am running to be your next Broward County Commissioner for District 6. Commissioner Beam Furr has held this seat and is now term limited. I proudly have his endorsement to continue his leadership on infrastructure upgrades, to reduce the impact of flooding and traffic, protecting our environment, making sure that tax dollars are used effectively and efficiently, and increasing the inventory of obtainable housing.

I have a degree in civil engineering from Johns Hopkins University and a law degree from the University of Maryland. In my private law practice as a construction lawyer, my work includes preparing and negotiating construction contracts. Since 2018, I have served on the Hollywood City Commission with integrity and concern only for the public good. My husband and I live in Hollywood with our dog Twyla. We are the proud parents of three sons: Simon, an aerospace mechanical engineer; Matt, a journalist; and Ben, a physician – all three are the products of Broward County Public Schools – and we recently welcomed our first grandchild!

I have the experience of representing more than 150,000 Hollywood residents for the past almost 8 years and being a leader on regional issues, representing our community on the Broward Metropolitan Planning Organization Board (MPO), the Broward County Climate Change Task Force (CCTF), and the Board and Executive Committee of the Solid Waste Disposal and Recyclable Materials Processing Authority of Broward County (SWA). Additionally, I am the chair of the Metro Transportation Engineering and Construction Cooperative (MTECC) Executive Committee, as well as the Chair of Broward's Transportation Disadvantaged Local Coordinating Board (TDLCB). Following the Surfside tragedy at Champlain Towers, I served on the Broward County Condominium Structural Issues Committee.

For my community work, I received the Broward Sierra Club Champion Award, Florida League of Cities Home Rule Hero, and the Broward County School Board Outstanding Mentor of the Year. I completed the Florida League of Cities Institute for Elected Municipal Officials and received a Certificate of Achievement from the Broward County Leaders Water and Climate Academy.

I have mentored young women students at Hollywood Hills High School, am a Leadership Hollywood graduate and have held several volunteer leadership roles with Broward Public Schools, the David Posnack JCC, and the local chapter of the Crohn's and Colitis Foundation. I am a member of the Hollywood Rotary Club, the Lions Club of Hollywood, the Hollywood Historical Society, the Hollywood Women's Club, and the Art & Culture Center of Hollywood, and I am a member of Temple Beth El in Hollywood.

As Broward County Commissioner, I will pursue smart, resilient development and redevelopment throughout the County, with an emphasis on increasing housing obtainability and improving transportation options. I will work to increase public safety, strengthen our local economy, update our infrastructure, protect the environment, preserve local history, and promote our unique neighborhoods.

I am the only candidate who got on the ballot by petition. Everyone can vote for me by mail, early voting, or at the polls on August 18. I am asking for your support and together we will keep Broward moving forward.

With thanks and warm regards,

Caryl

Shevrin

JONES • FOR CONGRESS

— FOR THE FAMILIES OF HILLCREST, HOLLYWOOD & DISTRICT 24

**HE DIDN'T JUST
FIGHT FOR US.
HE WON.**

For fourteen years, in a Republican-run Legislature, nearly thirty of Shevrin Jones's bills still became law. Not speeches. Laws.

HE SAW IT COMING

After Corey Jones was killed with no camera, Shev wrote Florida's body camera law — in 2016, four years before George Floyd.

A LAW WITH HER NAME

After Tammy Jackson gave birth alone on a Broward jail floor, he passed the law so it never happens again. It carries her name.



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BILLS SIGNED INTO LAW

\$57M

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OUR COMMUNITIES OVER 14 YEARS

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— SENATOR SHEVRIN JONES

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MEET SHEVRIN JONES - *By Steve Schneider*



A Democratic elected official in an overwhelmingly Republican State Legislature, **Shevrin Jones** reports he gets things done.

This effectiveness is his calling card as he seeks the **Congressional District 24** nomination to replace the retiring Congresswoman Frederica Wilson.

In an interview with Inside Hillcrest, Jones, a former educator working on his Ph.D., notes **he co-sponsored more than 40 pieces of legislation that passed the Legislature and were signed into law in Tallahassee.**

The legislation, Jones stresses, meets the needs of the people he represents, including:

- Funding for police to wear body cameras. This protects officers and the public, he says.
- A law to make sure incarcerated woman have the feminine hygiene products they need to care for themselves.
- Legislation that forbids pregnant women from being shackled or being placed in solitary confinement while behind bars.

His experience might mean something to voters hungry for **an elected leader who knows how to fight for an affordable economy, justice and accountability, and protection from sea level rise and climate change**, he said.

Jones, a 14-year veteran of the Florida House and Senate, seeks voter approval so he can fight for us in Washington, D.C. The **Democratic primary is Aug. 18.**

Ten candidates have qualified for the Democratic primary, including Kendrick Meek Jr., who displays a prominent local political pedigree. His grandmother and father served in Congress. He is probably the youngest candidate in the race, not yet 30-years-old.

Other prominent names include "Commissioner Oliver Gilbert III, former Miami-Dade Commissioner Jean Monestime, physician Rudy Moise, and businesswoman Christine Sanon-Jules," according to the Floridapundit.com.

You can learn more about Jones at his campaign website: <https://shevrinjones.com/>

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BIG BROTHER IS WATCHING

After residents were told at a board meeting that two other buildings had installed facial recognition software for their entrances, many assumed the technology was becoming common in the Hillcrest community and raised no objections. Months later, however, a board member stated that, to the best of his knowledge, no other Hillcrest building was using facial recognition and added, "We don't ask other buildings anything."

That exchange highlights a larger concern. Some condominium boards are made up of well-meaning volunteers with little or no prior experience serving on a board, running a business, or managing large projects. Experience is not a requirement to serve, but a willingness to seek information, learn from others, and ask questions certainly helps. One of the advantages of attending Hillcrest Leadership Council meetings is the opportunity to meet and network with experienced board members and learn what other buildings have tried, what has worked, and what has not.

Facial recognition technology is becoming more common in rental buildings, where owners often look for ways to improve access control, reduce staffing costs, or streamline building operations. Our residential condominium buildings are different. Many residents value having a live concierge who not only provides security but also recognizes residents, assists visitors, and serves as another layer of customer service.

In this case, the new system experienced significant problems during its first few months. Residents reported that doors did not always open consistently, sometimes requiring the front desk employee to manually grant access. While the original goal may have been to make entry easier for both staff and residents, many users experienced the opposite. Since this article was first drafted, adjustments have reportedly been made to improve the system, so time will tell whether those issues have been fully resolved.

The experience also raises broader questions. If facial recognition is not widely used in Hillcrest condominiums, what led this building to adopt it? What alternatives were considered? How were the costs, benefits, and potential risks evaluated before the decision was made?

These are reasonable questions for any board making a significant investment. Like many emerging technologies, facial recognition offers potential advantages, but it has also generated discussion about privacy, data security, and how biometric information is stored and managed. Much depends on the policies established by the building, the safeguards put in place, and more importantly, the integrity of the board members and office staff responsible for overseeing the system.

Whenever a board invests in new technology, residents deserve transparency about why it was selected, what problems it is intended to solve, what it costs, and how any privacy concerns are being addressed. Those conversations help build confidence, regardless of whether residents ultimately support or oppose the decision.

The exploitation or spoofing of biometric data, such as fingerprints or facial recognition for identity theft or fraud, are now being used for covert surveillance, unauthorized tracking, and crime. As biometric technologies are adopted and integrated to promote security and efficiency, new concerns are created about how the technologies are used beyond their original intent. A system that was created to ensure that **only authorized individuals had access to sensitive information**, are now being used for covert tracking and surveillance.

To understand the dangers of Facial recognition software for condo owners, especially in the hands of a corrupt board or dishonest property manager, can lead to personal data being collected and vulnerable to hacking and misuse. Misidentification can result in wrongful accusations or actions against innocent residents. Residents may not be informed or have the option to opt-out of facial recognition systems. Also, there may be legal implications if the software does not comply with privacy laws.

Spending money to make employee's lives easier is rarely a good choice on so many levels. But at least it shows who is in charge.

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REINTRODUCING MAURA BULMAN

– by Steve Schneider

Current Broward County School Board Member **Maura McCarthy Bulman** is an attorney with three children currently attending the Broward County Public Schools in District 1 and one who graduated from South Broward High School last year. Because of her experience practicing business and real estate law, she understands how to review and negotiate contracts, identify favorable business and real estate deals and how to make sound financial decisions.

All of this puts her in position to seek a full **four-year term on the Broward County School Board**, Bulman says. She is finishing her first term, which was only for two years. **The election is on August 18, 2026. Early voting begins on August 8, 2026, and ends on August 16, 2026.**

In an interview with Inside Hillcrest, Bulman talked about the significant challenges she has dealt with since joining the School Board. Declining student enrollment means officials have decided to consolidate schools to ensure that students are receiving as many resources as possible. They also must seek creative solutions to provide educational services for youngsters who deserve opportunity, even though the state cuts funding based on a variety of factors.

Briefly, here are some of the **achievements and ongoing initiatives** Bulman discussed with Inside Hillcrest:

1. Facilitated a partnership between Broward County Public Schools and the Sloane Stephens Foundation to bring tennis instruction to elementary and middle school students who may not have otherwise been introduced to tennis. Bulman believes the Sloane Stephens Foundation, founded by local tennis star Sloane Stephens, will expand its programming to reach more students in the coming school year.

2. Facilitated a partnership between Broward County Public Schools and the Overtown Youth Center to bring summer and afterschool programming to students at McNicol Middle School, Orange Brook Elementary, Colbert Elementary, Watkins Elementary and Lake Forest Elementary. The Overtown Youth Center was founded in 2003 by former Miami Heat star, Alonzo Mourning and Tracy Wilson Mourning and positively elevates children and families through proven educational, health and wellness, social, financial and career programs.

3. Worked with her colleagues and School Board staff to change the way Hallandale High School runs. Students will have a four-day school week, with longer hours each day starting in August. It's also a magnet school – like the successful Pompano Beach High School model – attracting students from a variety of Broward County communities with new educational opportunities.

4. Continues to advocate to expand career and technical programs. She speaks highly of the excellent programs at Sheridan Technical College in Hollywood. Plumbing, electrical, medical and health sciences, culinary science, education, automotive technology and cosmetology are some of the popular and successful programs there, she said.

5. In fact, Sheridan Technical draws so many students, she's working with the School Board to find another campus to deal with the overflow of students clamoring to learn at the school.

Go to her campaign website to learn more or contact her at mauraforbroward.com.




MARTY KIAR BROWARD COUNTY PROPERTY APPRAISER



2026 TRIM Notices

The Broward County Property Appraiser's Office mails the TRIM (proposed tax) Notices in August of each year. This is NOT a tax bill but shows your property's 2026 Just/Market Value, exemptions, and proposed taxes as set by the taxing authorities listed on the notice. The TRIM Notice is your opportunity to review your 2026 Just/Market Value and ensure you are receiving all the tax-saving exemptions you are eligible for.

Florida Statutes require our office to use January 1 as the date of assessment each year. The 2026 Just/Market Values are based on the market data from 2025 with January 1, 2026 as the date of assessment.

The Property Appraiser's Office does not set or collect property taxes. If you have questions about the proposed tax rates, the contact information and public hearing dates for the individual taxing authorities are listed to the right of each agency name on the TRIM Notice.

I Recently Applied for Homestead Exemption - Why Is It Not Showing?

Florida Statutes require our office to use January 1 as the date of assessment and to determine exemption eligibility each year. If you purchased your home after January 1, 2026, you are eligible for 2027 Homestead Exemption. The 2027 exemptions will show online in December and be included for the 2027 tax year.

I Had Homestead Exemption Last Year - Where Did My Exemptions Go?

If you purchased your home in 2025, you may have "inherited" the previous owner's exemptions last year. These 2025 exemptions were

removed at the end of 2025, so are no longer showing on your TRIM Notice for tax year 2026. Fortunately, you can still late file for 2026 Homestead and any other exemptions you may qualify for until September 18, 2026.

I Am a Senior Citizen – Why Isn't the Senior Exemption Showing?

The Senior Exemption is both an age and income-based exemption that is not automatically applied to a property because of the income requirement. To be eligible for this exemption, an applicant must be age 65 or older as of January 1, 2026 and have an adjusted household gross income for 2025 not exceeding \$38,686. If you believe you qualify for this additional exemption, you can still late file until September 18, 2026.

To review all the tax-saving exemptions available to qualified applicants and to apply for these online, please visit our website at web.bcpa.net and click on "Exemptions & Classifications."

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

If my office can be of assistance to you, please contact me directly at martykiar@bcpa.net.

Take care,

Marty Kiar, ESQ, CFA
Broward County Property Appraiser

WHAT'S IN OUR FOOD? - UNDERSTANDING FDA OVERSIGHT OF FOOD INGREDIENTS

- Condensed from an article by Tom Perkins, *The Guardian*

Editor's Note: I try to include articles that I find informative and thought-provoking. After reviewing the original piece, I noticed it referenced illnesses linked to the GRAS ingredient tara flour but did not mention a key follow-up development. In May 2024, the Food and Drug Administration announced a ban on the unapproved food additive tara flour. I felt that additional context was important for readers to have. With that in mind, I hope you find the article both interesting and informative.

A recent review of federal records found that more than 100 substances used in everyday foods, beverages, and supplements have never undergone safety review by the Food and Drug Administration.

The analysis, conducted by the nonprofit Environmental Working Group, examined how certain food ingredients enter the U.S. food supply and how they are regulated.

How this happens

Some ingredients are introduced under a rule called "generally recognized as safe," or GRAS. This rule was created in 1958 to allow common, well-understood ingredients such as salt or vinegar to be used without lengthy government review.

Under current rules, manufacturers may determine on their own that a new ingredient is safe. Notifying the FDA of that determination is voluntary.

What the review found

- 111 food substances were identified that had no documented FDA safety review.

- These substances appear in a wide range of products, including drinks, broths, snacks, and supplements sold by familiar brands.
- Because companies are not required to list where these substances are used, researchers compared FDA data with public ingredient databases to identify products that contain them.

Why extracts deserve attention

Many of the substances identified were extracts from familiar foods, such as mushrooms, green tea, cinnamon, cocoa, and aloe vera. While the original foods may be safe or nutritious, extracting compounds can change how they affect the body.

Food safety experts note that extracts:

- Do not always provide the same nutritional benefits as whole foods
- May be produced using chemical solvents
- Often lack long-term safety data

In some cases, purified extracts have been linked to liver inflammation or other health concerns.

What this means for consumers

The report does not suggest that all unreviewed ingredients are harmful. However, it highlights that some ingredients reach store shelves without independent safety review, which can delay the discovery of potential problems.

Experts emphasize that thorough, independent oversight helps protect consumers, especially as food processing and supplementation become more complex.

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



Cindy Abraham



Brian Gaiefsky

The 2026 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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JULY 2026 HILLCREST/PARKVIEW MARKET REPORT

– by *Brian Gaiefsky, Keller Williams A Team Florida*



The Parkview and Hillcrest real estate markets continue to evolve as buyers and sellers adjust to a more balanced housing environment. While demand remains healthy, today's market is driven by value, pricing, and informed decision-making rather than the fast-paced conditions experienced just a few years ago.

In the Hillcrest condominium communities, buyers have become increasingly selective. Rising insurance costs, higher monthly maintenance fees, reserve funding requirements, and Florida's condominium safety regulations have made purchasers more focused on the overall financial health of a building, not just the unit itself. Well-managed associations with completed inspections, funded reserves, and updated amenities continue to stand out, while competitively priced units that are move-in ready remain the most attractive to today's buyers

Parkview at Hillcrest continues to be one of Hollywood's most desirable residential neighborhoods. Its newer construction, gated setting, community amenities, and convenient location near major highways, shopping, and beaches continue to attract families and professionals alike. Well-maintained single-family homes and town homes continue to generate strong interest, particularly when priced in line with current market conditions.

Across both communities, sellers are finding that preparation, accurate pricing, and professional marketing are more important than ever. Buyers, meanwhile, benefit from increased inventory and greater negotiating opportunities than they have seen in recent years.

Questions? Call me at **954-415-5323** or email me at Brian@ATeamFlorida.com.



JUNE 2026 MARKET REPORT FOR HILLCREST AND PARKVIEW AT HILLCREST

- by Cindy Abraham, Keller Williams A Team Florida



We are back down to 86 active condo listings; pending and closed sales mirrored last month: **six units went under contract and six closed.** Again, when you look at the sales, I will be using the original list price rather than the final list price so you can see why a unit was on the market for so long. It is still tough for a lot of sellers to accept the current market conditions. It was only three years ago that condo sales were at an all time high, and your neighbor sold for twice as much as your unit is listed for. Believe me, as agents, we feel your pain.

Our main concern is that our sellers only invest in improvements that give them an actual return on their investment. That has been the biggest part of our listing appointments.

For **homes and town homes**, there are **currently 5 single family homes and 9 town homes on the market**, ranging from 970K to 550K. In June, one town home went under contract and one single family home closed.

June was a hot month for rentals! Three town homes rented as well as three 2-bedroom units and four 1/1/1 units. There are currently 7 three-bedroom town homes, 4 two-bedroom units and 7 one bedroom units available.

Pricing Still Matters

The real estate market continues to reward sellers who price their homes based on today's conditions rather than yesterday's values. Buyers have become more cautious, and properties that are attractively priced and show well are still selling, while overpriced units often take longer and require price reductions before attracting serious interest.

As you review the pending and closed sales below, pay attention to the Days on Market. In many cases, homes that took longer to sell went through one or more price adjustments before finding a buyer. That is simply how today's market is determining value.

One of the advantages of the current market is that it gives sellers feedback fairly quickly. If there are very few showings during the first couple of weeks, it is often an indication that the asking price may need to be reconsidered. A timely adjustment can generate renewed interest and lead to a successful sale.

For owners who bought during the peak of the market a few years ago, today's prices may require a change in expectations. While that can be disappointing, pricing realistically from the beginning usually results in less time on the market and a smoother transaction.

As always, the closed sales listed below reflect the original asking prices rather than the final sale prices, since many properties were reduced before they sold.

Every market has its challenges and its opportunities. Buyers can find good values, and sellers who understand current market conditions and price accordingly continue to achieve successful results.

For guidance tailored to today's market, contact **Brian Gaiefsky and Cindy Abraham, Keller Williams A Team Florida!**

CLOSED SALES DURING JUNE 2026

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

Building	Address	SF	B/B	\$ ORIG LIST	SOLD	DOM
S	4352 Large Leaf	2,501	5/3/1	950,000	835,000	194
T	3973 Poinciana Lane	1,421	3/2/1	545,000	524,000	583
C-26	4001 Hillcrest Dr 817	1,344	2/2	235,000	195,000	51
26	4001 Hillcrest Dr 1014	1,132	2/2	216,500	195,000	287
27	3850 Washington St 1115	844	1/1/1	159,500	152,000	6
15	4800 Hillcrest Ln 101	992	2/2	159,900	140,000	208
26	4001 Hillcrest 406	1,132	2/2	136,900	136,900	5
21	4400 Hillcrest Dr 605	844	1/1/1	149,000	132,000	282



HILLCREST/PARKVIEW JUNE 2026 RENTALS

Building	Address	SF	B/B	\$ ORIG LIST	RENT	DOM
T	5040 Eucalyptus Dr	1,421	3/2/1	3,550	3,450	51
T	4810 Eucalyptus Dr	1,421	3/2/1	3,500	3,100	12
T	1190 Eucalyptus Dr	1,421	3/2/1	3,200	3,050	138
24	4200 Hillcrest Dr 503	1,132	2/2	2,200	2,200	26
24	4200 Hillcrest Dr 503	1,132	2/2	2,200	2,200	114
C-24	4200 Hillcrest Dr 201	1,363	2/2	2,200	2,100	177
20	919 Hillcrest Dr 303	1,100	2/2	2,000	2,000	26
16	950 Hillcrest Dr 210	775	1/1/1	1,800	1,800	56
19	901 Hillcrest Dr 307	830	1/1/1	1,780	1,780	79
24	4200 Hillcrest Dr 208	844	1/1/1	1,750	1,750	14
16	950 Hillcrest Dr 302	775	1/1/1	1,750	1,750	51



Downsizing Without Leaving Home – by Cindy Abraham

If you have lived in the same home or condo for many years, the idea of decluttering can feel overwhelming. When you have accumulated a lifetime of belongings, it is hard to know where to begin. I want to share what I have learned about sorting through decades of memories and possessions and actually starting to let go of the things we no longer want or need.

Many of us have boxes of keepsakes, inherited belongings, and “I cannot part with that” items tucked away in closets or under beds. And here is the truth. What if the clutter is not just clutter. What if it is the story of your life. Take a breath. Some items are still useful, some are sentimental, and some have simply been around so long that we do not even notice them anymore. The hardest part is often not deciding what to keep but knowing where to start. The key is finding a gentle and realistic way to begin.

Feeling overwhelmed by years of accumulated belongings is completely normal. If you are struggling to know where to start, breaking the process into manageable steps can make it feel far less daunting.

When you have lived somewhere for a long time, decluttering becomes about much more than organizing a space. You are often sorting through memories or letting go of items connected to children who have grown up and moved on. You may be deciding what to do with things inherited from parents or relatives. And let's be honest, many of us pass things on to our kids because we just cannot bring ourselves to get rid of them. In my case, it was my mother's wedding dishes. I gave them to my daughter, who I am quite sure has them neatly stored in a box somewhere.

The reasons we decide to declutter vary. Some of us are facing changes in health, mobility, or retirement. Others are simply realizing that maintaining so much stuff is harder than it used to be, especially in a condo where space matters. This is why decluttering later in life often requires a different approach. It is not just practical. It is emotional too.

Once you accept that your feelings are normal, give yourself permission to go slowly and focus on progress, not perfection.

If you have decided that now is the time to declutter, here are a few thoughts that may help. Do not start with sentimental items like photographs, letters, or family heirlooms. Leave those for last. Start with everyday “stuff” in areas that will make an immediate difference in how you live. There is always one closet that feels downright traumatizing just to think about. Save that one for the very end. Start small. A linen closet, a kitchen pantry, or a single cabinet. Once you finish one area, the process already feels more manageable.

You are not going to get it all done in one day, so do not look at your entire home or condo at once. That is when people shut down. The whole place is simply too big. Focus on one bedside drawer, one kitchen cabinet, or one shelf in a closet. Small wins create momentum.

Time matters too. Choose an area that you can complete in under 30 minutes. Even if you are interrupted, come back and finish that one spot before moving on. Acknowledge the progress you made. And if you happened to clean out the liquor cabinet, feel free to celebrate in appropriate increments.

A surprising amount of clutter comes from things we are saving for a future that never quite arrives. Clothes are a perfect example. That dress hanging there for years is being saved for a special occasion that may or may not happen. Here is a simple test. Look for items you forgot you even owned. If you needed it, you would have bought something similar by now. And yes, there will be a day when you get rid of something and then wish you had it. But if you had not decluttered, you would not have remembered it was there in the first place. We all have those items.

Be aware of decision fatigue. Making constant choices about what to keep and what to let go of can be exhausting. When you start feeling drained or annoyed instead of productive, stop. Take a break and do something else. Exhaustion leads to poor decisions. Remember, this is a long term project with no deadline.

You may want to set a timer for 30 minutes or an hour and stop while you are still feeling positive. Tomorrow is fine. There is no rush.

Pay attention to your self-talk. Ask yourself, if I were moving to a new place, would I take this with me. That question is a big one. Moving is my personal idea of torture, so it makes me very honest about what is worth packing and unpacking. If it is something I would take with me but probably leave in the box, I do not really need it (although I may have to picture someone prying it out of my dead, cold hands).

Guilt often shows up during this process. Over time, it helps to see decluttering as something positive. I really did give my daughter those wedding dishes my mother gave me, and yes, they are still in a box in her closet. I replaced the guilt of giving them away with guilt about dumping them on her. Now I ask myself what would actually happen if I donated something instead of passing it on.

The answer is usually nothing. I doubt my mother would mind, and I could have spared my daughter from possibly doing the same thing. And think about it, a decluttered home is not only a gift to yourself because daily life becomes easier. It is also a gift to your loved ones because it reduces the burden of future decisions. And it can be a gift to the items themselves when they are donated and used by someone who truly needs them.

Think about who might appreciate and use the item and focus on that instead of the sense of loss. Always remind yourself why you started decluttering in the first place.

And remember, this is a process, not a race. Slow progress is still progress. There is no deadline, no drama, no judgment, and no trophy at the end. Which is probably a good thing, because I still have a bowling trophy from high school for coming in last place. And no, I am not making that up.

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LEFT-HANDED COMPLIMENTS

First things first: where did that saying even come from? A left-handed compliment is a remark that sounds nice on the surface but has a little sting hiding underneath. Historically, “left” has long been associated with awkward, undesirable, or just plain wrong.

Not all that long ago, when anything considered “different” was automatically labeled “bad,” left-handed children were forced to write with their right hand. Because it was the... wait for it... right way to write.

In the late 19th and early 20th centuries, many countries enforced right-handed writing in schools. Left-handedness was seen as a weakness or even an abnormality. And here’s the kicker: it wasn’t until the 1960s, the era of peace, love, and questioning authority, that schools in the U.S. finally stopped doing this. Groovy, but also... not cool, man.

You probably know a left-handed person. Or maybe you are one. Aside from writing, throwing, and doing everything a little backwards (kidding... mostly), you might not realize the everyday annoyances lefties deal with. Several left-handed friends have told me about the eternal struggle with right-handed scissors and the joy of dragging their arm through fresh ink while writing in a spiral notebook. Small things that we righties never even notice.

I recently came across some research about left-handed people and, naturally, went down the rabbit hole. Here are a few highlights.

At one time, studies suggested left-handed people were more likely to be dyslexic. Later research showed that this connection is stronger with mixed-handed people rather than left-handers alone. On the flip side, according to Science.org, left-handed people are often better multitaskers. This is attributed to a larger corpus callosum, the part of the brain that allows communication between the two hemispheres.

My version of multitasking, speaking as a right-handed person is doing several things at once, badly.

A few less thrilling facts: children born to mothers over 40 are more likely to be left-handed. Men are slightly more likely to be left-handed

than women. And, unsurprisingly, children of left-handed parents are more likely to be left-handed themselves.

I will admit I initially misread one study and thought it said twins are more likely to be left-handed than singletons. Turns out it said singletons. That’s on me. For the record, about 17 percent of twins are left-handed, likely due to genetics and positioning in the womb.

Now for the fun stuff. Left-handed people make up only about 10 to 12 percent of the population. Based on estimates that around 10,000 people live in our Hillcrest/Parkview community, that means somewhere between 1,000 and 1,200 of our neighbors are lefties. That’s a lot of smudged notebooks.

Left-handed people are also thought to be more creative, a theory tied to greater use of the right side of the brain, often labeled the artistic side. Coincidence? I’ll let the lefties decide.

Traveling to India? Keep this in mind: in many cultures, including India, it’s considered rude to eat or touch food with your left hand, as it’s traditionally associated with hygienic tasks. I learned this fact and immediately stopped touching anything at all, just to be safe.

Athletics is another area where lefties shine. Left-handed boxers win more fights on average because their stance throws opponents off. Left-handed professional women tennis players have also been shown to have an advantage. In baseball, left-handed pitchers are prized for their ability to throw curveballs and sliders that are harder to hit, according to MLB. And in water polo, left-handed players are especially valuable because they can face the goal while staying open to teammates, an advantage highlighted by Swimming.org. Rare, but powerful.

So, mark your calendar. **International Left-Handers Day is August 13.** Be sure to wish your favorite lefty a happy day. And if any of you are throwing a party to celebrate, please call me.

I would hate to be left out.

July Kitchen Korner - by Cindy Abraham

First, if you like salmon, do yourself a favor and make the **Salmon Feta Pasta** recipe in the last issue. You can substitute the vegetables for what you like (keep the tomatoes though.) It is the EASIEST, most delicious recipe I have found in a long time. And if you use the high fiber (Keto or chickpea) pasta, you are giving your body the best of everything.

This month, for various health reasons, I started making balls again; some call them energy balls and some call them power balls. They are healthy of course, but they also help (I'm trying to find a delicate way of putting this), your morning constitutional. Google it.

This is the first time I used chia seeds, but they give the balls a boost for the real meaning of "morning constitutional". Super effective at firming things up **so add a tablespoon of chia seeds to the recipes.** The oats are the real secret, but because we are not oatmeal people, we get our oats by snacking on balls.

These are our favorites, and yes, the chocolate is probably the reason. I buy the no added sugar Enjoy Life small dark chocolate chips or the Lily's Dark Chocolate No Sugar Added chips (when they are BOGO of course.) I always have a container of rolled oats; they can be used in all kinds of snacks and no matter what the other ingredients are, you will always feel noble if you add oats. Again, the fiber they provide is good for...you know...your morning constitutional.

DARK CHOCOLATE NUT ENERGY BALLS

1/2 cup mashed ripe banana
1/4 cup almond butter (or peanut butter)
2 tablespoons maple syrup
1 1/2 teaspoon vanilla extract
Pinch of salt
1 cup rolled oats
1/2 cup mini dark chocolate chips
1/2 cup chopped walnuts



Mix the mashed banana, almond butter, maple syrup, vanilla extract and pinch of salt in a large bowl. Stir until smooth.

In another bowl, mix the oats, walnuts, mini dark chocolate chips until combined and add to the banana mixture.

Refrigerate for 20 minutes. The mixture should be soft but easy to handle. If it feels too wet, add 2 to 4 TBS of oats.

Scoop about 1 1/2 tablespoons of the mixture into your hand. Gently compact it until it holds together, then give it a quick roll between your palms to make it round.

Place on a plate or tray and refrigerate for 20 minutes or freeze for a firmer texture. Store in the freezer for up to 3 months; thaw for a few minutes before eating.

What is nut dust? Well, I have my own signature nut mixture that I call "Yer Nuts". I buy shelled walnuts, Blue Diamond raw almonds and cocoa dusted almonds when they are BOGO at Publix, Aldi's Southern Grove Honey Nuts, dried mango and apricots, various dark chocolate covered nuts and blueberries, and other types of nut mixtures when they are on sale at Walgreens or CVS. I throw a bunch of each in a large bowl, mix well and store in a container with a tight lid. Nuts, especially the honey nut brands, tend to have a lot of nut dust at the bottom of the bag so I save it. We sprinkle it on ice cream or as a topping for baked goods and for the recipe below.

PEANUT BUTTER-OAT BITES

1/2 cup peanut butter
1/3 cup honey
1 tsp Vanilla
1/2 cup shredded unsweetened coconut
1 cup rolled oats
1/4 cup dark chocolate chips
1/4 cup snipped dried cherries, apricots, raisins or craisins.



In a bowl, stir together peanut butter, honey, and vanilla until well mixed. Stir in the coconut, the oats, chocolate pieces and dried fruit. Cover and chill 30 minutes.

Using your hands, shape mixture into 30 balls, each about 1 inch in diameter. Roll balls in chopped coconut or nut dust pressing slightly to adhere. Cover and chill 30 minutes before serving.

Store In an airtight container in the refrigerator for up to 1 week.

The following are very good also, but I hate cleaning out the food processor so if I am going to make one, I wipe it out and make them all before the bowl and lid go in the dishwasher for a thorough cleaning.

POWER BALLS - * In a food processor pulse until finely chopped 10-20 times and then process, for about 1 minute scraping down the sides as needed. With wet hands, press to shape into balls and refrigerator until firm. Store in airtight container for up to 2 weeks.

*Peanut Butter-Date

2 1/4 coarsely chopped pitted dates
3/4 cup puffed amaranth or brown rice cereal
1/4 cup smooth peanut butter
3 TBS ground flaxseed



*Cherry Berry-Cocoa-Pistachio

1 1/2 cups dried berries
3/4 cup shelled pistachios
1/2 cup almond butter
3 TBS cocoa powder
4 TBS pure maple syrup
1/2 tsp ground cinnamon



*Apricot-Ginger balls

1 1/2 cups dried snipped apricots
3/4 cup rolled oats
3/4 shredded unsweetened coconut
5 TBS tahini
3 TBS honey
3/4 tsp ground ginger



WHAT OUR MUSIC SAYS ABOUT US – by Cindy Abraham

I still find it interesting that one of the most commented on articles in Inside Hillcrest was the one about Roy Orbison. It got me thinking about how much music has changed over the past 50 or 60 years.

So, when I came across a study called *"From Virtue to Vice: How the Morality of Popular Music Lyrics Has Changed Since the 1960s"*, I knew I had to share. The study was done by researchers at Queen Mary University of London, who wanted to answer a simple question: Does popular music reflect the changing values of society? After studying more than 380,000 songs released between 1960 and 2023, they concluded that it does.

According to the research, today's popular songs are more likely to focus on anger, conflict, betrayal, and darker emotions than songs from decades ago. At the same time, references to kindness, caring, and decency have gradually become less common.

That really made me stop and think.

I've often believed that every generation's music reflects what's happening in the world around them. The researchers described music as more than entertainment. They called it a way societies tell stories about themselves. Looking at lyrics over many decades gives us a glimpse into how our emotions, priorities, and even our values have changed.

To reach their conclusions, the researchers used artificial intelligence to analyze hundreds of thousands of English language songs, including more than 5,500 songs that appeared on Billboard's year end charts between 1960 and 2023. It was the largest study ever conducted on moral themes in popular music.

Some of the findings weren't surprising. Lyrics about conflict, cheating, anger, and rebellion have become much more common over the years. References to kindness, caring, and respect have steadily declined.

I couldn't help wondering whether that's because the world itself has become more complicated. Technology has changed almost every part of our lives. Social media, constant news, political division, and the pressures people face today are very different from what many of us experienced growing up. Maybe our music simply reflects that reality.

The researchers also found differences among musical genres. Some focused more on relationships, compassion, and social connection, while others leaned heavily toward conflict, rebellion, and darker storytelling.

They also noticed differences between male and female artists. Female performers were more likely to sing about caring and loyalty, while male and mixed gender groups more often included themes involving harm or degradation. The researchers pointed out that these differences should be viewed cautiously because the music industry itself has changed significantly over the years.

One of the study's authors said that music doesn't just reflect culture. It also helps shape it. That makes sense when you think about how often we hear songs on the radio, on television, in movies, or while scrolling through social media. Music becomes part of our everyday lives, whether we realize it or not.

I don't think this study means today's music is better or worse than the music of the past. Every generation has songs that speak to its own experiences.

But it does raise an interesting question. If someone studied the songs we listened to when we were young, and compared them with today's biggest hits, what would they learn about how our society has changed?

Unfortunately, one thing hasn't changed - remember this one sung by Edwin Starr?

"War"

War, huh, yeah
What is it good for?
Absolutely nothing, uh-huh, uh-huh

War, huh, yeah
What is it good for?
Absolutely nothing, say it again, y'all

War, huh, good god
What is it good for?
Absolutely nothing, listen to me

Oh war, I despise
'Cause it means destruction of innocent lives
War means tears to thousands of mothers' eyes
When their sons go off to fight and lose their lives

Oh, war, is an enemy to all mankind
The thought of war blows my mind
War has caused unrest within the younger generation
Induction then destruction, who wants to die?

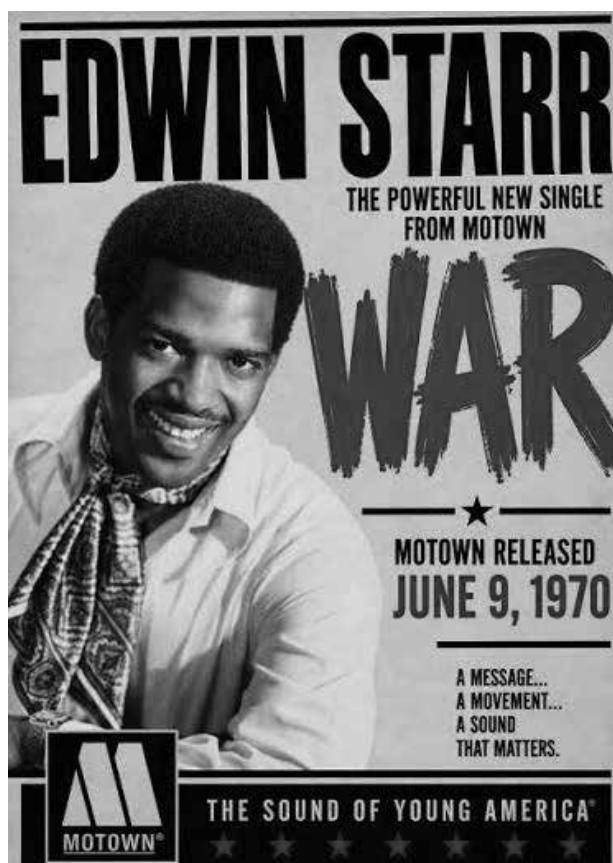
Oh, war, huh, good god, y'all
What is it good for?
Absolutely nothing, say it, say it, say it

Oh, war has shattered many a young man's dreams
Made him disabled, bitter and mean
Life is much too short and precious to spend fighting wars these days
War can't give life, it can only take it away

Peace, love and understanding, tell me
Is there no place for them today?
They say we must fight to keep our freedom
But lord knows there's got to be a better way

Oh, war, huh, good god, y'all
What is it good for?
You tell me, (nothing) say it, say it, say it, say it

War, huh, good god, yeah, huh
What is it good for?
Stand up and shout it (nothing)



TRUTH AND TOLERANCE

by BK Aruna Ladva, London, England, Revised and submitted by BK Etta Stevens



Truth is like a seed. A seed contains the complete blueprint of what it can become, but potential alone is not enough. It needs to remain in the soil long enough to take root. It needs to tolerate the soil and the climate. Without it, the seed never has the chance to grow into something living and beautiful. The combination of truth and tolerance go very much hand in hand. Truth is not limited to words, but the actual living from a place of truth requires us to develop the power to tolerate to be in alignment with reality.

Like a seed beneath the earth, truth must remain undisturbed long enough to take root.

Like a seed beneath the earth, truth must remain undisturbed long enough to take root. Every challenge is an invitation either to dig the seed up – to let it go – or to let it grow. Tolerance is what keeps us from abandoning truth the moment it becomes uncomfortable.

Truth keeps me steady, but only if I have tolerance. For example, if I know and accept that I am a peaceful soul, then if someone insults me, I need to tolerate that urge to retaliate with an emotional reaction and stop the ego from rising. If I know I am a peaceful soul, then someone else's anger is simply another storm passing over the soil. If I react, I uproot the seed. If I tolerate, the roots grow deeper. Living according to truth requires a lot of determination and focus.

True tolerance comes from a place of deep self-respect and strength, of knowing and standing in my truth, regardless of other people's opinions.

Most of us are not too keen on this word, tolerance. I also feel that we need to develop a deeper understanding and meaning of tolerance, because this is not a passive state of resistance or simply having to 'put up with' things, people and situations. True tolerance comes from a place of deep self-respect and strength, of knowing and standing in my truth, regardless of other people's opinions.

If we look at examples of people in history, there are many who have, for the sake of truth, had to tolerate a lot. Their goal was not to tolerate, but their goal was to hold onto the truth, to get to the truth or find the truth, and along the journey they had to tolerate many difficulties.

Without tolerance, we reject truth because it feels uncomfortable.

Without tolerance, we reject truth because it feels uncomfortable. Honest feedback often feels like rain on newly planted ground. It may not feel pleasant, but without it the roots never deepen. For example, if someone has anger issues, others may point it out, yet they don't realize it. The ego will not allow them to admit it to themselves. Therefore, they simply react and justify their behavior, saying "anyone would react like this." When I take a spiritual approach to life, I will be able to step back from the situation and my ego and see the world from a detached viewpoint, with tolerance. Then I can remain with the truth long enough to transform anything that is not the truth. This includes managing uncomfortable feedback.

Truth requires the humility to accept that: "I don't know everything." Can I tolerate being corrected? Not being appreciated? Can I tolerate someone disagreeing with me? Only then can those deeper truths emerge.

Every time we resist the urge to react, defend, justify, or prove ourselves right, we are giving truth another opportunity to grow.

Every time we resist the urge to react, defend, justify, or prove ourselves right, we are giving truth another opportunity to grow. When we understand this, the surrender of the ego becomes a return to truth.

Without truth, tolerance becomes weakness or avoidance. Without tolerance, truth becomes judgment. A person who knows the truth but has no tolerance will come across as harsh, critical, and impatient. We may recognize "bad behavior", but is that not also us judging others? What would be the most appropriate course of action in this situation? To agitate the weakness of another or to show compassion, which tolerance generates. To extend the metaphor of the seed: continually digging up another person's seed to see whether it is growing only prevents their growth. Remember, every soul has its own season.

Furthermore, the truth is constant. Circumstances are not. If my happiness depends on circumstances, then I haven't yet become stable in truth. Tolerance allows me to remain anchored in truth despite changing situations. Like a tree: there is the seed and roots of truth; the circumstances are like the wind—they come and go—but with flexibility, it is tolerance that prevents the tree from breaking. The roots keep a tree standing through a storm. Without roots, even a healthy-looking tree can be blown over by a powerful storm.

Eventually, the seed becomes a tree. At that stage, truth is no longer merely an idea, but something firmly rooted deep within us. The winds of circumstance still come, but they no longer determine whether the tree stands. It is the unseen roots, nourished by years of tolerance, that give it its stability.

It's Time ... to recognize that every uncomfortable moment is actually a chance to deepen the roots of truth within ourselves.

Combining truth without ego is a practice that you can learn easily in Meditation. Taking a few minutes of silence calmly and easily by relaxing your body and sitting in an upright position to let the calmness flow and move through your muscles and entire body slowly and efficiently. Imagine you are at the ocean and moving with the incoming flow of the water, and out with the tide. will give you a wonderful experience of relaxation. Keep your mind focused on the water movement and completely relax. This is meditation in its truest and simplest form.

I am conducting a FREE ZOOM meditation class on Tuesday mornings, so that we can all learn to live more positively, with an open heart, awareness, and truth in our mind and soul. The class begins promptly at 10:30 am until approximately 11:30 am.

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

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LOOK UP! FUN TIMES WITH KIDS AND GRANDKIDS



One of my neighbors is watching a friend's granddaughter in the afternoons (her name is **Camila** and she is eight years old) so I have been thinking back to some activities we enjoyed.

I have always believed that ages eight through twelve are the BEST years for kids and grandkids. When my granddaughter was younger and more fun (pre-puberty) we would lay by the pool and identify shapes in the clouds. We never did look at stars but read on because that can be a fun nighttime grandma/grandkid bonding time.

Questions to Ask Kids While Watching the Sky

1. What shape do you see in that cloud right now
2. If that cloud had a name, what would it be
3. Do you think it looks like it's moving fast or slow

4. Which cloud would you ride if you could climb on one
5. When the moon comes out, what color does it look to you
6. Can you spot a face or an animal on the moon
7. If you could visit the moon for one day, what would you bring
8. When you see stars, which one would you like to name
9. Do you think the stars are winking or standing still
10. What do you imagine is happening in the sky while we sleep

The best part is there are no wrong answers. Just stories, giggles, and memories being made.

Summer nights are perfect for looking at the sky. We just missed the Strawberry moon on the 29th but from June through September, you can see the **Milky Way**, which looks like a soft, cloudy stripe stretching across the sky. That "cloud" is actually billions of stars! The best time to see them is on the nights when the moon is small or not in the sky at all.

In July, watch for the **Buck Moon**, the full moon named after deer that grow new antlers this time of year. When it first rises, it often looks big and golden near the horizon. Try spotting shapes on the moon's surface, some people see a face, a bunny, or even a man in the moon!

Tip for Camila: Turn off nearby lights, let your eyes get used to the dark, and make a wish when you see your first shooting star.



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