



INSIDE HILLCREST

CONNECTING NEIGHBORS TO NEIGHBORS

HOLLYWOOD, FLORIDA • JUNE 2026 • INSIDE HILLCREST.COM • VOLUME 20 • ISSUE 6

JUNE INSIDE HILLCREST

DON'T MISS AN ISSUE OF INSIDE HILLCREST. JOIN OUR SUBSCRIBER LIST. SEND US YOUR EMAIL ADDRESS TO INFO@INSIDEHILLCREST.COM

**Visit our new website at:
INSIDEHILLCREST.COM**

IF IT'S NOT BOGO IT'S A NOGO

Grocery prices are crazy. We don't eat a lot of beef for health reasons but if we did, I would need to take out a second loan on the fridge. I paid almost three bucks for 2 apples the other day. Geez. Most of the time, whatever is BOGO I would prefer to buy only one at half price. I need to start a BOGO club so that we can compare shopping lists and save some money. And yes, I made that saying up myself. You're welcome.

SPEAKING OF GOOD DEALS

I received this Letter to the Editor:

"Hi Cindy, as you mentioned in the latest issue of IH, prices have gone haywire. I have shopped at thrift stores for years - better for my budget and the environment. I really recommend **Out Of The Closet** thrift stores. They are not close to Hillcrest (one is in Wilton Manors, and one is in Ft. Lauderdale) but their prices are fantastic, the merchandise is always in good condition and the staff is friendly. Plus, most of their profits go to people who are HIV positive or have AIDS. You can also get a free AIDS test there and pick up some free condoms! Did I mention they have color coded sale prices on clothing? Items are 30% or 50% off OR \$1.00! That is not a misprint. My friend distributes warm clothing to homeless people in the winter, and I keep my eyes open for winter clothing for a dollar. It's a no-brainer.

In Ft. Lauderdale:

1785 E. Sunrise Blvd. Ft. Lauderdale 33304

In Wilton Manors:

2097 Wilton Drive Wilton Manors 33305

Take care,
Shayna

WHAT COLOR ARE YOU?

Since we clearly all need a break from prices and bills, let's move on to something a little lighter.

This is another issue that is full of info you don't need but it is fun to read. One article is about how your favorite color may say a lot about you. You know how we humans love to pigeonhole people. So read it with a grain of wheat. Page 4.

If I had to pick a color for the Hillcrest/Parkview people I know, it would be green. Green sits right in that sweet spot between calm and energy. It is about balance, growth, and steady optimism, not flashy, not gloomy, just quietly confident. It feels like trees after a storm, fresh starts, and things that last. That said, I have a soft spot for wheat too. It is warm, grounded, and timeless, the kind of color that does not need attention to be appreciated. Sounds like Hillcrest style, honestly.

HOROSCOPES AND HOKUM

The article about Colors was fun. And about as accurate as newspaper horoscopes. Occasionally they are spot on and I am so impressed. I ignore the 90% that make no sense. Someone wrote an article that stated your favorite fruit flavor based on the day of the month you were born on. It was funny but then the comments started. People got downright nasty. "I have seven people in my family and not one was correct! You need to stop spreading disinformation!" So, when you read the "color article," please enjoy it for what it is (and don't email me because you will make me feel blue.

IN THIS ISSUE - THE BIG PICTURE

This issue includes a mix of lighter reading and practical information. The real estate pages are meant to clearly explain the market as it stands right now. One concern remains front and center: some longtime residents, particularly those who own their homes outright, are finding it harder to manage rising costs. In certain situations, selling and renting or moving in with family may make financial sense, but those choices should only be made if they are truly what the owner wants. There are also options that can help residents stay in their homes and manage expenses. We will go into more detail next issue, because while this topic has come up several times over the past year, the message still isn't reaching everyone who needs it.

Life is challenging enough without constant anxiety about bills. Maintenance fees are at historic highs and, with a few exceptions, are largely in line with neighboring communities.

What the numbers show is that well-managed buildings have been able to control costs responsibly, without cutting corners or reducing essential services. That requires experience, planning, and an understanding of how to run an organization. The reality is that the era when most buildings were led by seasoned business professionals has largely passed.

So how can buyers, and buyer agents, tell which buildings are well managed? One of the first clues is communication. Notices posted in common areas say a great deal about a board's priorities and mindset. Are they constructive, informative, and focused on improving daily life for residents? Or are they dominated by new rules and restrictions that add little value but create the appearance of activity? Excessive rule-making is not leadership. Effective boards understand that their role is service, not authority.

For unit owners, this shows up most clearly in board meetings. Are meetings informative, respectful, and inclusive, or are they something residents avoid because they feel unproductive or uncomfortable? When a meeting is run well, owners should leave feeling confident that the board is focused on the big picture, managing funds responsibly, avoiding false economies, and welcoming input from residents who have relevant skills and experience. When meetings feel adversarial or dismissive, that is not governance; it is ego.

Finally, one of the clearest warning signs in any building is a consistently high number of units for sale combined with listings that expire without ever closing. In my over 25 years in Hillcrest, thankfully, I have only seen two situations where qualified buyers were repeatedly rejected in one building only to be accepted in neighboring buildings with no negative consequences. In one case, SEVENTEEN buyers were turned away over a three year period. In another building, this pattern has continued for so long that there were no closed sales for more than two years.

When this happens, it is no longer about isolated decisions. It becomes a pattern that affects marketability, pricing, and confidence in the building itself. Buyers notice, lenders notice, and the market responds accordingly. In practical terms, it usually means longer time on market, fewer qualified offers, and downward pressure on value.

That is not a sign of strength or careful stewardship. It is a signal that something is consistently off in decision making, and it is worth paying attention before committing to a purchase in that environment.



HERICANES AND HISSACANES

Every hurricane season brings its own special kind of anxiety to South Florida. We stock up on water, argue about shutters, and suddenly everyone becomes a weather expert. And then there are the names.

Arthur. Bertha. Cristobal. Dolly. Edouard. Fay. Gonzalo. Hanna. Isaias. Josephine. Kyle. Leah. Marco. Nana. Omar. Paulette. Rene. Sally. Teddy. Vicky. Wilfred.

Those are the official names for the 2026 Atlantic hurricane season. No Q, U, X, Y or Z because apparently even hurricanes have limits. The list always includes 21 names, and they alternate between male and female. This year starts with a male name and next year will begin with a female one.

If some of these names sound familiar, that is because they are. Hurricane names are chosen six years in advance by an international committee of the World Meteorological Organization. If a storm does not cause catastrophic damage, its name goes back into rotation.

For years, I was convinced hurricanes lived up to their names. Charlie sounded like a 14-year-old kid, and sure enough, he did something reckless and completely unexpected by cutting straight across the state through Orlando. Jeannie, who I always pictured as a slightly ditzzy blonde, surprised everyone by being the first storm to change her mind and come back for a second pass. Frances lived up to her image too: slow, dull, and lingering for three long days before finally moving along (no offense to the Franceses of the world).

Then came Wilma. A name that sounded more like a harmless algebra teacher than a force of nature. She blew that theory right out of the water and left so much destruction behind that I've never judged a hurricane by its name again.

When a storm is especially deadly or destructive, its name is retired. This year, for example, the WMO Hurricane Committee retired the name Melissa because of the death and destruction it caused in the Caribbean in October 2025. That name was replaced with Molly, but we will not see Molly until the 2031 season.

That recycling explains why so many names feel like old acquaintances. Arthur alone has been used in 2020, 2014, 2008, 2002, 1996, 1990 and even back in 1984. In fact, the only brand new name on the 2026 list is Leah, which replaces Laura, a devastating Category 4 hurricane that slammed Louisiana in 2020.

The naming of storms officially began in 1963 by the National Hurricane Center. That was the year before my parents piled into the car with my sister and drove down to Key West to see what Hurricane Cleo had done. I remember one image clearly, a boat sitting right in the middle of the street like it belonged there.

At the time, the movie Cleopatra starring Elizabeth Taylor was a huge hit, and the Miami Herald ran a photo of a theater marquee where all the letters had blown off except CLEO. South Florida humor has always survived even the worst storms.

If we blow past the 21-name list, the WMO now uses a supplemental list that debuted in 2021. That backup lineup includes names like Adria, Braylen, Caridad, Deshawn, Emery, Foster, Gemma, Heath, Isla, Jacobus, Kenzie, Lucio, Makayla, Nolan, Orlanda, Pax, Ronin, Sophie, Tayshaun, Viviana and Will.

Seriously?

PSYCHOLOGY TODAY MAGAZINE SOMETIMES GETS IT RIGHT

Yes, Psychology Today still publishes an actual magazine every two months. And yes, it is still a great read, especially when I suspect an article is going to agree with me.

So, when I saw one about intelligent people and it mentioned two behaviors talking to yourself and swearing I immediately thought, well hell, I do both of those all the time. I settled in fully expecting to learn why intelligent people supposedly do not do either one.

According to the introduction, most of us have a mental image of what an intelligent person looks like. Someone with good habits. Someone articulate, composed, and very careful with their words. Quiet. Thoughtful. Always measured. The kind of person who seems to have everything figured out before they speak. It is an appealing image. And apparently it is also wrong.

Psychological research has been poking holes in that stereotype for years. Over the past decade, researchers studying language, cognition, and verbal processing have identified behaviors that are strongly associated with higher cognitive ability but are routinely mistaken for their opposite. Two of the most interesting ones are habits many intelligent people have spent their lives apologizing for. Talking to yourself and swearing.

Oh, HELL yes.

Neither one is going to win you friends at a formal dinner party, but both are supported by a growing body of credible, peer reviewed research.

TALKING TO YOURSELF OUT LOUD

I do this constantly. Sometimes it is literally the only way I can get an intelligent answer.

There is a long standing assumption that people who talk to themselves are, at best, eccentric and, at worst, headed for something more concerning. It is the kind of thing that earns sideways looks in grocery store aisles and gentle questions from family members asking if you are okay.

Research says otherwise.

In a 2012 study, participants were asked to search for a common object, say a banana, among images of other objects. Some were told to repeat the word banana out loud while searching. Others stayed silent. The people who spoke out loud consistently found the object faster.

Speaking the word helped the brain focus. Researchers described this as the label feedback hypothesis, meaning that words do not just describe the world. They help shape how we perceive it. When you say something out

loud, you engage both language and hearing at the same time. The spoken word becomes a cue that sharpens attention and keeps your brain on task.

A later review found that self-talk helps with problem solving, self-regulation, working memory, task switching, rehearsal, and other higher level cognitive processes. In other words, talking to yourself is not a performance. It is thinking out loud, and it works. What looks like a lack of self-control is actually cognitive efficiency. People who do this naturally may have figured out one of the best ways to keep their thoughts organized without ever realizing it.

SWEARING

If swearing has anything to do with using a Bible, then I am clearly doing it wrong. I can use the F word as a noun, verb, adjective, adverb, and a dangling participle. The common assumption is that people who swear a lot do so because they lack vocabulary or are just lazy. A shortcut for people who cannot find better words. Research says that is backwards.

In a well-known study, participants were given a verbal fluency test. Name as many words as you can starting with a certain letter in one minute. Then they were given a taboo fluency test and asked to list as many swear words as possible in the same amount of time. The people with the strongest vocabularies generated the most swear words. The people with weaker vocabularies generated the fewest. This suggests that the same cognitive ability that gives someone a large general vocabulary also gives them access to a large taboo vocabulary. The word bank is bigger across the board.

Swear words serve a specific purpose. They deliver emotional precision that polite language often cannot. Knowing when to deploy one effectively requires understanding context, reading the room, and making nuanced linguistic judgments. Those are not the skills of someone who lacks language. Those are the skills of someone who understands it very well.

There is, of course, a catch.

People still judge swearers as less intelligent and less trustworthy, even if they are not personally offended by profanity. The perception gap is real. The research does not suggest you should swear more. It suggests that the ability to swear fluently correlates with verbal intelligence, even if society prefers not to admit it.

Knowing when not to swear may be its own kind of intelligence too. As I said to myself just the other day, out loud of course, I am a f***ing genius.

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



Greetings Hillcrest Residents,

Summer is somehow already here, and the season feels a bit strange without our Florida Panthers in the Stanley Cup Final! Even if we can't win them all on the ice, we can still be excited about the FIFA World Cup coming to South Florida. Municipalities and businesses throughout Broward County will be hosting watch parties and events throughout the World Cup. I hope that the Cup can be a reminder of the beauty of our shared international passions, and our ability to see each other as human beings beyond borders – values that I know are essential to Hillcrest residents.

Speaking of summer, June 1st marks the official start of hurricane season in Broward County. As usual, I checked for "Beam" on the hurricane name list and was disappointed to see that they left me off for another year! Long time Broward County residents may have experience with preparation, but even Hillcrest's veterans of storms, along with newer residents, can always stand to be more prepared. We can't rely on the perception that we have been and will continue to "be lucky" every year, especially as climate change makes extreme weather events more dangerous. In fact Since Hurricane Andrew in 1992, Broward County has had eight hurricanes that received Presidential Disaster Declarations due to severe impacts – meaning that the idea that Broward County has "been lucky" is just not true. Climate science suggests that rising temperatures and sea levels increase the impacts of hurricanes due to hotter ocean temperatures and more severe storm surge, among other impacts. Even in a below average season, one

storm can have outsized impact due to climate change. Fortunately, Broward.org/hurricane has many resources to help residents prepare. Residents who are in need of specialized assistance can go to the website to sign up for the Vulnerable Population Registry. Broward County has two evacuation zones and 34 shelters including three pet-friendly shelters that you can learn about on this site. The website has a full Hurricane Preparedness Guide that you will find very helpful!

Summer At Your Library

Broward County Library has announced the annual "Summer At Your Library" program! Summer At Your Library runs through August 8th, and features exciting programming for children, teens, and adults! Events include book discussions, trivia, crafts, musical and theatrical discussions, and much more! These fun free programs are designed to promote literacy and keep residents engaged with the wonders of our Broward County Library. To learn more about the program and sign up, go to Broward.org/library!

Contact Us

My District office staff is available to you from 10 AM to 5 PM, Monday through Friday. The office in the Hollywood Library has reopened for service, and my staff is also working from my office in Fort Lauderdale and from other locations within our District 6. The Fort Lauderdale office is open for your convenience Monday through Friday from 9 AM to 5 PM. If you would like to schedule an appointment, call 954-357-7006/7790, or email me at bfurr@broward.org.

FOR RENT:

\$1700 per month

1/1.5 condo in Hillcrest

Fast approval. First and Security only.

Call **Luz Infante**

United Realty Group

786-247-9464

TAKING GOOD CARE OF YOUR LOVED ONE



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

Ken Care Services Inc.
In Home Care Services

5740 Sheridan Street
Hollywood, FL 33021

(754) 221-0107

www.kencareservices.com

- **Skilled Nursing Care**
- **Alzheimer's & Dementia**
- **Personal Care Assistance**

Ken Care Services offers physical assistance services for seniors, elderly or disabled with the trust, reliability and responsiveness that you are looking for in a home care provider. Ken Care Services can help throughout the day in a number of ways:

Ambulatory assistance
Getting dressed
Positioning in chair or bed
Transfer between bed and chair
Wheelchair assistance

Paw sitively
Trusted in-home care

RHO ROSADO

Certified Pet Care Specialist

- Professional Dog Walking
- In-Home Pet Sitting • Drop-In Care
- Servicing Hollywood and Surrounding Areas



Scan the QR code
for my Rover Profile
and 50+ Verified
Reviews

754.300.8440 • contact@pawsitivelyhappypaws.com
www.pawsitivelyhappypaws.com

WHAT YOUR FAVORITE COLOR SAYS ABOUT YOU (Hillcrest/Parkview Edition)

P.S. My favorite color is green. Is yours wheat? We'll get to that.

We all have a favorite color. It shows up in our closets, our décor, maybe even our car choices. Color is not just something we see. It quietly works on our mood, our energy, and yes, our personality. So, consider this your fun, lighthearted guide to what your go to hue might be saying about you. Read with a smile and a grain of wheat.

Blue - Blue lovers are the calm in the room. You are friendly, emotionally aware, and often creative. You are the one people call when they need to talk something through. You feel things deeply and you usually have an artistic or spiritual side, even if it only comes out after hours.

Red - If red is your color, passion is your calling card. You go after what you want with enthusiasm and confidence. Sometimes that intensity can look like impatience, but underneath it all you are warm, loving, and fiercely loyal to the people you care about.

Pink - Pink personalities are gentle souls. You value peace, kindness, and emotional safety. You feel deeply and love wholeheartedly. "Sensitive" does not mean weak. It means you lead with compassion in a world that could use more of it.

Green - This one is personal. Green lovers are loyal, supportive, and emotionally grounded. You are not afraid of vulnerability, but you know how to keep your balance. You make excellent friends and even better neighbors. If someone in your life loves green, keep them close. Trust me.

Orange - Orange fans bring the energy. You are adventurous, warm, and open to new experiences. You thrive on change and excitement. Responsibility is sometimes optional, but your enthusiasm is contagious and people are drawn to your fearless approach to life.

Yellow - If yellow makes you happy, chances are you make others happy too. You are upbeat, ambitious, and playful. You work hard but do not take yourself too seriously. You bring light into rooms without even trying.

Black - Black lovers are confident and purposeful. You may seem reserved, but you are often a natural leader with a strong sense of direction. You command attention without asking for it and tend to do very well when you are in charge.

Gray - Gray is for the thinkers. You are independent, introspective, and a bit unconventional. You keep your emotions guarded and prefer not to rush into commitments. You value space, calm, and clarity.

White - White personalities value integrity and fairness. You strive to do the right thing and live by strong principles. You may appear simple on the surface, but you are thoughtful, curious, and quietly wise.

Brown - Brown lovers are steady and patient. You remain calm under pressure and people look to you as a role model. You appreciate substance over flash and have a grounded, dependable nature that others trust.

Purple - Purple fans are intriguing and quietly complex. You are creative, thoughtful, and often private. You may take time to open up, but when you do, you lead with kindness and depth.

Turquoise and Aqua - If these colors speak to you, you are empathetic and original. You do not follow the crowd, and you listen deeply. People tend to pay attention when you speak because you bring insight and sincerity.

Magenta - Magenta personalities are expressive and generous. You are creative, spiritual, and love helping others grow. You have a rich inner world and a natural enthusiasm that lifts people up.

Indigo - Indigo lovers are intuitive and introspective. You are deeply connected to emotions, both yours and others'. Creativity and a search for meaning often guide your life.

Silver - Silver fans are adaptable and thoughtful. You handle change with grace and tend to express yourself well through writing or reflection. You have a quiet confidence and a refined presence.

Gold - If gold is your favorite, you are organized, loyal, and dependable. You enjoy leading by encouragement rather than authority. Success tends to follow you, even if you are still on the way there.

And About Wheat - Wheat may not be on the official color wheel, but if it is your favorite, I am guessing you appreciate warmth, comfort, and timeless style. Practical, understated, and quietly elegant. Sounds about right.

So, what is your color, neighbor? And more importantly, did it get you right?

DENTOPEDALOGY

According to the Interweb, this is the science of "opening your mouth and putting your foot in it." I have been practicing this for many years. But wait, there's more!

"I put my foot in my mouth so often, I should get a shoe deal."

"I have a habit of saying the wrong thing at the right time."

"My mouth is like a bad GPS; it takes me to all the wrong places."

Ever been halfway through a difficult conversation or negotiation and someone has just said that *one thing*. Maybe it was passive aggressive. Maybe it was a subtle dig. Maybe it was not subtle at all.

Your ears perk up. Adrenaline kicks in. And suddenly, your brain delivers a perfectly crafted comment. Sharp. Cutting. Devastating. Honestly, kind of brilliant.

And then, right as you are about to say it, a tiny voice shows up and says, "Maybe... don't."

This is usually the point where I fail.

Because once the thought is halfway out of my mouth, stopping it feels impossible. I mean, how do you pull back mid-sentence without sounding awkward, weak, or like you just forgot how to speak English? Also, every time I hear the term "pull back," my brain immediately goes to "pull out," which as we all know is a famously unreliable method for preventing disastrous outcomes. So, there's that.

In tough conversations, whether personal or professional, we tend to focus on saying the right thing. What we don't focus on enough is knowing when not to say the thing we are about to say. And I say this as someone who gives this advice far more confidently than I follow it.

There's a concept often called the 99 percent rule. You can get 99 percent of a conversation right, but that last 1 percent, one impulsive, emotional, unfiltered comment, can undo everything. Relationships, deals, reputations. All taken out by one sentence you should have swallowed.

The trick is learning how to stop yourself mid thought and change direction without making the situation worse. This sounds simple. It is not. Especially when emotions are high or when your pride is screaming that changing course will make you look foolish.

Here's the thing I'm slowly learning. Looking a little awkward is still better than saying something you cannot take back. Not there yet but trying. I will have to practice some of the phrases below that will buy me time...

"Hold on, let me rephrase that..."

"That's not quite what I meant..."

"Actually, let me say that differently..."

"You know what, scratch that. Let's focus on something else..."

So, the goal is not perfection. The goal is damage control. We are all awkward. We all stumble. Pretending otherwise is how we end up barreling fifty miles in the wrong direction just to avoid a brief pause. A moment of imperfection is far less costly than saying something that permanently changes how someone sees you.

I am very much a work in progress on this. But I do know this: practicing what you should say, out loud, before you are emotionally activated, makes it far more likely you will remember it when it counts. So yes, this is me officially acknowledging that I should practice what I preach. Preferably before my mouth beats my better judgment to the punch.

fision® by Hotwire
Communications

YOUR EXPERT CONNECTIVITY PARTNER



PROUD SPONSOR OF INSIDE HILLCREST



Internet



TV



Security



Voice



SCAN THE CODE OR CONTACT ME TO LEARN MORE

Sean Ryan | Business Development Executive

954-405-4237 | sean.ryan@hotwiremail.com

HOW TO TALK TO YOUR CHILDREN...WHO ARE GROWNUPS

Remember the times we dreaded talking to mom or dad on the phone after we were all grown up and on our own? It would turn into a "what you should do" session and all we really wanted was to vent. No advice please, just an ear and some commiseration.

And then we became our mom or dad...

Our kids didn't stay in touch as often. We thought they were too busy, distracted or self-absorbed. But maybe, just maybe, we became the parent who kept giving our adult children unsolicited advice. We forgot to readjust our role as our kids grew up.

Once our child becomes an independent adult, the love stays the same, but the rules change. We unintentionally push our adult children away by doing one - or all - three things.

1. Overhelping

When children are young, help equals love. When children are grown, constant help feels like control. Adult children want to know you believe they can manage their own lives. When help is offered too quickly, too often, or without being asked, the message received is not support. It is doubt.

Even well-meaning reminders, suggestions, and "just in case" comments can feel like micromanagement. Over time, adult children stop sharing details, not because they don't care, but because every detail becomes an opening for advice.

2. Over Worrying

Worry is invisible to the person who feels it and very loud to the person receiving it. Anxious questions, repeated warnings, and constant checking in communicate fear, not concern. Adult children do not hear "I love you." They hear "I do not trust you to handle this."

When worry becomes a habit, adult children learn that honesty leads to stress. To protect themselves, they share less. Silence becomes easier than reassurance.

3. Overreacting

Strong emotional reactions train adult children to edit their lives around you. If every problem is met with panic, anger, or disappointment, adult children quickly learn which topics are unsafe. They stop bringing challenges, decisions, or mistakes to the conversation. This creates distance that feels confusing to parents but completely logical to the adult child.

The reality is THE LESS YOU PUSH, THE CLOSER THEY COME. Respect grows when parents pause before responding. So, we need to ask questions instead of advising. Listen without fixing. Trust without hovering. We all know that sometimes having someone just to "talk it out" with helps us come to our own conclusions.

We need to learn how to care deeply without commentary and be involved without being intrusive. The goal is not to stop being a parent. The goal is to become the kind of parent our adult children CHOOSE to come to.

TED'S MOVING
SERVING BROWARD COUNTY FOR OVER 45 YEARS
8321 Pines Blvd • Pembroke Pines, FL 33024
Tedsmoving@bellsouth.net



954-963-0976

- ★ LOCAL & STATEWIDE
- ★ LOADING & UNLOADING
- ★ JUNK REMOVAL/CLEAN OUTS
- ★ FLAT OR HOURLY RATES
- ★ FREE ESTIMATES

MARTY KIAR BROWARD COUNTY PROPERTY APPRAISER



Important News for New Homeowners

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

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

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

To use our Tax Estimator and Portability Estimator, please visit web. bcpa.net and click on "Online Tools".

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

Homestead Exemption and Portability save eligible property owners thousands of dollars each year. For information on all tax-saving exemptions including Homestead Exemption and the Limited-Income Senior Exemption, 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 ever be of assistance to you, please do not hesitate to contact me directly at martykiar@bcpa.net.

Take care,

Marty Kiar, ESQ, CFA
Broward County Property Appraiser

**CAMPAIGN
KICKOFF**
FRIDAY 12.08.23
6:00 - 8:00 PM

at the home of
School Board Member
Debbi Hixon
803 N Golf Drive Hollywood, FL

Host Committee

Commissioner Linda Anderson
Rep Robin Bartleman
Commissioner Marleine Bastien
Commissioner Kevin Biederman
Mayor Felicia Brunson
Commissioner Traci Callari
Honorable Sandi Colemam
Mayor Joy Cooper
Mayor Alix Desulme
Hon Debby Eisinger
Commissioner Beam Furr
Senator Steve Geller
Hon Jennifer Gottlieb
Commissioner Adam Gruber

to Re-Elect
State Representative
**Marie
Woodson**

School Board Member Debbi Hixon
Rep Christine Hunchofsky
Pastor Eric Jones
Commissioner Jeremy Katzman
Hon Marty Kiar
Mayor Josh Levy
Commissioner Idelma Quintana
Rep Felicia Robinson
Hon Elaine Schwartz
Commissioner Caryl Shuham
Cindy Abraham
Dr. Emeline Alexis-Schulz
Sandra Alvarado-Raymond
Sandra Cherfrene
Scott Evans
Karyn Frank
Anna Fusco
Qunea Gordon
Bradette Jepsen
Patricia Joseph
Dr. Flore Lindor-Latortue
Barbara Miller
Clay Miller
Cioretta Morgan
Burnadette Norris-Weeks
Laurie Schecter
Melissa Schiff
Ronald Surin
Ted Victor
Sandy Wisotsky
Robert Woodson

www.MarieWoodson.com

RE-ELECT Marie
Woodson
for State Representative ★ District 105

RSVP
SCAN



CLEANLINESS IS NEXT TO HAVING A LOT OF TIME ON YOUR HANDS

I have one shower that seems to attract water stains on the shower head and sprayer like a magnet. It drove me absolutely nuts, so consider this a little addendum to the cleaning article. Unless you have a home water softener, this is probably something you will need to do at least once a month.

There are two simple ways to clean a shower or faucet head using white vinegar. You can do it without removing anything, or you can take off the aerator and clean it separately. One important caution before you start: do not use vinegar on black faucets. The acidity can dull or damage the finish over time.

For this project you will need white distilled vinegar, a small plastic bag, a rubber band or twist tie, an old toothbrush or small scrub brush, a microfiber cloth, and optionally a toothpick. If you plan to remove the aerator, a small bowl and a screwdriver or wrench will also come in handy.

If you are cleaning the shower head without removing it, fill a plastic bag with white vinegar and slip it over the head so it is fully submerged. Secure the bag tightly with a rubber band. Let it soak anywhere from thirty minutes to a couple of hours, depending on how stubborn the buildup is. Some people leave it on longer, but it is safest not to exceed twelve hours unless you have tested your fixture and know the finish will not be affected. Once the soaking time is up, remove the bag, gently scrub the head with a toothbrush, rinse thoroughly, and dry everything with a microfiber cloth for a nice shine.

If you prefer to remove the aerator, unscrew the small mesh piece at the tip of the faucet. To avoid scratching it, wrap it in a microfiber cloth before gripping it with a wrench. Place the aerator parts in a bowl of straight white vinegar and let them soak for thirty minutes to an hour. Use a soft brush or a toothpick to clear out any tiny, clogged holes, then rinse well, reassemble the parts, and screw the aerator back on. Before using the faucet normally, run the water for a few seconds to flush everything out.

It is a small chore, but the payoff is worth it. Better water flow, fewer stains, and one less thing to drive you crazy while you are standing in the shower staring at it.

Hello Neighbor!



Sharon L King, Agent
 134 South Dixie Hwy Suite 101
 Hallandale Beach, FL 33009
 Bus: 305-933-4900
 sharon@sharonking.net
 Mon-Fri 9:00 AM - 5:00 PM
 After Hours by Appointment
 Hablamos Español

Please stop by and say Hi!

I'm looking forward to serving your needs
 for insurance and financial services.
 Here to help life go right®
CALL ME TODAY



WINDOW INSTALLATION & REPLACEMENT SPECIALISTS

MIS

MODERN INSTALLATION SOLUTIONS

"ONE PASSION, ONE GOAL"



SUBSTANTIAL INSURANCE SAVINGS.

Impact Windows and doors not only protect your family and property, but they can reduce your insurance premiums substantially. also helps with your insurance rates.

BENEFITS OF IMPACT WINDOWS

Hurricane Protection
 Energy Savings
 Insurance Savings
 Reduced Light Damage
 Home Security
 Enhanced Property Value
 Excellent Sound Reduction



Impact Resistant Windows & Doors
 WE'RE STRONGER™



www.moderninstallationsolutions.com



WE OFFER 100% FINANCING

Ask Us about "Save our Homes" Florida grants. And PACE Programs, that our not based on your credit score

We are a local full-service window and door replacement company

Free estimates combined with professional consultation

We offer a wide range of products to fit any budget

Licensed and Insured throughout Florida. Modern Installation Solutions & Partner License CGC1525412

FREE WIND MITIGATION CERTIFICATE

With All Orders Placed This Month. \$500.00 Value.



ACCREDITED BUSINESS

17 North Federal Highway, Dania Beach, FL 33004
 954-507-6429 • Email: office@miscontractors.com

**** SUGAR SUBSTITUTES ****



I have never liked sugar substitutes because they never tasted like sugar. Then I discovered monk fruit, also known as erythritol, and for the first time thought, finally! When I later heard it was banned in the UK, I didn't fact check it. I just stopped using it.

My sister then suggested allulose. I did a little homework, liked what I read, and liked how it tasted even more. I still use real sugar where it matters to me, a teaspoon of turbinado in my daily coffee. But when I make desserts for Inside Hillcrest, the Bourbon Chocolate Walnut Pie or Caramelitas, allulose is my go to. I even make my own sugar free caramel and dark chocolate with cacao and allulose when I need it.

Then, within 24 hours, I stumbled across new research on sorbitol and erythritol. That got my attention.

The ancient Greeks believed nothing in excess, and that advice seems especially relevant when it comes to food additives. I read labels obsessively, and I have noticed that products sweetened with allulose are usually more expensive. That alone should probably tell us something.

Sorbitol: The Sweetener With a Liver Problem

Sorbitol shows up everywhere in sugar free gum, protein bars, diet desserts, even toothpaste. It has long been considered harmless. New research suggests otherwise.

Scientists found that sorbitol can behave a lot like fructose once it gets into the body. Fructose is already strongly linked to metabolic dysfunction associated steatosis liver disease, commonly known as fatty liver disease, which now affects about 30 percent of adults worldwide.

Here is the troubling part. After you eat glucose, your intestinal cells can convert some of it into sorbitol. Under normal conditions, gut bacteria break it down before it causes harm. But when those bacteria are missing or overwhelmed, sorbitol travels to the liver and is converted into compounds that promote fat buildup. In other words, the body may be quietly creating its own fructose problem even if you are avoiding fructose itself.

Animal studies showed that high sorbitol intake alone was enough to trigger fatty liver changes. Naturally occurring sorbitol in fruit is not the issue. It comes with fiber and is present in much smaller amounts. Trouble appears when intake becomes excessive.

The takeaway is not panic, it is awareness. Sugar free does not mean consequence free.

Erythritol: When Sugar Free Is Not Risk Free

Erythritol is everywhere. Protein bars, energy drinks, keto snacks. It has been widely viewed as one of the safest sugar alternatives. Recent research suggests it may not be so benign.

Laboratory studies found that erythritol can damage cells in the blood brain barrier, the system that protects the brain from harmful substances. It increased oxidative stress, weakened antioxidant defenses, and disrupted the ability of blood vessels to regulate blood flow. Even more concerning, it appeared to interfere with the body's natural clot busting mechanism.

These findings line up with large observational studies showing higher rates of heart attack and stroke in people with high blood levels of erythritol. One major study found the risk of a serious cardiac event was roughly doubled.

To be fair, these experiments were done on cells, not whole humans. More advanced testing is needed. Regulatory agencies still consider erythritol safe. But being safe does not always mean harmless when consumed frequently and in large amounts.

Erythritol behaves more like sugar than many alternatives, which is why manufacturers love it. Unfortunately, that may also be why it behaves more like sugar in ways we do not want.

The Bottom Line

Sugar substitutes can be useful tools, especially for people managing diabetes or trying to cut back on sugar. But the growing body of research suggests that some of these sweeteners are not as metabolically invisible as once believed.

Moderation matters. Gut health matters. Ingredients matter. And maybe, just maybe, the idea that we can endlessly outsmart biology with clever substitutes was always a little too sweet to be true.


PRESTIGE MERCEDES SERVICES



**FREE DIAGNOSTIC
FOR CARD HOLDERS**

**AUTO REPAIR
BODY SHOP**

2690 S PARK RD.
HALLANDALE BEACH, FL, 33009

VADIM
ELECTRICAL SPECIALIST/MECHANIC

954-964-8122 OFFICE
754-888-4407 DIRECT



David Treece MBA AIF® CLTC®
Investment Advisor Representative
Treece Financial Group Inc.
305-751-8855 | TreeceFi.com



Financial, Retirement, Insurance & Estate Planning
Advocacy | Compassion | Inclusivity | Loyalty | Accountability

Securities and advisory services are offered through Cetera Advisors LLC, member FINRA/SIPC, a broker/dealer, and a Registered Investment Advisor. Cetera is under separate ownership from any other named entity.

GLAZER & SACHS P.A.

Eric Glazer
Attorney at Law

Also admitted in New York
and The District of Columbia

One Emerald Place
3113 Stirling Rd, Suite 201
Ft. Lauderdale, Florida 33312
Phone: 954.983.1112
Fax: 954.333.3983
eric@condo-laws.com


 Condominium &
Planned Development



SEEK TO AVOID PROBATE? CALL THE LAW OFFICE OF STANLEY G. SWIDERSKI, P.A.



LET 38 YEARS OF LEGAL EXPERIENCE GUIDE YOU



- Wills • Trusts
- Lady Bird Deeds
- Living Wills • Quit Claim Deeds
- Healthcare Surrogate
- Durable/Medical Power of Attorney



(954) 966-0700

1930 Tyler St. Hollywood

www.SwiderskiLaw.com

HILLCREST, PARKVIEW AND BEVERLY HILLS SPECIAL

THERE'S ALWAYS AN OPEN
SEAT FOR YOU AT

Antonio's

FAMILY TABLE



ANTONIOSFL.COM

JOIN US



Antonio's

PIZZA & ITALIAN RESTAURANT

DINE IN • TAKE OUT • DELIVERY • CATERING

OPEN FOR LUNCH TUESDAY THROUGH FRIDAY
FROM 11AM - TO 3PM. GREAT LUNCH SPECIALS!

4551 Hollywood Blvd. Hollywood, FL 33021

954-983-1924

\$5 OFF ANY PURCHASE OF \$25 OR MORE

DINE-IN ONLY. WITH THIS VOUCHER. ONE PER TABLE/GUEST. NOT VALID
WITH ANY OTHER OFFER OR COUPON. EXPIRES JULY 31, 2026

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:

Chat – 954-964-2559 - Email – Info@ATeamFlorida.com

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



ateamflorida.com info@ateamflorida.com 8-HILLCREST (844) 552-7378

KELLER WILLIAMS A TEAM FLORIDA'S QUICK TIPS

– by Cindy Abraham, Keller Williams A Team Florida

ARE YOU A SELLER?

What matters most right now to get the best possible price:

1. Pricing with Precision

Today's buyers are value-driven. Price it right from day one and you attract serious offers. Price too high and buyers wait. Price correctly and you create momentum.

2. Appeal Still Counts

Clean, bright, and clutter-free homes sell faster. Thoughtful staging (including virtual staging when appropriate) helps buyers picture themselves living there.

3. Targeted Strategy

Exposure matters, but strategy matters more. Homes sell when they reach the right buyers at the right time. We actively market to agents and buyers who are ready, willing, and able to close.

4. Professional Showings

In a selective market, personal showings handled by an experienced agent make a difference. Buyers respond to confidence, knowledge, and clear answers.

5. Smart Negotiation

Strong negotiating isn't about winning at all costs; it's about creating a deal that closes smoothly and protects your bottom line.

We go the extra mile by helping you anticipate buyer concerns and position your property to sell for the most money in the shortest amount of time.

ARE YOU A BUYER?

Opportunity is knocking.

1. Know Your Numbers

Meet with your lender early so you can act quickly when the right property appears.

2. Be an Educated Buyer

Online research is a great start. Understanding prices, buildings, and neighborhoods puts you in a stronger position.

3. Choose the Right Realtor

In today's market, experience matters. The right guidance can save you money, time, and stress.

From consult to close, you'll know what to expect every step of the way, and we'll share strategies that help your offer stand out.

ARE YOU A RENTER?

Rent smart so you can buy sooner.

1. Rent Only If You Must

If buying isn't possible right now due to credit or savings, renting can be a short-term step—not a long-term plan.

2. Start Where You Can

Buying something smaller today can build equity for the home you really want tomorrow.

3. Have a Plan

If you must rent, we can help you find the right place and map out a clear path to homeownership.

Ask A Team Florida how we help renters stop paying someone else's mortgage and start building their own future.

MAY 2026 MARKET REPORT FOR HILLCREST AND PARKVIEW AT HILLCREST

– by *Cindy Abraham, Keller Williams A Team Florida*



Listings have edged up and overall sales have slowed a bit, which is not unusual for this stage of the market. Traditionally, activity increases from May through July as families take advantage of summer break to buy and settle in before the new school year. This year, buyers are simply being more deliberate.

There are currently **92 condos on the market**, up from 84 last month. **Six units went under contract and six closed.** Going forward, I'll be referencing the **original list price** rather than the final sale price so that Days on Market (DOM) gives a clearer picture of how properties are performing.

For **homes and townhomes**, there are 10 currently on the market, and four sold in May—two single-family homes and two townhomes.

For the rental market, we currently have 7 one-bedroom units, 3 two-bedroom units and 10 three-bedroom homes or town homes available.

Pricing Still Matters

In a more selective market, pricing plays a bigger role than ever. Properties that are well presented, reasonably priced, and aligned with current conditions tend to attract attention sooner, while others may take longer to find the right buyer.

When reviewing the pending and closed sales below, notice the Days on Market. Units that remained available longer typically adjusted their pricing along the way, which is part of the normal process of finding market value.

If showings are limited in the first week or two, it's often a signal that a small pricing adjustment could help bring more eyes to the property. The good news is that the market provides clear feedback early, allowing sellers to respond thoughtfully.

For buyers and sellers who purchased in the past few years, expectations may need to be adjusted, but realistic pricing helps minimize time on market and supports smoother transactions. For the closed sales listed below, we will use **original list prices** rather than final sale prices, since many properties experienced price adjustments before selling.

Markets always move in cycles, and opportunities exist for those who stay informed and flexible. Working with experienced agents who understand current conditions can make all the difference.

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

CLOSED SALES DURING MAY 2026

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

Building	Address	SF	B/B	\$ ORIG LIST	SOLD	DOM
S	1575 Pongam Terr	1,742	3/2	839,000	710,000	299
T	3936 Mahogany Lane	1,769	3/2/1	750,000	690,000	151
T	4754 Eucalyptus Ln	1,769	3/2/1	695,000	673,000	215
S	4103 Black Olive Ln	1,769	3/2/1	695,000	670,000	118
C-22	4350 Hillcrest 1001-1003	2,675	3/3/0	415,000	400,000	37
C-25	3800 Hillcrest Dr 511	1400	2/2	284,900	262,500	51
C-27	3850 Washington 702	1,344	2/2	265,000	237,500	63
27	3850 Washington 910	1,164	2/2	255,000	195,000	494
2	5100 Washington 312	992	2/2	160,000	138,000	68
26	4001 Hillcrest 509	844	1/1/1	139,000	110,000	390



HILLCREST/PARKVIEW MAY 2026 RENTALS

Building	Address	SF	B/B	\$ ORIG LIST	RENT	DOM
T	4810 Eucalyptus Dr	1,421	3/2/1	3,200	3,200	12
19	901 Hillcrest Dr 307	775	1/1/1	1700	1600	116
24	4200 Hillcrest Dr 201	1,312	2/2	2,200	pending	170



June Kitchen Korner - by Cindy Abraham

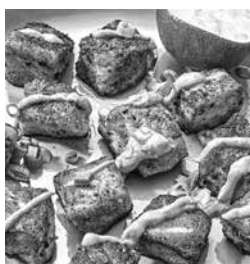
I really haven't been cooking much lately but when I have, these are my new favorites. Anything with sun-dried tomatoes is worth a try and I always have fresh basil and rosemary. In fact, if anyone wants an oregano plant, let me know. I have several and they are very easy to maintain (says the person who can kill silk, so you can believe it.)

UPDATE: I am now cooking a lot again and we are on a seafood kick; especially with fish dishes. Here are a few that were winners this past month. Remember that I use salt free breadcrumbs, Smart Balance butter and Dash seasonings to cut down on sodium.

I also jazzed up our favorite sauteed zucchini/yellow squash/onion recipe.

CRISPY SALMON BITES WITH SUN DRIED TOMATO DIPPING SAUCE

1 pound skinless center-cut salmon fillet (about 1 inch thick), cut into 1-inch pieces
 1/4 cup drained sun-dried tomatoes in oil and herbs, chopped, plus 2½ tablespoons oil from jar, divided
 1/2 teaspoon salt plus 1/8 teaspoon, divided
 1/2 teaspoon Italian seasoning
 1/4 teaspoon garlic powder,
 1/4 teaspoon onion powder
 1/2 cup sour cream, 1 teaspoon rice vinegar
 1/4 teaspoon ground pepper, 1 teaspoon thinly sliced fresh basil



1. Position rack about 8 inches from heat source; preheat broiler. Line a large, rimmed baking sheet with foil. Place salmon pieces in a medium bowl. Add 1 tablespoon sun-dried tomato oil, 1/2 teaspoon salt, Italian seasoning, garlic powder and onion powder; toss to coat.

2. Arrange the salmon pieces in a single layer on the prepared baking sheet, spacing them evenly apart. Broil until lightly browned on the bottom and cooked through, 6 to 8 minutes.

3. Meanwhile, combine sour cream, sun-dried tomatoes, vinegar, pepper, 1 tablespoon sun-dried tomato oil and the remaining 1/8 teaspoon salt in a mini food processor; process until the tomatoes are finely chopped and the sauce is mostly smooth, about 20 seconds, stopping to scrape down the sides as needed.

4. Transfer the sauce to a small bowl; drizzle with the remaining 1 1/2 teaspoons sun-dried tomato oil and top with basil. Serve the dipping sauce with the salmon bites.

SALMON FETA PASTA

6 ounces skinless salmon fillet, or up to 8 ounces
 1 tablespoon Italian seasoning
 1 (7 ounce) block Mediterranean flavored feta cheese
 1/2 cup sliced zucchini
 1/2 cup carrots sliced into half moons
 1 cup sliced portabella mushrooms
 1 cup cherry tomatoes
 2 cups fresh spinach, 1 tablespoon olive oil
 8 ounces penne pasta, sun-dried tomatoes, for garnish
 grated Parmesan cheese



Preheat the oven to 350 degrees F. Season salmon with Italian seasoning. Add salmon, feta block, zucchini, carrots, mushrooms, cherry tomatoes, and spinach to a sheet pan or other oven-safe pan. Drizzle with olive oil.

Bake in the preheated oven until salmon flakes easily with a fork, 20 to 25 minutes. Meanwhile, bring a large pot of salted water to a boil and cook penne until tender with a bite, about 11 minutes. Drain and set aside.

Remove salmon and vegetables from the oven. While everything is still hot, use a fork to blend feta with salmon and vegetables, being careful to keep salmon in at least bite-sized chunks. Add pasta and combine well. Garnish with sun-dried tomatoes and Parmesan cheese.

CRAB-CRUSTED TROUT

4 oz. crabmeat, 3 TBS mayonnaise
 2 TBS Panko, 2 TBS cup Parmesan-Reggiano
 1/2 tsp Old Bay
 1 TBS thinly sliced chives plus 1/4 cup 2" long chives
 2 trout fillets, 2 TBS olive oil, 1 TBS blackening seasoning, 1 tsp lemon juice, 2 lemon wedges
 1/2 cup loosely packed parsley leaves



Preheat oven to 400 degrees with rack in upper third position. Stir together crab, mayo, panko, cheese, Old Bay and thinly sliced chives in a small bowl. Chill until ready to use.

Rub fish fillets with 1 TBS oil and sprinkle evenly with blackening seasoning. Set aside.

Heat a large skillet over medium-high. Add 1 TBS oil and swirl to coat bottom of skillet. Add fish and sear until lightly brown on bottom side, about 1 minute. Flip fish and remove from heat.

Top each fillet with about 1/4 cup crab mixture, pressing to adhere. Transfer skillet to oven and bake 6 minutes. Leave skillet in oven and increase to broil. Broil until crust is golden brown. Remove from oven and let rest 5 minutes.

Meanwhile, whisk lemon juice with a dash of salt and 1 tsp oil in a small bowl. Add parsley and 2" chive pieces to bowl and toss to coat. Serve.

Blackening seasoning: Stir together 2 TBS paprika, 1 TBS salt, 1 tsp garlic, 1 tsp onion, 1/2 tsp dried parsley, 1/4 tsp cayenne, 1/2 tsp chili powder, 1/2 tsp red pepper, 1/2 tsp thyme, 1/2 tsp sugar.

BAKED FLOUNDER

2 flounder fillets, 2 TBS butter - divided
 1 TBS lemon juice
 1/4 cup grated Parmesan, 1/4 cup breadcrumbs
 Dash lemon pepper seasoning, Pinch thyme



Preheat oven to 400 degrees, Lightly grease shallow baking dish. Arrange flounder on baking dish and brush with 1 TBS butter. Combine remaining 1 TBS butter with breadcrumbs, cheese, Dash lemon pepper seasoning, lemon juice and thyme in a bowl and sprinkle over flounder.

Bake in preheated oven until fish flakes easily with a fork, 15-20 minutes. Plate and serve.

SAUTEED ZUCCHINI AND YELLOW SQUASH

1 cup sliced zucchini, 1 cup sliced yellow squash
 1/2 cup sliced onions, 2 TBS breadcrumbs
 1 TBS sliced scallions
 1/2 tsp dill weed, 1 TBS crumble Feta
 1 TBS shredded mozzarella,
 1 TBS grated parmesan

Sauté vegetables until just starting to turn brown and crispy. Mix breadcrumbs, scallions dill, and cheeses in a small bowl. Remove pan from heat and add breadcrumb mixture. Toss well and serve.



CHANGING NEGATIVE THOUGHT PATTERNS

Awakening With Brahma Kumaris, REVISED AND SUBMITTED BY BK Etta Stevens

Experiencing a life full of different types of events, which can be negative at times, can be demanding and make life a difficult journey of ups and downs. There are some people who like life to be full of stability and even a little bit of instability can cause sorrow and also unsettle them.

Once upon a time, there was a saint in a far off land who taught people the way of living life in a peaceful and positive manner. There were many people who respected him and looked up to him and approached him to get a glimpse of him and learn the right way of thinking and living from him. A follower approached him and asked him a simple question – *Why is it that difficult situations in everyday life seem to disturb us a lot although we make efforts to think positive and remain untouched by them? Tell us a way by which we can turn our mind in a positive direction in the middle of negativity and instability of life.*

The saint replied and gave him a very simple answer – You look for solutions to problems outside whereas the solutions lie in your thinking and the change you bring in them over a period time. It's very easy to say to yourself – do not think negatively but it's another thing to actually do that and not feel the pressure while you do that. The follower was confused and thought to himself that life without the pressure of negative situations is like a sea without water, next to impossible.

And we also realize that although we can withstand and tolerate situations and it's not only a few people but all of us try to some extent or the other. Of course, there are some of us who fail completely also. But most of us are successful to different extents in feeling joyful and light when negative situations surround us while there are some who may not be joyful when they face a difficult situation but can nonetheless be serious and stable and also free of too many negative thoughts and thoughts of a weak nature.

A life facing difficult situations requires each one of us to equip ourselves with powers and strengths and not only spiritual wisdom, which is found so much all over the world. You can read spiritual knowledge telling you how to face difficult situations for many years together and yet not be strong enough to face them when they actually come. Spiritual knowledge shows us the path to becoming powerful but the actual spiritual power to change one's own thinking and the habits which are the source of this thinking will come with strengthening the mind with powerful thoughts and experiences.

There is no substitute for correct thinking when there is a difficult situation in front of you. You think negatively but try to act according to the spiritual knowledge you have read. That will not make you successful in overcoming the situation. Your inner habits of creating thoughts of fear, pessimism, hopelessness and impatience will not reduce, although you may temporarily feel positive based on what you have read or learnt. Inner habits are very deep which have been inside the inner spiritual being or soul since many, many births. Each time we have performed a negative action or created a negative thought, a habit was created based on that thought, word or action. And that habit then caused a similar thought to be created by me and action being committed strengthens that thought. This is the cycle of repetition. And this cycle keeps having a more and more powerful negative influence on us the more times it is repeated. We need to now change these negative cycles into positive ones. How do we do that?

To create positive habits, we need to first take the foremost step of determination. Determination means a strong promise to the self that I will change my thought patterns from negative to positive. That is the first realization. Then, we need to select one particular habit of weakness that disturbs us and does not let us be powerful. For e.g. if I have the habit of being impatient in difficult situations, then first I need to fill myself with that quality through self-effort. Until I do that, no matter how much I may try to be patient in any situation, because I am lacking the quality at the level of the habit and it has not been erased, it will be difficult for me to be patient. Let's say on a particular day, I am faced with a traffic jam. If I say to myself that all these vehicles on my way should get cleared in the next five minutes, but they take half an hour, will I be able to remain calm in

those extra twenty five minutes, which I did not anticipate or expect. So, what I require is patience. If I say to myself, in those twenty five minutes that I must be patient, will I experience that virtue? I will not unless that virtue is in my mind or part of my personality. So, it is like filling myself with a lot of happiness and then I will experience that quality. I cannot say to myself - I am the happiest person that exists in this world and experience happiness alone. I need to first fill myself with that quality and then happiness will come naturally to me.

So, it's about being natural and not theoretical alone i.e. I should be an embodiment or a practical form of every quality and positive thought and not just repeat inside my mind that I have that quality or power. This applies to all the different qualities and powers which are required in crossing negative situations or circumstances. Meditation fills us with these qualities and powers very easily, because it is a beautiful relationship and connection with the Supreme Source of spiritual energy and power – God, who is full of those qualities, powers and positive values and never loses them ever, unlike us, who need to fill ourselves when we lose them.

Try this every day and you will see all the obstacles you have bottled up inside begin to diminish and you will find yourself calmer than when you started. It works! I know!

Meditation fills us with these positive qualities and powers very easily. This is because meditation is a beautiful relationship and connection with the Supreme Source of spiritual energy and power – God. In our teachings, He teaches us that obstacles are only a test, to succeed we must preserve and continue to move forward in life. God is full of those qualities and powers and never loses them ever, unlike us, who need to fill ourselves constantly when we lose our way. Nonviolence is the spiritual way to peace and compassion.

The early morning and just before bed are the best times to meditate.

MEDITATION IS THE ONLY WAY TO BRING UP YOUR CONNECTION TO YOUR HIGHER POWER AND COMBINE YOUR ETERNAL GIFTS OF LOVE, PEACE, HAPPINESS, WISDOM, PERSEVERANCE, AND PEACE OF MIND

I AM CONDUCTING A FREE ZOOM class every Tuesday Morning at 10:30 am EDT. ZOOM ID: 852 5673 8420 PW: 123

T-REX
WINDOWS AND DOORS
(954) 945-6700
129 NW 13th St.
Boca Raton, FL 33432
CC #: 18-WD-21197-X
U-22573



Chello & Rex

- Hurricane Windows
- Hurricane Doors
- Shutters

CALL US FOR A FREE ESTIMATE

HABLAMOS ESPAÑOL



trexwindows@gmail.com



Brenda Tejada **FREE ESTIMATE**

D High Class Cleaning Solutions

Tel. 786 856 3809 Brenda29.Tejeda@gmail.com

ACCOUNTSULT, LLC

ACCOUNTING AND CONSULTING FOR CONDOMINIUM AND HOMEOWNER ASSOCIATIONS

Mark R. Buchalter

Tel: (954) 739-0310 / Fax: (954) 739-2635 / Email: mark@accountsult.com
3109 Stirling Rd. • Suite 202 • Ft. Lauderdale, FL 33312

We want to hear from you!

Please email to: Info@InsideHillcrest.com or you can snail mail to: Inside Hillcrest at 3850 Washington Avenue, Suite 1016, Hollywood, FL 33021.

The letter **MUST BE SIGNED** and a phone number included so we may verify that you actually sent the letter. In the published edition, only your first initial will be used **UNLESS** you specifically request that your name be included.



We reserve the right to condense, but we will not edit the piece in order to distort your intent. Anytime we condense, it will be indicated by ...

You can email us at: Info@InsideHillcrest.com or call (954) 964-2559.

Inside Hillcrest is a newspaper published for the purpose of supplying information and providing Hillcrest residents an opportunity to interact.

Any view expressed in the Inside Hillcrest does not necessarily reflect the opinion or view of the publishers. Advertisers are screened; however, Inside Hillcrest assumes no responsibility for any work performed or quoted or any resulting loss or damage.

® Copyright 2026



LIC. 1336749



FREE INSPECTIONS



24/7 EMERGENCY ROOF REPAIR AND SERVICE



FREE TIMELY AND COMPREHENSIVE PROPOSALS

**NEW ROOF SYSTEMS
REPAIRS & MAINTENANCE
WATERPROOFING
LEAK DETECTION**



CONNECT WITH US:

844-966-7663
Atlanticroofinginc.com
Info@atlanticroofinginc.com

• SINGLE FAMILY HOMES • HOA • COMMERCIAL • INDUSTRIAL

ELITE GUARD



PROVIDING PROFESSIONAL SECURITY SERVICES

TO HILLCREST ASSOCIATIONS SINCE 1998

OFFICES IN SUNNY ISLES BEACH AND AVENTURA

305-956-9520

www.eliteguard.com

GET THE MONEY YOU ARE ENTITLED TO FOR YOUR INSURANCE CLAIM.



JOSH SOLOMON
Lic #W106037

Our public adjusters are licensed and bonded by the state of Florida, and trained to handle all insurance claims processes, big or small! We take pride in maintaining superior customer service from beginning to end.



2206 Hollywood Blvd Hollywood, FL 33020
Phone 239-294-8842 • flapublicadjusting.com



Lic #W805707

BALAN A/C



954-931-4752

WWW.BALANAC.COM

- **HIGHLY RATED**
- **CLEAN AND PROFESSIONAL**
- **LICENSED & INSURED**
- **HILLCREST SPECIALISTS**
- **FINANCING AVAILABLE**



AIR CONDITIONING EXPERTS



Residential • Commercial • Industrial
24 Hour Service

**Full Service Plumbing
Sewer & Drain Services
Video Pipe Line Inspection**



LICENSED & INSURED CFC-1425969



**EXECUTIVE
PLUMBING
CONTRACTORS**

**888-954-LEAK
954-924-8211**

2020 Lee Street
Hollywood, FL 33019

www.epcfla.com

Podiatrist - Foot Specialist



House Calls Available

Medicare Assignment Accepted

Bert J. Henkel, DPM
4301 Hollywood Blvd.
Hollywood, FL
954.981.8000

Half Price LOCKSMITH

www.HalfPriceLocksmith.com



24 HOURS/7DAYS

754-888-9470

Lockout, open car, change locks, rekey locks

Hollywood, Dania, Davie, Cooper City,
Hallandale, Fort Lauderdale, Pembroke Park



ALEX SOFIANOS

AUTOMOTIVE TECHNICIAN

SOUTHPARKAUTOREPAIR.COM

South Park Auto Repair

PH: (954) 962-3896

Alex Sofianos
ASE Certified

southpark3325@gmail.com

3325 Pembroke Road
Hollywood, FL 33021



U.S. Coast Guard Auxiliary, Flotilla 51
Safe Boating Course



**RECIEVE FWC BOATING SAFETY EDUCATION
I.D. CARD**

The state of **FLORIDA REQUIRES** that any person born after **January 1st, 1988**, must complete an approved **Safe Boating Course** to operate a vessel! This “Boat America” course will provide you with the knowledge to receive a FWC Boating Safety Education ID Card.

- **Date:** Saturday, June 20th, 2026
- **Time:** 8:00AM – 2:00PM (REGISTRATION AT 7:45AM)
- **Location:** Phil Foster Park, U.S.C.G. Auxiliary Building, 900 E. Blue Heron Blvd., Riviera Beach, Florida, 33404

ONLY \$25.00 (Cash or Check)

Note: Young Adults 21 yrs old and Under are FREE when a Paying Parent attends the class.

(Sponsored by the Austin Blu Foundation)

To Register for the Class, Please Call or Text “Captain Clark” at 561-635-1030 or Email USCGauxiliaryflotilla1776@gmail.com