

BILTMORE II CONDOMINIUM MONTHLY NEWSLETTER



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BILTMORE II CONDO

600 Biltmore Way
Coral Gables, Florida 33134

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The Year is 2020, Protect Yourself!

When signing and dating legal documents, do not use “20” as the year 2020. If you write March 3rd as 3/3/20, it could be modified to 3/3/2017 or 3/3/2018. Protect yourself. Do not abbreviate 2020.

SOCIAL CLUB ACTIVITIES

Wednesday, January 22nd – Movie Night, 7:00 pm
“My Big Fat Greek Wedding” (2002)

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba’s, the Greek restaurant owned by her parents, Gus (Michael Constantine) and Maria (Lainie Kazan). After taking a job at her aunt’s travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek. Toula isn’t sure which will be more upsetting to her father, that Ian is a foreigner or that he’s a vegetarian.

SAVE THE DATE! Superbowl LIV – Sunday, February 2nd
Superbowl LIV, the 54th Super Bowl, played at the Hard Rock Stadium in Miami Gardens will be shown LIVE in our Billiard Room. Stay tuned for more information from the Social Club.



HOLIDAY PARTY – DECEMBER 15TH



The Common Cold

“The only way to treat the common cold is with contempt,” physician William Osler, cofounder of Johns Hopkins Hospital, once said. But it’s also smart to treat it with respect and patience. After all, over a century has passed since Osler’s observation, and the common cold continues to bedevil humanity. “Cold viruses are very hardy and change all the time,” says Ronan Factora of the Center for Geriatric Medicine at the Cleveland Clinic. “You can’t vaccinate against the common cold because it’s just a very, very difficult virus to keep up with. People have been suffering from the common cold for a long time, and it doesn’t look like we’ll actually have any specific treatment course any time soon.” If you do catch a cold, you’re likely to be under siege for seven to 10 days, says Summer Allen, a family medicine doctor with the Mayo Clinic. To avoid getting one in the first place, follow these six tips.

- 1. Wash your hands — a lot.** We get more colds in the winter not because of lower outdoor temperatures but because the cold outside forces us indoors, into closer quarters, for longer periods. “So if someone near us has a cold, there’s more potential that we are exposed to it,” says Allen. A typical path of transmission, he says, could start with someone who has the virus coughing or sneezing into their hand, then touching a door handle. If you touch that same handle and then wipe your eyes or mouth with the same hand, you can contract their cold. To prevent this, he says, “wash your hands as often as you can, or use some form of an alcohol-based sanitizer, if open water is not available.”
- 2. Pay attention to your environment.** You can’t exist in a bubble, but cold viruses are highly contagious, which means they can also be transmitted through tiny virus particles in the air that you breathe in. “If you see people coughing or sneezing, keep your distance,” says Factora.

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Common Cold (cont. from page 2)

3. Disinfect often-used surfaces.

You don't have to take it to an extreme, but if, say, you're a grandparent hanging around with your grandkids — who are reservoirs for these viruses, getting seven to 10 a year — disinfect the surfaces that are touched the most often, experts advise. This means wiping down things like door handles, countertops, TV remotes, light switches, phones and keyboards.

4. Hold onto your cup, fork, plate ...

Keep your drinking glasses and eating utensils to yourself. (Label glasses with the user's name so there are no mix-ups during bigger gatherings.) And remember: The fact that someone in your family is not showing symptoms doesn't mean he or she doesn't have a cold. Symptoms usually appear one to three days after a person has been exposed, Allen says. If someone in your house already has a cold, know that hand towels could transfer the virus, and be vigilant about throwing out dirty tissues.

5. Know the flu shot won't help.

Though it is absolutely prudent to get a yearly flu shot, remember that it guards against the flu, not colds. "The flu shot is trying to protect you specifically against influenza viruses, usually Type A and Type B, and not the common cold," Allen says.

6. Don't think "one and done". Just because you've already had one cold this winter doesn't mean you can't get another one. Adults get an average of two to three colds a year. That's in part because there are hundreds of strains of rhinoviruses ("rhino" means "nose," which is the place common colds hit hardest) and other cold viruses lurking out there, and having caught one does not make you resistant to another, notes Robert McLean, president of the American College of Physicians.

You're down and out. Now what?

If, despite your best efforts, you feel a cold coming on, here are five things you can do to get over it faster, or minimize your misery.

1. Get plenty of rest. Just like you can be more predisposed to viral illnesses when you're tired, physically taxed or your immune system is a bit suppressed, you'll also get over them faster if you allow yourself enough rest, Factora says.

2. Stay hydrated. Drink lots of fluids like water, hot tea or nutrient-laden chicken soup; turn on your humidifier to mitigate the dry winter air and avoid alcohol, which can dehydrate you. "The cold virus stimulates the secreting cells in your sinuses and your nose to make mucus," says McLean. "If you are relatively dehydrated, the mucus is going to be thicker and harder to clear; and if you're more stuffed up, you may get an infection in the area."

3. Take over-the-counter cold medications with care Pain meds like aspirin, acetaminophen (Tylenol), ibuprofen (Advil) and naproxen (Aleve) will ease sore throats and overall aches, while their anti-inflammatory properties can help tame inflamed nasal passages. McLean suggests patients who have well-controlled blood pressure may also take decongestants, as well as cough syrups, if they have post-nasal drip. But while such over-the-counter options can help, you should check the ingredients on the back of every box to make sure that none interfere with or duplicate another medi-

cation (like acetaminophen) that you're already taking. Also avoid intranasal zinc. The FDA has warned against these sprays after finding they can damage a person's sense of smell long-term.

4. Try Vitamin C. "Vitamin C seems to have had more robust medical trials than other things like zinc," says Factora. Various studies indicate that taking at least 200 milligrams a day can reduce the severity of cold symptoms. "There is generally no harm in taking it, unless you have kidney stones," says Factora.

5. If symptoms persist, see your doctor. If you're still sick after two weeks, see your doctor, Allen advises. Also seek medical treatment, he says, "if you have been fever-free for two to three days but then see a sudden spike in fever, which could suggest a secondary bacterial infection or something else going on." Adds Factora: "If you are worried that you have flu symptoms, like muscle aches, high fever or coughing, call your primary care doctor." If you do so soon enough, he or she can prescribe medications to help reduce the duration of influenza, if it turns out that is what you have. And if you have underlying lung disease like emphysema or COPD (chronic obstructive pulmonary disease) and get any viral illness, there may be a role for an antibiotic.



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AROUND TOWN

Farmer's Market is back! Every Saturday starting on January 18th through the end of March from 8:00 am to 2:00 pm. Features produce, gardening workshops, cooking demonstrations, children's activities, gourmet foods, baked goods, trees and plants.

Market at Merrick (Shops at Merrick Park) Coconut Grove, Pinecrest and Palmetto Bay all offer outdoors **Farmer's Markets** worth visiting!

Beaux Arts Festival – January 18-19 on the UM campus. 10:00 am – 5:00 pm adjacent to the Lowe Art Museum. Features over 200 fine artists from all over the country, fun dining options and free children's art projects and entertainment.

Art – Coral Gables has a new public art acquisition by Venezuelan artist Rafael Barrios. The large-scale sculpture, "Pause", is being exhibited in front of City Hall.

14th Annual Chocolate Garden – Fairchild Tropical Botanical Garden – January 24-26. Chocolate lovers unite! Set amid one of the world's most celebrated tropical botanic gardens, guests will discover a Milkshake Shoppe, culinary demos and the Cinema au Chocolat! Also available, a tantalizing pairing of Sweets and Spirits. Kids can eat pudding or paint their faces with chocolate! Info at fairchildgarden.org

Coral Gables Festivals – February 8-9, on Alhambra Circle between Ponce and Le Jeune. Festivals include Fine Arts, Kids, Fashion, Dog & Pet, Craft Beer, Home Show and Food, Wine and Spirits. Something for everybody!

QUEEN EMMA CRINUM LILY

Crinum lilies are a hallmark of Southern gardens. Their fragrant flowers sit atop 2- to 5-foot stalks with colors that vary depending on the species and variety. Long, strap-like leaves provide year-round interest, especially the Queen Emma variety as it has purple element in its otherwise green leaves. Crinums work well in the Florida landscape because of their easygoing nature - resistant to drought and needing little care. They need full sunlight for best blooming and look best when nestled into other substantial foliage. There are some 130 species in the genus *Crinum*. Biltmore II's landscape displays the Queen Emma Crinum Lily variety on the north, east and south sides of the building (picture below is on the SE side of the property). The foliage is handsome even without the flowers and can be spectacular in the right setting. Crinums have a major enemy - the Eastern Lubber Grasshopper that may hatch in the spring. If you don't remove them soon after they hatch, the young grasshoppers become large adult eating machines! They can eat the long leaves to an unrecognizable skeleton in a short amount of time.





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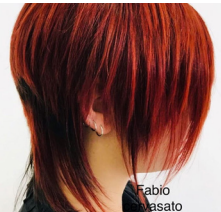
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