



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 5 Issue 11

January 2020

BAYVIEW TOWERS Dome Condominium Association, Inc.

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Mon - Fri.. 9:00 am - 4:00 pm



Rules and Regulations

This month our topic is Safety and Security.

Education, awareness, and cooperation between management, boards, and residents can make a huge difference in deterring crime in and around our buildings. Some basic behavioral adjustments – making sure nobody follows you into the building without a key, or not buzzing in any unknown or unexpected visitors, for example – seem like common sense, but a community that educates itself on the how and why of certain safety measures has a better chance of enforcing them once they know the reason behind them. Taking mutual interest and joint responsibility in keeping a building safe will go a long way in maintaining the kind of culture that discourages intruders and perpetrators without making residents feel like they’re living in Fort Knox.

Board, management, and residents have a mutual stake in making sure a building is doing everything it can to deter crime. All building residents should partake in basic security as well, locking their doors and making sure ‘tailgaters’ don’t gain entry. If they see someone or something suspicious, they should bring it up to management.

While it can sometimes be tough to spot the hallmarks of certain types of criminal activity, residents, board members, and managers should be aware of some warning signs that might indicate that something fishy is afoot in our buildings. High traffic to individual apartments – particularly at odd hours of the day – is something residents should bring to the attention of management. No matter what the reason, the result of significant non-resident building traffic is the same - increased risk to the building.

By emphasizing strong community engagement, awareness, and education practices, boards and management can empower residents and owners to assume a collaborative responsibility in the overall security of the buildings. Bad things can happen no matter how vigilant and preemptive a building is. But in the long run, being proactively engaged in working towards the peaceful balance of a residence can make all of the difference in protecting the residents and their property.

Volunteer Corner

This month, our topic is the 2020 Census. The federal government is getting ready to ask some personal questions for the 2020 census. By next April 1, the Census Bureau plans to send a letter or a door knocker to every U.S. household. It's part of a once-a-decade tradition of counting every person living in the U.S., mandated by Article 1 of our Constitution.

Each national head count usually comes with a rash of confusion. The 2020 census will be the first in the U.S. since the rise of social media. The government has already begun preparing to combat disinformation campaigns that may try to disrupt the count, which is rolling out during what's expected to be a heated presidential race.

Hurdles remain as the final count-down begins for the 2020 Census. The census is required by the Constitution, which has called for an "actual enumeration" once a decade since 1790. The 2020 population numbers will shape how political power and federal tax dollars are shared in the U.S over the next 10 years.

The number of congressional seats and Electoral College votes each state gets are determined by census numbers. They also guide how an estimated \$880 billion a year in federal funding is distributed for schools, roads and other public services in local communities. The demographic data is used by businesses to determine, for example, where to build new supermarkets and by emergency responders to locate injured people after natural disasters.

The head count is set to officially begin on Jan. 21, in Toksook Bay, Alaska — more than two months before Census Day (April 1). Most households can start participating around

mid-March, when letters with instructions are scheduled to be sent to 95% of homes around the country.

How is the census taken?

The 2020 count will be the first one to allow all U.S. households to respond online. Paper forms will still be available, and, for the first time, you can call 1-800 numbers to give responses over the phone. Households that do not respond themselves by early April may start receiving visits from door knockers trained to conduct census interviews and collect responses using smartphones.

Who gets counted in the census?

The Census Bureau includes every person living in the U.S. — regardless of citizenship or immigration status. International visitors on vacation or work trips to the U.S. during the census are not included. Residents are counted at the address where they usually live and sleep. The Census Bureau has a detailed breakdown of how the 2020 census will count deployed troops, college students, incarcerated people, those displaced by natural disasters and other groups in

unique living situations.

What questions will the 2020 census ask?

Most of the questions will be similar to what census forms have asked for in recent counts:

- The number of people living or staying in a home on April 1, 2020.
- Whether the home is owned with or without a mortgage, rented or occupied without rent.
- A phone number for a person in the home.
- The name, sex, age, date of birth and race of each person in the home.
- Whether each person is of Hispanic, Latino or Spanish origin.
- The relationship of each person to a central person in the home.

Can I refuse to answer a census question?

You can skip questions, submit an incomplete census form, and still be included in the head count. But you can be fined for refusing to answer a census question or intentionally giving a false

Continued on page 3



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Volunteer (cont. from page 2)

answer, although the penalty has been enforced rarely in the past. Returning a partially filled-out questionnaire may result in a follow-up phone call or visit from a census worker.

Are census responses confidential?

Under current federal law, the bureau cannot share census responses identifying individuals with the public or other federal agencies, including immigration authorities and other law enforcement, until 72 years after the information is collected. The Census Bureau, however, can release anonymized census information about specific demographic groups at a level as detailed as a neighborhood.

Can I respond to the census in a language other than English?

While paper forms will only be available in English and Spanish, you can respond online or by phone in Spanish, Arabic, Chinese, French, Haitian Creole, Japanese, Korean, Polish, Portuguese, Russian, Tagalog and Vietnamese. The bureau is also providing video and printed guides in 59 non-English languages, as well as a video in American Sign Language.

Should you require assistance in filling out your 2020 Census, please contact one of your Bayview Buddies volunteers. They will be happy to help. Call or text Carla at 305-992-4055.



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Seada and
Peter Dinane # 606
Ivonne Koch #910

Super Bowl Fun

Dave feels so lucky when he wins a free ticket to the Super Bowl in his company’s raffle. But once he gets to the stadium, he feels gypped. His seat is in the last row in the corner of the stadium. After watching the game for half an hour, Dave notices that there is an empty seat right on the 50 yard line, 10 rows up from the field. He decides to take a chance and dodges the security guards to make his way to the empty seat. As he sits down, he asks the man sitting next to him, “Excuse me, is anyone sitting here?” The man says no, so Dave settles in to watch the game. Dave asks the man next to him, “Why would anyone who has a seat this good not show up for the Super Bowl?” The man replies, “Well, actually that seat belongs to me. My wife and I have come to every Super Bowl since we married 30 years ago. But she recently passed away.” “I’m so sorry,” says Dave. “But couldn’t you have found any family or friends to bring with you?” “No,” the man replies. “They’re all at the funeral.”



During the Super Bowl, there was another football game of note between the big animals and the little animals. The big animals were crushing the little animals and at half-time, the coach made a passionate speech to rally the little animals. At the start of the second half, the big animals had the ball. The first play, the elephant got stopped for no gain. The second play, the rhino was stopped for no gain. On third down, the hippo was thrown for a 5 yard loss. The defense huddled around the coach and he asked excitedly, “Who stopped the elephant?” “I did,” said the centipede. “Who stopped the rhino?” “Uh, that was me too,” said the centipede. “And how about the hippo? Who hit him for a 5 yard loss?” “Well, that was me as well,” said the centipede. “So where were you during the first half?” demanded the coach. “Well,” said the centipede, “I was having my ankles taped.”



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Health Matters

Soda Drinkers Beware

Whether you call it a soft drink, soda or pop, you've probably noticed that every few months one study or another comes out detailing their health risks. Now, new research published earlier this month in JAMA Internal Medicine offers an even more sobering message: Just two glasses per day of these drinks, whether they're sweetened with sugar or artificial sweeteners, raises the risk of premature death by 17 percent, compared to those who sip them less than once a month. Here's a look at what the research shows, and a bottom line for you.

Stay away from sugary drinks, period!

A study published earlier this year in the journal *Circulation* followed over 118,000 men and women for 30 years and concluded that each daily 12-ounce serving of a sugar-sweetened beverage — including soft drinks, lemonade and other sugary fruit drinks — raised the risk of death by 7 percent, including a 5 percent increased risk for cancer death, and a 10 percent increased risk for death from cardiovascular disease. Sugary drinks lead to weight gain which increases risk of conditions such as heart disease, type 2 diabetes and even certain cancers. Soft drinks are made up of carbonated water, and there is some preliminary research that suggests carbonated water may increase levels of the hunger hormone ghrelin which may lead to weight gain.

Bottom line: Indulge in these drinks once a month, or less. Added sugars can cause inflammation in bodies, and we already have a high sugar diet. One can of Coca-Cola, for example, contains 39 grams of added sugar, well above the American Heart Association's maximum recommendations of 25 grams for women and 36 for men.

Limit diet drinks

You can't live without your afternoon Diet Coke, or you crave that Diet Sprite at dinner. But research shows diet soft drinks may carry health issues, too. The JAMA study, for example, found that while drinking two or more sugar-sweetened beverages a day raised the risk of death by 8 percent, those who drank artificially sweetened drinks had a 26% higher risk.

One reason may be that diet sodas, instead of satisfying our sweet tooth, leave us craving for even more. They are over 300 times sweeter than sugar, increasing our desire for more and more sweet foods or beverages.

Another concern may be some of the chemicals, including the artificial sweeteners, found in diet soft drinks. Aspartame — found in drinks like Diet Coke — has in the past been linked to cancers such as lymphoma and leukemia in lab animals. While later research has been more reassuring,

a 2012 study published in the *American Journal of Clinical Nutrition* did find that men who drank at least one diet soda a day had a higher risk of two cancers, multiple myeloma and non-Hodgkin lymphoma, than men who didn't drink any at all. Some other diet soft drinks contain sucralose (Splenda), which has also been linked to cancer in animals.

Bottom line: It's time to wean yourself from your Diet Coke habit. An occasional diet soft drink won't kill you, but a daily — or even an every-other-day — habit may wreak havoc on your taste buds, making it harder for you to lose or maintain a healthy weight. If you are considering a diet drink, try to stick to ones that contain the artificial sweetener Stevia, which appears right now to be the safest of the bunch. Examples of drinks that contain Stevia include Coca-Cola Life, Pepsi True and Zevia Zero Calorie soda.

Be judicious with juice

Although soft drinks themselves are quick to get a bad rap, they're not the entire problem. A study published this past July in the *British Medical Journal* found that along with sugary soft drinks, 100 percent fruit juice can also raise the risk of cancer. But in these cases, portion size may be the main problem. A serving size of juice is 4 ounces. A 20-ounce bottle contains a whopping 52 grams of sugar.

Bottom line: If you want a small glass of OJ in the morning, that's absolutely fine, especially if the rest of your diet is healthy.

Stick to H2O — and spice it up

Water, along with low-fat or fat-free milk and unsweetened coffee and tea, are still the best ways to get your fluids. You can replace your soft drinks with infused water: Simply drop fruit like berries, cherries or peaches into your water. (For best results, use frozen fruit, since the flavor will intensify as the fruits thaw.) If you really crave a carbonated beverage, opt for sparkling water. If you opt for a flavored version, choose a brand sweetened with natural fruit rather than regular or artificial sweeteners.



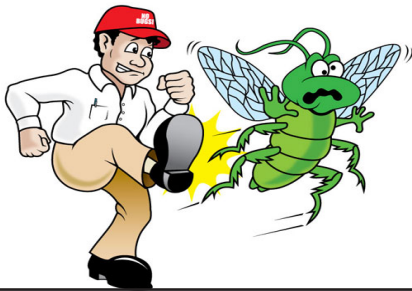
Retired nurse looking for part time work caring for elderly patients. Has own car for help with transportation to and from doctor's appointments, shopping and errands.

786-486-9022

Excellent References
Resume Available on Request

Pest Control

Our pest control company usually attends to our buildings during the 3rd week of each month (Jan 23/24 and Feb 20/21). The 2100 building is scheduled from 9 a.m. to 2 p.m. on Thursday and the 2150 building is scheduled from 9 a.m. to 2 p.m. on Friday. Please look for notices posted at the elevator lobbies for any possible schedule changes.



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