



# Bayview Towers

## News and Views

*A Newsletter for the Residents of Bayview Towers*

Volume 6 Issue 1

March 2020

### BAYVIEW TOWERS Dome Condominium Association, Inc.

2100/2150 Sans Souci Blvd.  
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### PROPERTY STAFF

- Manager**..... Doris Morales
- Maintenance**.... Celso Goenaga

### IMPORTANT NUMBERS

- General**..... 305-893-2107
- Fax** ..... 305-893-6261
- After Hours Emergency**.....  
305-893-2107

### OFFICE HOURS

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

### EDITOR'S NOTES

Paper newsletters will be terminated after our May, 2020 issue, as we have recently installed monitors in each of the lobbies which will give residents all of the latest, ongoing information concerning our community. The monitors will be active 24 hours a day for your convenience. This change is one small way Bayview Towers can lessen our carbon footprint and contribute to saving our trees, one of this planet's most vital natural resources.

### VOLUNTEER CORNER

Your "Bayview Buddies" are here for you. Should you need help, call or text Carla at 305-992-4055.

### PEST CONTROL

Our pest control company usually attends to our buildings during the 3rd week of each month (Mar19/20 and April 17/18). The 2100 building is scheduled from 9am to 2 pm on Thursday and the 2150 building is scheduled from 9am to 2 pm on Friday. Please look for notices posted at the elevator lobbies for any possible schedule changes.

### SOCIAL HOUR

The Valentine's Day gathering was enjoyed by all. Thank you to our manager and staff for making it a success.



# HEALTH MATTERS

## Apple Cider Vinegar (ACV)

If you've never used apple cider vinegar, you're missing out on a dynamic -- and cheap -- ingredient with loads of potential. This substance can kill weeds, clean appliances, polish silver, and make salad dressings. ACV is as useful in the kitchen and mop cupboard as it is in the medicine cabinet, thanks to the calcium, magnesium, potassium, and other vitamins and minerals it contains.

**1. Whitens Teeth:** If you can stomach the flavor, you can use apple cider vinegar to restore your pearly whites. Yellow teeth can be embarrassing, but whitening kits and pastes are expensive. Apple cider vinegar is an easy and cheap way to bring back that natural sheen. It kills bacteria throughout the entire mouth and removes stains. Gargle the apple cider vinegar for a short time before brushing your teeth as normal.

**2. Triggers Weight Loss:** Acetic acid, when consumed regularly, supports weight loss. Unfiltered, raw apple cider vinegar contains a significant amount of acetic acid. Various health studies show that people with obesity experienced decreased abdominal fat, waist circumference, and overall body weight when regularly consuming ACV. Besides weight loss, consumption of acetic acid also prevents fat buildup.

**3. Controls Blood Sugar:** The body naturally produces insulin to regulate the amount of sugar in the blood. Apple cider vinegar has anti-glycemic effects, which means it improves hormone sensitivity. People who struggle with hormone resistance could benefit from taking a shot of apple cider vinegar with breakfast, lunch, and dinner. Stir one teaspoon of apple cider vinegar into a glass of water. This addition slows glucose production and absorption to help lower blood sugar.

**4. Treats Constipation:** Water-soluble fibers like pectin assist with bowel movements, and because apple cider vinegar contains this polysaccharide, it treats constipation. If other medications have failed or for those who prefer an at-home, natural option, drink two tablespoons with a glass of water. If the taste is too much, adding a touch of apple or grape juice can help the concoction go down easier. Drinking this mixture twice a day can promote normal digestion and regularity.

**5. Conditions the Hair:** Combining equal parts apple cider vinegar and water makes a natural hair solution that nourishes and leaves locks shiny and soft. It can also help destroy the fungus that causes dandruff and restore the pH balance. Apply the mixture and let it soak for at least 15 but no longer than 60 minutes, one or two times per week.

**6. Creates Radiant Skin:** Apple cider vinegar can transform uneven skin tone thanks to its natural astringent properties. Dilute ACV with water and soak a cotton pad in the mixture, then dab it directly onto blemishes. The mixture can also help reduce wrinkles and fine lines. Half a cup of apple cider vinegar in a cup of water can also serve as a toner, tightening the pores and regulating pH.

**7. Gets Rid of Leg Cramps:** The minerals in apple cider vinegar not only help with pain, but they can reduce the intensity and frequency of leg cramps in general. When a cramp strikes, sip a glass of warm water with two tablespoons of apple cider vinegar. You can also add a bit of honey. Drink it slowly, and the pain should recede in minutes.

**8. Helps with Coughs and Colds:** During cold season, apple cider vinegar can help relieve the symptoms of the viruses that tend to circulate. Simply mix a teaspoon each of

*Continued on page 3*

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**Health Matters** (cont. from page 2)

honey, warm water, and apple cider vinegar. Take this syrup three times a day to reduce coughing and thin secretions. Congestion, stuffy nose, and other cold symptoms should also clear up more quickly.

**9. Fights Infections:** The antiseptic properties in apple cider vinegar combat fungal and bacterial infections. It is especially effective topically to prevent acne and other skin problems. As for internal infections, the amount of ACV that can be applied most likely won't be enough to cure an active ear infection or UTI, but it can prevent them from reoccurring.

**10. Lowers Blood Cholesterol:** Apple cider vinegar has the power to decrease bad cholesterol and increase good at the same time. People who are advised to lower their low-density lipoprotein cholesterol (LDL) levels and raise their high-density lipoprotein cholesterol (HDL) can benefit from apple cider vinegar. This can help people with diabetes, which causes lower levels of "good" HDL and raises "bad" LDL cholesterol. Anyone with existing health issues should speak to a doctor before making this change in their diet, however.

**WORD SEARCH - SPRING IS HERE**

G	W	Y	Q	L	B	J	P	P	P	H	N	D	W	M	J	G
B	J	M	K	A	I	G	I	K	B	G	C	M	W	R	Y	N
H	I	I	M	L	G	Y	Q	M	L	I	Q	N	R	H	K	I
A	M	A	O	F	V	Y	D	G	O	H	W	L	E	V	R	T
X	P	V	C	U	J	U	P	H	S	R	X	U	T	R	A	U
U	J	A	F	U	C	C	S	U	S	R	B	S	S	S	B	O
I	M	A	S	R	X	T	L	R	O	W	E	H	A	G	B	R
T	R	S	F	S	A	L	Q	E	M	O	Y	W	E	T	I	P
A	T	R	S	B	O	G	P	V	S	B	C	K	O	F	T	S
X	A	E	W	U	M	V	R	L	I	F	Y	X	Y	H	S	A
R	G	W	H	T	S	V	E	A	L	J	O	X	P	D	S	Q
E	I	O	X	T	P	B	G	R	N	A	D	G	M	E	T	M
T	W	L	S	E	Q	K	T	P	V	T	B	S	H	I	M	Q
U	S	F	C	R	K	V	X	F	Q	B	L	E	S	A	E	N
R	Z	Q	U	F	T	C	O	V	Y	H	C	K	S	W	L	S
N	M	D	V	L	K	R	G	W	J	U	M	C	K	A	B	M
S	J	G	X	Y	R	R	T	V	L	X	O	Q	M	P	B	D

- |           |             |           |          |
|-----------|-------------|-----------|----------|
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Sold	2100 Sans Souci Blvd B1211	2/2	1,188	\$209,900	\$200,000
Sold	2150 Sans Souci Blvd B406	2/2	1,188	\$155,000	\$130,000
Sold	2150 Sans Souci Blvd A707	1/1/1	846	\$129,900	\$124,000

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