



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 5 Issue 1

March 2019

BAYVIEW TOWERS Dome Condominium Association, Inc.

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A Message from Your President **'Oh Chute!' Let's 'Talk Trash' - Again....**

One year ago, my original article by the same name, appeared in the Bayview Towers News and Views. To date, our Residents, along with many communities across the United States, are still struggling to comply with Recycling rules. The restrictions are set by the countries that receive over 30% of our disposable waste products – scrap metal, paper and of course, plastics. Then, U.S. “Comingled” or Single Stream recycling processing plants, pass these standards of compliance on to our communities.

Early 2017, marked the start of major trash problems for the United States, especially regarding recyclables. China, our largest recipient of acceptable recyclable trash, replaced a lenient policy with one of tightened restrictions; requiring a 99.5% purity level -devoid of contaminants. At best, the U.S. recycling processing plants can only attain a 97% purity level. Prior to the ban by China and continuing to present, our recyclable waste products have been diverted to other countries, including Malaysia, Thailand, Turkey, Vietnam and Canada. Recently, though, the percentages of that diverted trash, has been increasing enormously. For example, Malaysia’s increase is up by 1,985%! Some of these nations faced with worsening health hazards, are now considering temporary bans on continuing their waste diversion policies.

Many of us, including myself, always believed that everything deposited into a “Recycle Bin” is transformed into usable products and materials. FALSE! Trash collection and Bulk Recycling is a profit driven industry. In the past, China alone has paid 5.6 billion in one year, to the U.S. for scrap metal. Now, those profits have changed to huge monetary losses for U.S. communities and cost over-runs for waste management companies. These costs to U.S. companies to divert recyclables to foreign soil can be as little as \$15/ton to upwards of \$133/ton, depending on the product. Considering the millions and millions of tons being moved out of the U.S., this is an unsustainable financial loss to cities and counties throughout our country. These losses are then passed on to all of us through taxation, imposed contamination penalties or increased payments to private trash collecting companies.

Waste Management (WM) our bulk recycling vendor, has now presented us with an additional challenge for recycling – NO GLASS.

“GLASS IS NOW TRASH”. Yes, and another reason to impose a penalty for recycled contaminants.

Unfortunately, Bayview Towers’ residents, as a group, have been unable

Continued on page 2

President (cont. from page 1)

to successfully comply with the previous and now newer recycling restrictions. Therefore, your Board of Directors has voted to transition away from our present Recycling Program. (Minutes, Bd. of Directors Meeting 02/13/2019). Our ability to do this was confirmed by Mr. John Larfils, charge person for the City of North Miami Code Enforcement Dept. – Sanitation Division. He stated, “For Commercial Properties in the City of North Miami, participation in a Recycling Program is NOT mandatory.”

In order to properly evaluate our Association’s commitment to Recycling, for a limited time only, those wishing to recycle will have to take “extra steps, literally.:

- Initially, the large, plastic trash cans and the shelves in the Trash Chute Rooms on each floor will be removed.
- Only our Main Trash Rooms, on the ground level of each building, will contain the WM large, green-colored recycle bins.

- Recyclables are to be brought to those Main Trash Rooms only during the hours posted on the Trash Room doors.
- If recyclables are left outside of the Main Trash Rooms, or on the floor of the Trash Chute Rooms on each floor, we will be forced to discontinue our Recycle Program completely and immediately. The reason - mishandled trash disposal is a huge attraction for vermin and unwanted insects (rats and roaches).

Remember please – In Recycle Bins: NO plastic bags, NO glass, NO foam (Styrofoam), NO food waste, NO containers with food waste or product waste.

Signs will be posted in the Trash Rooms with the complete list. Most importantly, please be considerate- Every incorrectly discarded recyclable item containing, ‘contaminants,’ translates into a cost penalty to all Association members.

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President (cont. from page 2)

Now – What about boxes???
As before, none are to be left in the Trash Chute Rooms located on each floor.

All boxes, large and small, must be folded/collapsed and brought inside, please, not outside, our Main Trash Rooms on the ground level. Please note, only small boxes can be folded/collapsed, put in a trash bag and deposited down the trash chutes.

In conclusion, RECYCLING IS NOW IN THE DUMPS.

Driven by a crash in the global market for recyclables, countless communities like ours have been forced to make this very difficult decision. Hopefully, in our near-future, our community will join others across the country, to once again be able to make a commitment to Recycling. Importantly, this decision will not just be based on an affordable bottom line... but rather on considerations that are more environmentally respectful, responsible and promising.

Lynne B. Willner

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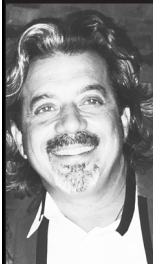
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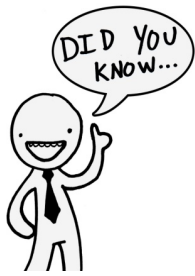
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8 Simple Habits That'll Add Years to Your Life

Celebrating your 100th birthday may have once seemed like a pipe dream, but studies show more and more people are living past a century. And believe it or not, making it to the big 1-0-0 takes more than just good genetics and good luck. In fact, your everyday habits play an important role in determining your longevity. Here are 8 proven and proactive steps you can take to up the odds of living a longer, healthier, and more fulfilling life, starting right now.

1 See the world through rose-colored glasses.

Life isn't always sunshine and rainbows, but simply believing that your quality of life is pretty good can make you less likely to die prematurely, according to research published in the BMJ. Not naturally a glass-half-full kind of person? Spend five minutes envisioning your best possible self. In a study published in the Journal of Behavior Therapy and Experimental Psychiatry, participants who did this exercise daily saw their overall levels of optimism improve within two weeks.

2 Pour another cup of joe.

Good news, coffee lovers: Avid java drinkers have been found to live longer than non-coffee-drinkers. They also seem to have a lower risk of heart disease, type 2 diabetes, Parkinson's disease, and certain types of cancer, according to Harvard health experts.

Although it's not totally clear why coffee comes with so many perks, caffeine

can be ruled out as an option: Decaf fans reap similar health benefits, possibly because coffee is loaded with antioxidants.

3 Get more massages.

Doctor's orders — no, really! "Massages increase the production of oxytocin, the feel-good bonding hormone, which lowers stress hormones and normalizes blood pressure," says integrative health expert and board-certified OB-GYN Felice Gersh, MD.

If you (understandably) can't afford frequent appointments, just tell your spouse they owe you one for washing the dishes.

4 Move a little more.

You don't need to be a gym rat or even meet the recommended 150 minutes of moderate exercise per week. Just a "low dose" of regular activity may be enough to boost your lifespan by 22 percent, according to research published in the British Journal of Sports Medicine.

So take an after-dinner stroll or park a little further from the mall and walk (or run, if there's a good sale!) the rest of the way.

5 Order the fish.

Even devoted meat-eaters can benefit from incorporating more fish into their diet. Several studies have tied the intake of omega-3-rich fatty fish, like salmon, to a longer, healthier life.

The American Heart Association recommends eating fish at least twice a week, so now might be a good time to

finally master chopsticks.

6 Nibble on nuts.

They might be tiny, but nuts are packed with antioxidants, can improve your cholesterol level, and are a good source of fiber (which helps keep you full and your blood sugar stable).

Research published in BMC Medicine found that people who eat nuts regularly have a lower risk of premature death. Just a little goes a long way: A serving size is a small handful, which clocks in at 160-200 calories.

7 Watch the sunset.

Yes, it makes for the perfect Instagram post, but sunset-watching may reduce levels of the stress hormone cortisol as well, says Dr. Gersh.

It also helps your body produce the hormone melatonin, which enhances quality sleep while lowering oxidative stress and decreasing inflammation — both of which can significantly contribute to longevity, says Dr. Gersh.

8 Schedule more girls' nights.

Not surprising: You live for wine and cheese nights with your girls. Surprising: A strong social network could be the key to living 50% longer, according to research published in PLOS Medicine.

The study suggests that having close friends actually has as significant an impact on your lifespan as not smoking, being active, and maintaining a healthy weight.

Good Housekeeping



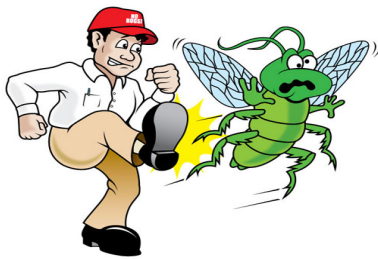
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The 2100 building will be from 9 a.m. to 2 p.m. on Thursday March 21st. The 2150 building will be from 9 a.m. to 2 p.m. on Friday March 22nd. Please look for notices posted at the elevator for any possible schedule changes.



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