

COASTAL NEWS



A Newsletter for the Residents of The Coastal Towers Condominium

Volume 13 Issue 7

April 2026

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coastaltowersasstoffice@gmail.com

IMPORTANT NUMBERS

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Security/Lobby..... 305-945-2471
Security Gate..... 305-944-5778
Email.. office@mycoastaltowers.com

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Mon. - Fri.....8:30 AM-4:30 PM
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COASTAL TOWERS
Condominium Association, Inc.
400 Kings Point Dr,
Sunny Isles Beach, FL 33160

MESSAGE FROM THE VICE PRESIDENT

At the Board meeting on 18 March, the Board voted unanimously to proceed with the \$9MM bank loan in lieu of raising a Special Assessment. The loan will be signed on 5 May.

At that meeting the Board also adopted a motion to explore options for the renovation or replacement of the cantilevered section of the pool deck. We have subsequently met twice with Pistorino & Alam, the consulting engineers, and NCP, the concrete contractor, to identify how this work should be scoped and what permits will be required.

The concrete work on the building is 92% complete and NCP's focus will soon shift to the resurfacing of the pool deck. We regret that the amount of dust generated by this work means we will be closing the pool during June and July.



Breezeline have now moved from “construction” mode (installing the junction boxes for the fiber internet) to “installation” mode (running the fiber inside the apartment, installing the router and repeater, and activating services). If your experience is anything like mine, you are in for a treat – I went from speeds of 170 Mbps to 970 Mbps. I was also impressed by the efficiency and professionalism of the installer.

Finally, a gentle reminder to register with the office any bicycle or kayak or paddleboard that is stored in the bike room. We are gearing up for our annual purge of unmarked items.

Jonathan
Vice President and Secretary of the 2026 CTCA Board

Stress Awareness Month -- Are your symptoms stress-related?

Stress isn't just about your emotions -- it affects your physical wellbeing, too, with physical symptoms and potential health consequences that can manifest before you're even ready to acknowledge how stressed-out you really are.

Our body's natural stress response -- the fight-or-flight instinct -- helps us manage stressful situations. But according to the Cleveland Clinic, our stress response can wreak havoc on our bodies if we're struggling with chronic long-term stress, such as high-pressure jobs, long-term illness or financial hardship.

Some of the symptoms of chronic stress include:

- Body aches and pains
- Problems with sleep, such as extreme fatigue or insomnia
- Chest pain or a racing pulse
- Elevated blood pressure
- Headaches, dizziness, shaking
- More frequent illness from a weakened immune system
- Hives
- Psychological symptoms like anxiety, depression, or

- panic attacks
- Substance abuse
- Excessive gambling, shopping, or other compulsive behaviors



Chronic stress can also contribute to long-term problems with your immune, digestive, cardiovascular, and reproductive systems.

There are things you can do to manage stress and protect your health. Daily physical activity, positive thinking, and taking the time to set achievable goals can all help you manage day-to-day stress. Your doctor or a therapist can also evaluate your symptoms and determine whether medication or talk therapy might be appropriate for you.

Remember that stress happens in life. While you can't always control the sources of your stress, you can control how you respond to it.

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EARTH DAY 2026: *The forest is fighting back*

If you’ve ever doubted whether big environmental goals can actually be achieved, Pakistan has a story for you.

In 2014, the Pakistani province of Khyber Pakhtunkhwa launched an audacious goal: plant one billion trees. Skeptics were plentiful. But by 2018, a WWF audit confirmed the province had not only hit its target but surpassed it — planting 872 million seedlings with an average survival rate of nearly 89 percent, ahead of schedule, expanding the region’s forests by 350,000 hectares. The International Union for Conservation of Nature called it “a true conservation success story,” and the province became the first entity in the world to complete the Bonn Challenge, a global pledge to restore degraded land.



Energized by that success, Pakistan launched the Ten Billion Tree Tsunami in 2019 — a nationwide, government-backed effort to keep going. More than 500,000 green jobs were created in the process, many of them going to daily workers in rural communities who needed them most. Forest cover has measurably increased around every major planting site.

No project this large is without bumps. Independent researchers note that survival rates at some sites run lower than official estimates, and that species selection and long-term care matter as much as raw planting numbers. But even the skeptics agree: this is one of the most ambitious reforestation efforts ever attempted, and it is working.

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