



PARKER TOWER

Monthly News

Volume 24 Issue 3

April 2026

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CONDOMINIUM**

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April Birthdays And Anniversaries

BIRTHDAYS

UNIT #	NAME	DATE
1701	DALILA FELDMAN	4-APR
401	MARLEN DE VARONA	11-APR
2110	ZEORYA GRITSAY	14-APR
1112	ZINAIDA KRYMKEVICH	18-APR
2210	ELAN RASABI	20-APR
1604	SUSANNA GOLUBCHIK-STAGG	21-APR
909	LUDMILA GULEVITSKAYA	21-APR
1705	VIVIANA LOPEZ	26-APR
1807	VIKTOR MOYSE	26-APR
312	LEONID DEUEL	29-APR



ANNIVERSARIES

UNIT#	NAME	DATE
1005	CECILIA & JULIO CASTILLO	4-APR
2504	CYNTHIA & MIGUEL PASCUAL	21-APR
1512	GALINA & NICK DONET	22-APR
1405	SVETLANA & MIKHAIL LAVITT	26-APR

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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April Showers

International Beaver Day, April 7



Today, manmade (mitigation) wetlands cost from \$10,000 to 100,000 per acre to build, while each beaver family creates and maintains several acres of wetlands — for free.

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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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