



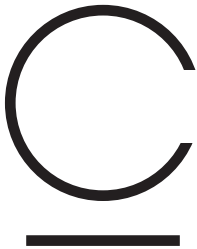
CENTRO

A Newsletter for the Residents of the Centro Downtown Condominium Association, Inc.

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CENTRO DOWNTOWN
Condominium Association, Inc.
151 SE 1st Street
Miami, Florida 33131



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admin@centrocondominium.com

Front Desk.....

Front Desk is available to residents 24/7

Frontdesk@centrocondominium.com

Packages are available to be picked up at Amazon Hubs and/or Front Desk at any time.

ASSOCIATION OFFICERS

President..... Juan Pablo Alvarez

VP/Treas... Levi Hernandez Vierya

Secretary..... Jorge Sierra Bejas

IMPORTANT NUMBERS

Main 305-440-0566

OFFICE HOURS

Mon - Fri 9:00 am - 5:00 pm

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NATIONAL SAFETY MONTH

Safety is a team sport

Nobody knows the hazards of your job better than the people doing it every day. That is why shared responsibility is one of the most powerful tools in workplace safety — and one of the easiest to put into practice.

It starts with small things. Mentioning a wet floor to the person behind you. Pointing out that a ladder looks shaky before someone climbs it. Pulling a coworker aside to say, “Hey, your hard hat strap is loose.” These aren’t acts of bossiness. They are acts of respect.

Toolbox talks and safety meetings work the same way. According to a report from Associated Builders and Contractors, companies that hold daily safety briefings reduce their recordable incident rates by 82 percent compared to companies that meet only monthly. That is not a small difference — it is the difference between going home healthy and not.

When OSHA studied workplaces with active safety participation programs, they found that injury rates dropped by 30 to 50 percent and that employers saved four to six dollars for every dollar invested in training. But the real payoff is simpler than any dollar figure: everyone watches out for everyone.

Safety meetings do not have to be long. A five-minute huddle at the start of a shift can flag a hazard that nobody noticed. Speak up, listen up, and look out for each other. That is shared responsibility in action.



★ CELEBRATE SAFELY ★

FIREWORKS SAFETY TIPS


- 
ADULT SUPERVISION ALWAYS:
 A responsible adult must handle and light fireworks. Children should never use them.
- 
READ ALL INSTRUCTIONS:
 Always read and follow the manufacturer's directions for each type of firework.
- 
USE OUTDOORS ONLY:
 Light fireworks in a clear, open area away from houses, dry grass, or other structures.
- 
SAFE DISTANCE:
 Stand well back once a firework is lit and ensure all spectators are also at a safe distance.
- 
KEEP WATER NEARBY: Have a bucket of water or a hose ready to extinguish duds or small fires.
- 
NEVER RELIGHT DUDS:
 If a firework doesn't go off, wait at least 20 minutes before approaching and soak it in water.
- 
DISPOSE PROPERLY
 Once finished, soak all used and unused fireworks in water for at least an hour before disposal.

★ CELEBRATE SAFELY ★




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COMMISSIONER
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MIAMI-DADE COUNTY - DISTRICT 5



My Miami and Miami Beach offices are open and ready to welcome you. If you have a concern, need assistance, or want to connect with County services, my team and I are here to listen and support you.

CONTACT US:

- ☎ 305-375-5924 ✉ district5@miamidade.gov
- 🌐 www.miamidade.gov/district05 📱 @CommissionerVickiLLopez
- 📍 2100 Coral Way, Suite 400, Miami, FL 33145 (Open M-F, 9 AM - 5 PM)
- 📍 1700 Convention Center Drive, 1st Floor, Miami Beach, FL 33139 (Open M & W, 9 AM - 5 PM)

Mis oficinas en Miami y Miami Beach están abiertas y listas para recibirle. Si tiene alguna inquietud, necesita asistencia o desea conectarse con servicios del Condado, mi equipo y yo estamos aquí para escucharle y brindarle apoyo.

CONTÁCTENOS:

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- 🌐 www.miamidade.gov/district05 📱 @CommissionerVickiLLopez
- 📍 2100 Coral Way, Suite 400, Miami, FL 33145 (Abierto de lunes a viernes, de 9 AM a 5 PM)
- 📍 1700 Convention Center Drive, 1st Floor, Miami Beach, FL 33139 (Abierto los lunes y miércoles, de 9 AM a 5 PM)



The Patron Saint of Wi-Fi



The Catholic Church officially has a millennial saint. Carlo Acutis, canonized by Pope Leo XIV in September 2025, is believed to be the first saint born after 1980. Nicknamed “God’s influencer,” the English-born, Milan-raised teenager was a computer whiz who taught himself programming and web design, built a website cataloging Eucharistic miracles, and managed his parish’s digital presence — all before his death from leukemia in 2006 at age 15. Unlike the robed and haloed saints of centuries past, Acutis is typically depicted in jeans, sneakers, and a red polo shirt, often with a laptop. The Vatican has embraced his tech-savvy image, and a new mobile app inspired by his work launched earlier this year. He is widely regarded as the unofficial patron saint of the internet. Not bad for a kid who also really loved playing video games.

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SWIPE RIGHT FOR WRINKLES

Beauty influencers have found their newest enemy — and their newest cash cow. A recent Wall Street Journal report spotlighted the growing panic over “tech neck,” the horizontal lines that form across the neck from constantly looking down at smartphones. Influencers have swooped in with a parade of solutions: specialty neck creams, silicone masks, massage rollers, and futuristic LED red-light collars, turning a modern insecurity into a booming profit center.



But creased necks are just the opening act. Americans now average roughly five hours a day on their phones, and the body is keeping score. Digital eye strain — headaches, dry eyes, and blurred vision — affects millions who blink half as often while scrolling. Tilting your head down at 45 degrees puts up to 60 pounds of pressure on the cervical spine, leading to chronic neck and back pain. Then there’s the invisible toll: disrupted sleep from blue light exposure, increased rates of anxiety and depression, and studies linking heavy screen time to reduced gray matter volume in the brain.

So the next time an influencer sells you a \$90 neck serum, maybe just try looking up.

SNOW'S



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