

COASTAL NEWS



A Newsletter for the Residents of The Coastal Towers Condominium

Volume 13 Issue 9

June 2026

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

MESSAGE FROM THE VICE PRESIDENT

Welcome to World Cup season. May your favorite team make it deep into the knockout stage of the tournament!

May was a month of solid progress on our new capital projects as the selected vendors finalized the specifications and applied for the required permits for the electrical recertification work, the hallways and elevator lobby project, and the front lobby work.

As I mentioned last month, the planned changes include modernization of the elevator lobbies on each floor (replacement of existing tiles, more attractive framing of the elevators, better lighting; some AC ductwork to address the condensation issue on several floors opposite the 29, 30, and 31 lines); modernization of the hallways on each floor (resurfacing of the walls and exterior of each apartment door, new carpets); relocation of the front desk to the south side of the entrance way (so that it faces the elevators and allows our security team to have unobstructed views of the entrance and elevators).

In the meantime, we are into the final months of the concrete restoration project with NCP and working with the consulting engineer to identify the best contractor to do the work on cantilevered section of the pool deck (the part that is currently fenced off).

Another unexpected project has been the need to address the drainage in certain of the laundry rooms. We have discovered that the drainage pipes have not been adequately cleaned going back many years and many are now almost completely blocked by scum build up. Clearing them is a priority ahead of hurricane season.

Many thanks for your patience as your Board works to restore the structural and operational soundness of Coastal Towers and restore the building to its original beautiful design. Your Board is determined to reestablish Coastal Towers as a

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Message from the Vice President (cont. from page 1)

place that people are happy to live and where the value of their homes is enhanced.

Condos are communities owned by their members. Sustaining a community atmosphere requires that everyone recognizes their obligation to treat others with respect. For those of you whose units are simply investments, you are still responsible for the behavior of your tenants, and the proper use of the units.

In the May newsletter, I highlighted that one aspect of the obligation of every owner to the others is to ensure that you are current with your payments. The community has no resources other than what is paid by its members, so late payment by some owners requires other owners to have to cover the cash shortfall and creates additional work for the office to chase the delinquent payers.

Sadly, in this newsletter, I need to call out two further examples of behavior by owners that is not only selfish but fraudulent. We have had a small number of owners try to make false claims for damage done to their AC units. We know these to be false because we ask NCP take photos of

every AC unit before any work is done on any balcony. We have also had a former candidate for the Board pretend to be a NCP contractor so he could do work in the building without the necessary permits.

Your Board is grateful that these types of anti-social behavior are demonstrated by only a small minority, and we appreciate that the majority of our owners recognize that a community requires each of us to strike a balance between our self-interests and considerations for our neighbors. We want to thank all of you that abide by what may seem like petty rules (only parking briefly at the building entrance; not taking large packages through the lobby; only using the service elevator with your pets; not using contractors after hours; cleaning the gym equipment after use) in the spirit of making this a considerate community. We know it would be personally more convenient for you to act selfishly, and we thank you for choosing not to do so.

Let's embrace the spirit of the World Cup and be one happy community of nations!

Jonathan
Vice President and Secretary of the 2026 CTCA Board

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June 1st - November 30th





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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.



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