



Mystic Pointe Tower 300

Monthly Newsletter

Volume 24 Issue 12

A Monthly Newsletter for Residents of Mystic Point Tower 300

August 2026

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Secretary.....
Director.....
DirectorIta Lev
DirectorCharles Mehlman

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Admin. Asst. Estefanny Hidalgo
Maint. Engineer Robert Kulic

OFFICE PHONE #'S

Main (305) 933-2636
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E-Mailmystict1@mystict300.com

OFFICE HOURS

Monday - Friday.....9 AM - 5 PM
Closed from 1pm - 2pm

Mystic Pointe Condo 1

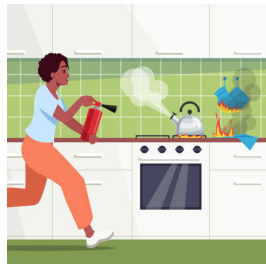
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What a Kitchen Fire Spray Can and Can't Do

The little aerosol fire spray in the kitchen drawer may not last as long as homeowners expect. According to Consumer Reports, the cans carry only about a three-year shelf life -- far less than the six to twelve years of a traditional extinguisher -- and they have no pressure gauge, so there is no way to confirm one is still charged. The date is printed on the can; note it and replace on schedule.



The sprays do have real virtues. There is no pin to pull, just point and spray, and they are rated for grease and cooking-oil flare-ups, which makes them easy to grab in a hurry. But they are a backup, not a replacement. The label itself states the spray does not meet NFPA 10, the standard for a true fire extinguisher.

Why Plain Water Isn't Always The Best Drink In The Heat

For workers sweating through a shift outdoors or in a hot plant, the most surprising hydration advice is that plain water is not the drink that keeps the body hydrated longest. A University of St. Andrews study published in the American Journal of Clinical Nutrition tested 13 common beverages and found that milk and an oral rehydration solution held fluid in the body far better than water, producing roughly 25 percent less urine. The reason is sodium and a little sugar, which slow how quickly fluid leaves the stomach.



Water is still important, though. For short jobs, cool water is plenty, and the first rule is to drink before thirst hits. According to OSHA, workers in the heat should sip about one cup every 15 to 20 minutes, up to 32 ounces an hour during hard, sweaty work. The water should be cool, near 50 to 60 degrees, and kept close enough to reach easily.

The longer the work runs, the more electrolytes matter. OSHA advises adding electrolyte drinks for jobs lasting more than two hours, because heavy sweating strips out sodium and potassium. Losing too much can bring on muscle cramps or worse.

ATTENTION PLEASE!

- If we do not have your guests in our system we will not allow them access, no verbal authorization is allowed! Please send us a WRITTEN authorization with owner signature. Please remember that only IMMEDIATE family are allowed to stay in the unit without owners being present. Owners MUST be present while all other guests stay in the unit.
- Cigarette butts must never be thrown off the balconies. Please make sure you and your guests and employees use ashtrays. Do not toss cigarette butts in front of our building!!
- If your delivery (i.e.: stove, dishwasher, bed etc.) any type of delivery....is not scheduled they will be turned away!
- Do not wash down your balcony, as the dirty water lands on the balconies below. Use a damp mop instead.
- Dogs must be carried or wheeled in a doggie cart through hallways, elevators and through the pool area at all times.
- All items that go down the trash chute must be placed in securely closed plastic bags. All items that do not fit in the trash chute easily must be taken to the first floor trash room for disposal. This includes most boxes, including pizza boxes. Otherwise, the chute becomes blocked.
- When requesting the key for the bike room you must leave your driver's license with the concierge.
- When your individual air conditioning unit is replaced, the valves must also be replaced. Also, the management office needs to know three days in advance of the replacement.
- Contact the management or valet office if you will be having more than 10 cars as guests in your apartment.
- Remember to call the valet 10 minutes in advance at 305-932-8881, if you need your car.
- ATTENTION LEASEE: This is not a rental community. The employees of Mystic Pointe are here to maintain the common areas, not the units. Any work requested for the unit must be submitted in writing by the unit owner



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What's My HOME WORTH?

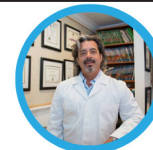


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REMINDERS!

- All movers must be licensed and insured, no self-moves. Proof of license and insurance is required. The use of the service elevators must be reserved two days in advance or access will be denied. Any un-expected delivery or non-scheduled delivery may be charged between \$25.00 - \$50.00. There is a \$500.00 refundable security deposit for the use of the service elevators plus a \$250.00 non-refundable fee is required for all move in's & move out's. There is a \$500.00 pet security deposit for unit owners ONLY. Renters are not allowed to have pets.
- Packages are held at the front desk for a maximum of 3 days, after 3 days they are sent back. If you would like the front desk to hold your packages for more than 3 days, you must contact the front desk at 305-932-9333. We have minimal space at our front desk to hold packages. If you are out of town for long, we ask that you please refrain from receiving loads of packages.
- Rental of the Garden Room and Bayview Room are available to residents. Reservations are required at least two weeks in advance. There is a \$500.00 refundable security deposit fee and a \$350.00

non-refundable rental fee for the Garden Room and a \$500.00 refundable security deposit fee and a \$350.00 non-refundable rental fee for the Bayview Room.



- Do not throw large items, i.e.; construction debris, fishing poles, curtain poles, large boxes, AC Filters etc. down the trash chute. This will cause the trash chute to jam, causing the garbage to back up to the upper floors.
- Contractors shall be in by 9:00am and out by 4:30pm, NO LATER! When using the chipping hammer, hours allowed are from 10:00am – 3:00pm and contractors MUST advise management office at least 3 days in advance.
- Residents, please always remember to keep our home a nice place to live in by maintaining this building clean and following building rules. Keep your guests informed of our rules and regulations.

NO JOB TOO SMALL

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