

Lake Point Tower

CONDOMINIUM

A Monthly Newsletter for Residents of the Lake Point Tower Condominium

Volume 17 Issue 3 October 2026

BOARD OF DIRECTORS

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Vice President... Franco Bartolotta
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Secretary ..... Steven Vargas
Director..... Bob Miller

PROPERTY STAFF

Manager..... Hernan Gehr
propertymanager@lakepointtower.net
Coordinator ..... Sonia Prieto
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IMPORTANT NUMBERS

Office 754-232-3313
Coordinator..... 754-232-3323
Guard House..... 754-303-9043

OFFICE HOURS

Monday, Wednesday and Friday
9:00 am - 5:00 pm
Tues, Thurs ...closed for administrative



Lake Point Tower
Condominium, Inc.
100 Golden Isles Drive
Hallandale Beach, FL 33009

Message from the Board and Management

The Board of Directors and Property Management would like to remind residents of several community rules and provide guidance on balcony drainage and tile installation. Following these requirements helps maintain a safe, orderly, and comfortable environment for everyone.



1. Construction and Remodeling Hours
Construction or remodeling that produces objectionable noise audible in common hallways or other residential units is permitted only Monday through Friday, from 9:00 a.m. to 5:00 p.m. No construction is permitted on Saturdays or Sundays. Violations will be referred to the Grievance Committee for a hearing and may result in fines in accordance with Article XXI of the Rules and Regulations.

2. Pool Access and Wet Bathing Attire
Residents and guests wearing wet bathing attire must use the service elevator and the designated corridor opposite the pool when entering or exiting the building.

3. Laundry Room Sink Restrictions
Laundry room sinks may not be used to clean automotive parts, paintbrushes, air-conditioning filters, or fish tanks. Grease and hazardous liquids must not be disposed of in these sinks.

4. Laundry Room Courtesy
Laundry left in a washer or dryer for more than 15 minutes after the cycle ends may be carefully removed and placed on the table by the next resident waiting to use the machine. Please handle your neighbors' belongings with care.

5. Appropriate Attire in Common Areas
Appropriate attire, including footwear, is required in the building's corridors, elevators, and lobby.

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Message from the Board *(cont. from page 1)*

6. Responsibility for Community Rules
All unit owners and lessees are responsible for familiarizing themselves with Lake Point Tower's Rules and Regulations and informing their guests of the applicable requirements.

7. Balcony Drainage and Tile Installation
Water Ponding: Minor standing water following rainfall may take up to 48 hours to evaporate and is generally considered normal. Water that remains beyond this period should be reported to Property Management.

Tile Installation: Balcony tile should be installed by a licensed contractor to help prevent drainage and water intrusion issues. Installations must provide proper slope for drainage and use materials suitable for outdoor exposure, in accordance with the manufacturer's recommendations and all applicable state and local building codes.

Working Together
Maintaining Lake Point Tower's safety, appearance, and long-term value requires the cooperation of our entire community. The Board remains committed to responsible financial stewardship, ongoing property maintenance, and decisions that serve the interests of the Association as a whole.



Thank you for your continued cooperation and support.

LPT Board of Directors & Property Management

The beer belly is not really about the beer

Blame the beer if you like, but the research does not. Studies find that beer raises overall body weight without steering fat toward the abdomen. The weight would have landed in the same place regardless of what was in the glass.

Alcohol does play a part, just not the one the nickname suggests. According to Mayo Clinic endocrinologist Michael Jensen, the liver burns alcohol first and sets fat aside while it works. A 2026 imaging study in the International Journal of Obesity found heavy drinkers carried more deep abdominal fat than their total body fat would predict.

The larger reason is male aging. Testosterone starts declining in the mid-30s, muscle mass follows, and men store fat viscerally -- inside the abdominal cavity, around the organs -- while women store more of theirs under the skin until menopause. That is why a beer belly often feels firm rather than soft. Visceral fat sits behind the abdominal wall and pushes it outward. Fat you can pinch is subcutaneous and comparatively harmless. The deep kind is metabolically active, and is associated with heart disease and type 2 diabetes.

An enormous industry sells answers, and most do not work. Researchers at the University of Sydney reviewed more than 120 placebo-controlled trials of herbal and dietary supplements and found none producing a meaningful reduction in weight. Crunches fail too. A meta-analysis of more than 1,000 participants found no evidence that working one area removes fat from it.

What did work, in a Duke University trial published in the Journal of Applied Physiology, was ordinary movement. Sedentary participants who did nothing gained 8.6 percent more visceral fat in six months. Walking 11 miles a week, roughly half an hour most days, stopped the gain. A greater amount reversed it, with no change in diet at all





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Why Bunco Works When Other Games Don't

Ask anyone who runs activities at a senior community why Bunco keeps filling the room, and the answer is usually the same. Nobody has to be good at it. Bunco has no strategy at all. Players roll three dice and try to match the number of the round -- ones in round one, twos in round two, and so on through six. Each matching die is worth a point. Three of the round number is a Bunco, worth 21 points and a shout. Three of any other number is a mini Bunco, worth five. There is no rerolling, no bidding, and nothing to memorize. While bridge and euchre reward players who study the game, Bunco rewards people who show up. That puts a first-timer and a 20-year veteran on identical footing. The standard setup is 12 players at three tables of four, with winners rotating up between rounds. Most groups collect a few dollars per player and pay all of it back out as prizes the same night. The rest is dice, a bell, and conversation loud enough to drown out both.



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Careful with money, invisible to lenders

Somewhere there is a 47-year-old woman who pays her rent on the first of every month and carries no credit card debt. She also does not appear on a credit report. Not a low score. No file at all. The industry calls this credit invisible, and it is not a punishment for bad habits. Credit scores measure how a person handles borrowed money, so someone who has never borrowed any leaves nothing to measure. Being careful is what made her unreadable.

The Consumer Financial Protection Bureau counted roughly 7 million credit invisible adults as of December 2020, plus another 25.3 million whose records were too thin or too stale to score. Rent should have solved this and did not. It is the largest recurring bill in most households, and it has left no mark on a credit file the way a mortgage does. That is changing. According to Fannie Mae, 12 months of verified rent payments can now count toward a mortgage decision, and on-time rent reported to the bureaus can establish or lift a score.

Someone has to do the reporting, though, and most landlords do not. Ask first whether the building already takes part in a service; some are owner-paid and cost the tenant nothing. If not, renters can enroll themselves, and how a service verifies payment decides which ones will work. Boom, Self, and Experian Boost scan a linked bank account, which rules them out for anyone paying by cash or money order. Rental Kharma and RentReporters verify with the landlord instead, so the payment method does not matter.

Ask two things before paying anyone. Which of the three bureaus does it reach -- Rental Kharma, for one, reports to two of them. And does it report late payments along with the on-time ones?

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