Mystic POINTE TOWER 300



# Mystic Point Tower 300

## Monthly Newsletter

Volume 25 Issue 2 | A Monthly Newsletter for Residents of Mystic Point Tower 300 | October 2026

### ASSOCIATION OFFICERS

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**Vice President** ....Dennis Landsberg
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### OFFICE STAFF

**Property Manager**.....Carol Valoy
**Admin. Asst.** ..... Estefanny Hidalgo
**Maint. Engineer** .....Robert Kulic

### OFFICE PHONE #'S

**Main** ..... (305) 933-2636
**Fax** ..... (305) 931-8719
**E-Mail** .....mystict1@mystict300.com

### OFFICE HOURS

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

### Mystic Pointe Condo 1

3600 Mystic Pointe Dr.
Aventura, FL 33180
**mysticpointeresidents.buildinglink.com**




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## DON'T FORGET...

### *Spring forward...Fall back...*




Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November.**

Be sure to set your clocks back one hour at 2 AM on Sunday, November 1, 2026.

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.



# 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 IMMIDIATE 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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# Orcas have fads. One is sinking boats.

In the summer of 1987, a female killer whale in Puget Sound began swimming with a dead salmon balanced on her head. Within weeks, orcas in two neighboring pods were doing it too. It served no purpose anyone could identify. By the next summer it had vanished.



Orcas appear to have fads. The current fad running off Spain and Portugal is more expensive than salmon cosplay, and it may be just all for fun.

Since 2020, a small group of Iberian orcas has been ramming the rudders of sailboats -- more than 700 encounters and at least eight boats lost, according to the Atlantic Orca Working Group. The popular explanation is revenge: a matriarch injured by a boat, teaching the others to strike back. Most researchers who study these whales do not accept that.

What the evidence shows is narrower. A 2022 study in Marine Mammal Science found the whales go for the rudder specifically and lose interest once the boat stops moving. They are not attacking the vessel. They are playing with the part that swings.

The official advice follows from that. Spanish maritime authorities tell sailors to cut the engine, drop the sails and take their hands off the wheel. Boats that comply come away with less damage.

About 15 whales are involved, out of an Iberian population of fewer than 50. Give a bored orca nothing to push against, and it goes looking for something better.

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# 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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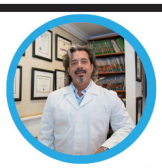
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# REMINDERS!

- 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.

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