

# LONDON TERRACE

## Towers News

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### The Best Leash for Your Dog

When you're out and about with your dog, to have him/her attached to you by means of a leash is important for his dog's safety as well as for the safety of others. Even if your dog is well trained and normally well behaved, he may still occasionally become distracted by goings on, forget his training, and wind up a dangerous situation.

In such a situation, a leash can give you that guarantee of control so crucial to the prevention of tragedy. Besides, the house rules require dogs to be leashed in all public areas of the building...including your own hallway and the elevators.

**But which leash is best?** It depends on your dog. Leashes range from a few dollars to the jewel-encrusted monstrosities reserved for people like Donald Trump. You don't have to spend a lot of money on a leash, but you certainly should look carefully for the right kind.

Leashes are made of chain, nylon, or leather. Some trainers recommend nylon because of its elasticity, and supposed comfort for the dog and for the owner. Also, some believe that dogs may be less likely to chew nylon, as opposed to leather. By the way, if you expect to walk your dog at night, you may want to buy a nylon lead made of reflective material, to keep you and your dog visible in traffic. Leather leashes have their protagonists, too. Leather softens with use and, when flexible with age, is kind to hands and easy to grip, yet it remains strong. Many professional trainers recommend leather over nylon, which can sometimes chafe or cut into the skin.

**Two-handed leashes.** If your dog is not well behaved or is young and rambunctious, the leash should be shorter, so he is closer to you and under more of your control. In such a situation, a two-handed leash may be the one for you. A two-handed leash has one loop at the end and one nearer the clasp attaching the leash to the collar or harness. This eliminates the need to wrap the leash painfully around your hand.

**Standard walking leashes.** You can get the standard leash, with just one handle. They come in different lengths – usually 4 feet, 6 feet, and 8 feet.

**Kennel leashes.** Used by veterinarians and kennel operators, kennel leashes give even greater control over dogs to move them short distances.

**Training leashes.** A much shorter leash than the others helps teach dogs to heel. For larger dogs, a 1-foot leash is optimal. Two-foot leashes are designed for medium-sized and smaller dogs.

**Leashes for city life.** Some products are specifically designed for the city. "The Ultimate City Leash," designed by the manufacturer Raven's Watch, allows owners to tether their dog to a post or parking meter without detaching the snap from the collar. However, animals should never be left unsupervised – it takes only a second for someone to steal a dog. The leash has other city advantages: the hand loop adjusts from a 14-inch to a 26-inch loop. It can also be worn around the waist when carrying parcels or rollerblading. The leash portion adjusts from 3 feet to 6 feet to keep your dog where you want him.

**Retractable leashes.** These leashes have become popular in recent years. They allow a pet to walk farther from his or her owner while still under some control. The line can be shortened or lengthened at the

owner's will. But there are dangers to this. A dog that is not under control can attack a person, cat, another dog, or run into the path of a car before the owner can "reel" him in.

**There is one leash to beware of: the show leash.** These leashes are designed for the show ring at dog competitions. They are thin, attractive devices that are designed to help guide a well-behaved dog to the ring without messing up his or her hair. They should never be used as a walking or training leash because they are unsafe.



Dear Fellow Shareholders:

As noted to your right in this issue, we have a new Superintendent. Over a six month period, the Board of Directors left no stone unturned in the interview process. Scores of resumes were examined, countless candidates were interviewed and the final candidates were interviewed several times. Dave O'Leary is exceptionally well qualified and is off to a great start! We welcome Dave and his family to ours.

As the weather starts to get warmer, you will begin to notice an increase in activity around the exterior of the building. Not only will we be finishing the limestone project but the exterior brickwork will begin. Kay Waterproofing has been hired to point and repair the brickwork that has been causing the leaks in many apartments. In some areas, scaffolding and bridges will have to be erected. You may experience some inconvenience during this time. Please be patient as this is necessary work. Many of your neighbors have been waiting several years for these repairs.

We will be starting the work on the Tenth Avenue side and then moving on to Ninth Avenue. If you have a leak in your apartment - usually around the windows - NOW is the time to call the office to schedule an inspection. Once we are finished with this exterior project, it will likely be many years before we do it again.

As of this writing, we are waiting to firm up the date for the refinancing closing. We will share the final details with you.

Have a nice Spring!

Yours very truly,

Nancy Frawley  
President, LTTO, Inc

### Dave O'Leary Our Resident Superintendent

We are very pleased to formally announce the appointment of Dave O'Leary as our resident superintendent. Dave has been a resident manager for over twenty years, most recently at the Continental Towers, a 550 unit Upper East Side high-rise condominium. Prior to that, he was the resident manager of a 400 unit luxury rental building in the theatre district on West 52nd Street.

Dave holds several industry certifications including Registered Apartment Manager from the National Association of the Multifamily Housing Industry and Accredited Residential Manager by the Institute of Real Estate Management.

Dave grew up on 14th Street in Chelsea and attended Xavier High School. His wife's name is Anne. Anne and Dave have two daughters Siobhan (20), a Junior at Fairfield University, and Fiona (18), a Freshman at Pace University in Manhattan.

He tells us he's happy to be back in the neighborhood...and we are happy to have him here as well.



### This and That at LTT

As of April 1 (and this is NOT a joke!), the City of New York will once again require the recycling of glass items. All glass items must be placed in the blue bins on your floor. Please rinse out any glass food containers before putting them in the bins to avoid attracting unwanted creatures.

In this same vein, we have been noticing that a growing number of residents are leaving their regular trash on the floor near the trash compactors. THIS IS ABSOLUTELY FORBIDDEN. You must put your regular trash in tied bags down the chute.

In 2002, the BOD hired the Water Group to analyze the cooperative's water and sewer billing records from the NYCDEP for accuracy and to evaluate the water delivery configuration. Our managing agent had advised us that the Ninth Avenue bills were high as compared with the Tenth Avenue bills. Their original investigation went back to 2000 and, as a result, LTT received a \$128,350.39 credit on our future water bills. At the time, the Water Group suspected that there was still some erroneous billing going back as far as 1998. Voila! We were just informed that we are entitled to a \$80,064.27 credit on future bills. The Water Group is paid 33% on the basis of savings.

The lobby luggage racks are there for the convenience of all residents however they are to be used ONLY going from your building to a car in front of the building and to/from your apartment. They must be signed in and out at the lobby desk and returned to the lobby. DO NOT leave them in elevator.

If you have a long term guest using your apartment, you must notify the management office in writing. You must include the name of the person and the length of their stay. Your guest is not entitled to photo ID's or the use of the Health Club, pool or roof deck, unless you accompany them and have a guest pass. While it is good to let your lobby attendant know, it is not the proper notification. If it is more convenient, you can FAX this to 212-675-3614.

Residents are NOT permitted in the basement work areas, including the staff locker rooms.

This is a reminder of the best way to handle noise complaints:

- Make sure you know you are complaining about the correct source of the noise.
- First try the neighborly thing and let your neighbor know that they are disturbing you. A telephone call, a meeting face-to-face or a short note from you is usually better received than a formal letter from the office.
- Late night disturbances can be reported to the lobby attendant, who will log the incident in book.
- If all attempts fail to produce the result you want, send a formal complaint to management office. Be specific.

The 470 Sun Deck will open April 1, 2004. It will be open from 9AM until 8PM. You must bring your valid LTT ID for access. If you need an updated ID, you may obtain it from the management office Monday through Friday, 9AM - 5PM.

If you have a ceiling fan, please ensure that it has been installed properly. Improperly installed fans have been the source of unpleasant vibration and disturbing noise for some upstairs neighbors of fan owners! Our staff can check this out for you...just call the office for an appointment.

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Contact Edward Maichin at: [dmaichin@aol.com](mailto:dmaichin@aol.com)

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### 10 Consumer Tips for ATM Safety and Security

The Electronic Funds Transfer Association has some great tips for making sure your visit to the ATM is uneventful.

1. Always pay close attention to the ATM and your surroundings
2. Be wary of people trying to help you with ATM transactions.
3. Do not use an ATM that appears unusual looking or offers options with which you are not familiar or comfortable.
4. Do not allow people to look over your shoulder as you enter your PIN code.
5. Do not reenter your PIN if the ATM eats your card -- contact a bank official immediately.
6. Never write your PIN on the back of your card.
7. Do your automated banking in a public, well-lit location.
8. Never count cash at the machine or in public. Wait until you are home, in your car or another secure place.
9. When using a drive-up ATM, keep your engine running, your doors and windows locked and leave enough room between your car and others in the ATM drive-up line.
10. Closely monitor your bank statements, as well as your balance, and immediately report any problems to your bank.

### Sally Sings Live at Danny's

Sally Stark, long-time resident of 405, was inspired by the lovely sounds of the legendary Maxine Sullivan, and has recorded a new CD, appropriately titled *Sally Stark sings Maxine Sullivan*. This CD is worth a listen but, better yet, join Sally and company at one of three shows at Danny's in May.

Sally Stark sings her CD Live at Danny's

with MIKE ABENE piano  
CHIP JACKSON BASS  
DENNIS HAZEL DRUMS

JAMES CHIRILO guitar  
MICHAEL MADORE saxophone  
HARRIS BACHL trumpet

"This CD has a great intimate feel. Sally shines through."  
-Bernadette Peters

Sally Stark sings Maxine Sullivan  
music director / arranger MIKE ABENE director LINDA AMIEL BURNS

CELEBRATE THE RELEASE OF THIS NEW CD

Thursday, May 6 at 7:00pm	Friday, May 14 at 9:15pm	Friday, May 21 at 9:15pm
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Danny's SKYLIGHT ROOM-CABARET  
345 West 46th Street, NYC 212-265-8133  
Reservations Required [www.dannysgsp.com](http://www.dannysgsp.com)

\$15 Cover charge (\$10 cover for MAC, NYSMS) • \$10 food/drink minimum

"Classic songs sung brilliantly by the classic Sally Stark."  
-Margaret Whiting

Visit [www.SALLYSTARK.com](http://www.SALLYSTARK.com) for information

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# Project Apartment

## Ten Easy Projects to Renew Your Kitchen

Have a like-new kitchen on a slim budget.

Need a creative, quick save to rescue your faded kitchen but have limited time and not a lot of money? These are projects any do-it-yourselfer can accomplish on a barebones budget and still end up with a dynamite result. Get started in the morning and be finished in time for dinner guests!

### 1. Think Paint

The first and primary hint: Paint works miracles on everything. Don't think colors; think shine and texture. Old wood tone cabinets spray-painted very glossy white or hand painted with oil-base in creamy white provides yards of look for very little cash.

Then repaint the walls with latex satin enamel in soft sheen or no sheen. Use a color to contrast with your "new cabinets." Feeling adventurous? Paint pulls and hinges, too. If you have poor cabinetry, this technique can really pull it together.

**2. New Pulls** When renovating cabinetry, new pulls add punch. In a small kitchen, put money into pulls and hardware. Expensive pulls can make the worst cabinets sing. Consider vintage pulls.

**3. Remove** Less is more! Look at the cabinets and consider which doors could be removed to expose the shelving. Open shelving helps a kitchen look bigger. Display your favorite dishes, baskets and what-have-you for a new, updated look. Paint the inside of the cabinets the same as the outside or an opposite, bright color for snap and speed.

**4. Replace** Replace solid cupboard doors with glass fronts. The glass can be clear or frosted or you can get vintage doors and master them to fit. Showcase dishes, glassware, silver, anything displayable.

**5. Lighting** Track lights brighten up any kitchen. Wire suspension lights can make the space look contemporary and new.

**6. Easy Tile** Have new countertops in a day. (Here's when it pays to have a small kitchen.) If the counter space is not expansive, go ahead and splurge on expensive tile. It will make the entire kitchen look luxurious. Or, with small counters, you may be able to buy vintage tile. Tiling a small countertop is simple. Don't be afraid of irregularities.

**7. Quick Floors** Today there are countless self-stick tiles that can be added for a quick revamp. Floating wood floors and wood tiles can be done in an afternoon. Paint the floor a dark color such as black. To tie in the wall or cabinet color, use that paint to rag or faux finish over the darker color.

**8. Flashy Faucets** Here's another feature to invest in. A flashy new faucet can make an old sink fade back.

**9. Reflections** One of the best ways to add space without a major alteration is to use mirrors. They add dimension and space.

**10. Window Covering** A new window covering makes the window and the wall look fresh. A matchstick blind cut to size or a metal-tone mini blind add texture and light control.



## Maintain Your Window Air Conditioner

We depend on window air conditioning units to keep us cool on the hottest days of summer. These units offer the only shelter from punishing heat that can be life threatening. A little bit of care and maintenance can go a long way toward ensuring that this important appliance doesn't break down when you need it most.

### At the very least...

Clean your air filter once a month while it's in use. The air filter is the most important part of your cooling system. If it becomes clogged, then your system will have to work harder and longer to supply the same amount of cool air.

1. Turn off the air conditioner.
2. Remove the foam air filter from the unit.
3. Wash any dirt from the filter with water and let it dry completely.
4. Replace the filter.

### And...

Inside your air conditioner is a compressor, condensing coil, evaporator coil, blower, controls and maybe a little duct work. The duct and the damper allow the unit to draw in fresh air and recirculate the room air. Newer units have electronics with timers, accurate temperature sensors and remote controls. By using sound absorbing materials and quieter motors, air conditioners have improved a lot.

But this requires routine maintenance like any other machine. The condenser unit can accumulate lots of debris and need a chemical bath. All air conditioners need good air flow across the evaporator and condenser coils. Efficiency and cooling drops rapidly as air flow decreases. If you lose too much air, the unit will burn out.

### Don't Wait

Don't wait until summer is upon us to service your air conditioner. Our maintenance staff offers a cleaning service for \$85.00 for those air conditioners that are in wall sleeves. Outside contractors charge up to \$200.00 for the same service. Call the office at 212-675-2000 to make arrangements. Shareholders will be billed on their maintenance invoice. Subtenants must make arrangements with their landlords. Air conditioners will be serviced on a first-come, first-served basis.

For insurance reasons, window mounted air conditioners will not be able to be serviced by our staff. The Management Office contracts with Domestic Air Conditioner Service for the rental tenants of the Sponsor. (718-894-5726).

### On Another Note

Window mounted air conditioners MUST be secured by a metal bar at the top. If your air conditioner's outside grill or casing is rusting and leaking rusty water onto the building, you are required to replace it.

## One More Word About Your A/C

If your air conditioning unit is getting up there in age or you've noticed unusual sounds or excess humidity, buying an updated model can save energy costs, help cut down on air pollution – and, of course, keep you cool.

The Environmental Protection Agency devised the Energy Star label to rate energy-efficiency in a number of household products, including air conditioners. It says that if one household in 10 bought Energy Star cooling equipment, some 17 billion pounds of air pollution would be avoided. The EPA says that if your cooling system is more than 10 years old, it might be time to upgrade to a unit that has earned the Energy Star label for high efficiency.

If you decide to buy a new unit before it gets too hot, you might also enjoy special pre-summer offers.

### So how do you know if it's time to replace your cooling equipment?

The EPA says it might be time if you:

- Have an air conditioner that is more than 10 years old.
- Frequently need repairs...or your rooms are too hot or too cold. There may be duct problems, inadequate insulation or other equipment might not be functioning properly.
- Hear a lot of noise. You might have a problem with the indoor coil of your cooling unit.

## Fire Extinguishers

A fire extinguisher can be a lifesaver. Placed near an exit (and in your kitchen), in an easy-to-grab spot, it can put out a small fire before the firefighters arrive, or at least suppress the flames while you escape.

All household extinguishers are classified A, B, or C (or a combination of these) on the label to indicate which types of fires — ordinary combustibles, flammable liquids, or electrical — you can use them on. Many are classified A:B:C and fight all three types of fires.

The main distinction among home extinguishers is size. There's also a difference between rechargeable extinguishers, with metal valves, and disposable ones, which have plastic valves. A rechargeable one will cost more, but refilling it once the pressure gauge shows that use or time has depleted the contents is still less expensive than buying a new disposable one.

But no matter how many you have, nothing can substitute for the most important safety tool: a fire plan. Make sure you know how to get out in a hurry, where to meet outside and how to call 911. Even if you think you've put out the fire on your own, don't cancel that emergency call. Leave it to the pros to decide if it's really out.

### Using an Extinguisher

Fire safety experts advise you to learn how to use an extinguisher before an emergency arises. Keep extinguishers where you can see and reach them easily.

To help you remember how to use an extinguisher, use the acronym PASS:

- Pull the extinguisher's safety pin.
- Aim the chemical at the source of the flames rather than at the flames themselves, standing at least 6 feet from the fire (or as directed on the extinguisher's label).
- Squeeze the trigger and hold it, keeping the extinguisher upright.
- Sweep the source of the flames until the extinguisher runs dry.

Whenever you have used an extinguisher, whether or not it is completely empty, you must replace it or refill it right away. Same goes with any extinguisher whose pressure gauge slips out of the green zone into red over time. Find a company under "fire extinguisher servicing" in the Yellow Pages. They'll charge about \$15 to refill a typical 5-pound A:B:C extinguisher, provided it has a metal valve. Extinguishers with plastic valves are not refillable and should be discarded after use.



## Your Popcorn Ceiling

Many of our apartments have ceilings that were sprayed with "popcorn." Whether you hate the look or have dirt and stains on your popcorn ceiling, your best option is to remove the old texture and start from scratch. Sprayed acoustic ceilings are notorious dirt and dust collectors and patching water stains and cracks is almost impossible.

You won't get a smooth ceiling after you remove the acoustic. Most contractors apply only two coats of joint compound to drywall joints when the ceiling will be covered with a popcorn finish. For a smooth finish, you'll need to sand and apply a third coat. Then paint with a drywall primer followed by a flat ceiling paint. It hides imperfections better than glossier paints.

If you want to apply a new texture, the simplest is a "knockdown" finish. This is accomplished by thinning down some joint compound with water and rolling it on the ceiling with a medium-nap paint roller. When the compound is almost dry, a wide trowel is run over the surface. The semismooth surface can be painted with a glossier paint without sacrificing its "hiding" quality.

## Take Stock of Your Possessions Before It's too Late

Make sure you know what you own in case disaster strikes

Whether it's Granny's hand-me-down silver or your collection of original Toulouse-Lautrec posters, you'd be amazed at how much irreplaceable stuff you own and take for granted. You'd be amazed, that is, until a fire destroys your entire home or a burglar skirts off into the night with your super-high-tech home office equipment.

That's why it pays to keep a home inventory, says Elona Duell, an agent for State Farm Insurance.

**"We aren't talking about inventorying smaller-priced things like compact discs," Duell explains. "What we're talking about are large, more expensive items that aren't always so easy to replace."**

That includes items like antiques, gold and silver, jewelry, furs, collectibles, electronics and cameras. And don't overlook calculators, musical instruments, typewriters and vacuum cleaners.

### How to Get Started

- Get a camera or video recorder and go through each room and closet, taking pictures of everything you own. Include pictures of brand names on clothing or patterns on china.
- Use the tape or photos to complete a detailed paper or computer inventory sheet. List everything you don't see in the pictures and update your inventory as you purchase new items. Make sure all the photos or videotapes are dated.
- Record serial numbers of expensive items (such as stereo equipment) and keep the receipts from those types of purchases.
- Valuable collections (because they're not as easily replaced as common household items and often have more sentimental value) should have their own inventory, along with any receipts, photos and current appraisal information. Be sure to include the appraiser's name and contact information for each piece.
- Keep your inventory in a safe-deposit box or at work.

### Apartment Accounting

**Apartment dwellers sometimes misjudge the value of their belongings,** Duell says. "They think that just because they have an apartment, that they couldn't possibly have \$20,000 worth of things to insure," she says. "But after doing an inventory, they find out that they really underestimate the amount of things they have and coverage they need."

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## Guarding Home and Hearth

Our building has a health club, lobby attendants and a management team that keeps everything running smoothly, 24/7. With what we pay in monthly maintenance, several shareholders figure all the new fixtures and valuable possessions in their apartments are covered by the building's insurance policy...right? **If a pipe breaks in your bathroom and floods the apartment downstairs, it's the cooperative's responsibility to repair the damage...right?**

**Actually, no.** One of the most common misconceptions among cooperative dwellers is that their buildings' umbrella insurance policies will cover their individual units and possessions in case of internal damage (kitchen fires, leaking pipes and so forth) or catastrophic loss (total destruction by fire, flood or human malice). The reality is that the vast majority of expenses and replacement costs will come right out of the your pocket if you're not adequately covered. The truth is that every cooperative owner needs to have their own insurance just as any homeowner.

### Kinds of Coverage

The barebones homeowners' policy generally includes two basic components: coverage of one's dwelling and its contents, and protection against liability. The first part of a policy covers furniture, fixtures, electronic equipment, and clothing...anything you can walk out of your apartment with! This coverage protects you in the event of fire, vandalism, theft or water damage. However, many policies exclude or limit your coverage on certain high-ticket or luxury items like jewelry, furs, fine arts and antiques, unless these items have been specially scheduled under a rider on your policy. Liability insurance is to protect you in the event of claims made against you.

One very important component that should be included in your homeowners' policy is coverage for additional living expenses and/or loss of use. If there's a fire or a flood, and your apartment becomes uninhabitable because of smoke and water damage, your

insurance company will pay the difference between your everyday living expenses and your new expenses during the restoration of your unit within reasonable means.

### Further Considerations

One of the most important bits of fine print on any homeowners' policy is coverage of full replacement value versus cash value. With full replacement value, the policyholder is reimbursed for what the object would cost to replace today, as opposed to what it cost less the depreciated value.

Along with full replacement value coverage is what's often called "additions and alterations" or "improvements and betterments" coverage. This supplemental policy covers the costs of any improvements or additions you - or the person you bought it from - have made to the apartment since moving in, like custom cabinetry or deluxe flooring.

Covering your own alterations and improvements is vital because in the case of damage or destruction of your property and the cooperative is determined to be at fault, the cooperative is only liable for replacing what was originally in the apartment. You are advised to notify your insurer if you intend to improve or alter your apartment - or if someone did it before you bought it - so that they can likewise revise their insurance policy.

Another type of policy addition that is getting more attention these days is so-called "all-risk" coverage, which protects against any tragedy not explicitly stated in your policy. All-risk coverage fills in any cracks between the "named perils" clauses that are clearly spelled out in your policy. There are few exceptions to all-risk coverage, and they include huge catastrophes like nuclear war, riots, earthquakes, and—since September 11th—terrorism.

### How Much is Enough?

What constitutes adequate insurance coverage depends largely on the value of what you own. Before you purchase a policy, you must assess the value of everything in your apartment.

Get as much coverage as possible. The cheapest isn't always the best. You want enough coverage so that in the event of a loss you can be whole again.

Have your insurance company look at our proprietary lease to see what is covered. Getting proper coverage could be as simple as having a few clauses added to your present policy, or adding a few dollars to your yearly premium.

### Betting Against Loss

Essentially, insurance is like a wager; you bet a certain number of dollars against disaster not striking, and your insurance company bets even more money in case it does. While a certain amount of gambling in life is exciting and even fun, it's pure folly to gamble when it comes to personal insurance. In the event of a disaster, theft, or other mishap, you could very easily find yourself not only divested of your valuable worldly possessions, but also responsible for paying for others' losses if the mishap is deemed your fault. A thorough homeowners' policy that covers all the bases and cuts no corners can give you the security and peace of mind that comes with knowing your home—and everything in it—is safe from harm.

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## In Praise of Homeowners Insurance

Matthew Knip

My bill for my homeowners insurance arrived today. I almost groaned. Do I really need this stuff? I pondered. I used to sell insurance and securities for a living, so I know the arguments for and against insurance. I considered canceling the policy. Then my memory (and common sense) kicked in!

Several months ago, our friend Kevin was visiting our apartment. Kevin house-sits my dog, Henry, when my boyfriend, Ian, and I leave the city. As Ian tells the story, particular day, Kevin was bent over, looking away and petting Henry, who was lounging on the sofa. When he turned his head back to the dog, either Henry bit him or their heads collided - Kevin bending down, Henry leaping off the sofa. I don't really know the exact details. The result, however, was six stitches to Kevin's upper lip and a \$2,500 combined emergency room and plastic surgeon's bill which landed in my lap, as it should have. Kevin was both unemployed and uninsured at the time.

I pay approximately \$400 a year for my homeowners insurance. What did the incident with Kevin and Henry cost me? Absolutely nothing. I made one phone call, faxed the bills to the insurance company representative, and they took it from there. I'll never seriously consider being without homeowners coverage again.

And Kevin? My next piece will be in praise of modern medicine!



## Spring Is Here!

Wing Kee Kwok

After the harsh winter months, I am sure that we are all ready for the warm weather to come. The best place to get ready for that is our Health Club and Pool! It is convenient right here at your doorstep!

Periodically, we hold workshops on various health and fitness topics. In late February, we had a workshop on the ancient Chinese exercise, Tai Chi. Watch for notices for future workshops in months to come. If you have any ideas for other such workshops, please let us know.

### Repairs and Improvements

In recent months, the pool temperature has been fluctuating. This is due to the malfunctioning heat exchanger, a part that cannot be replaced simply. We have hired an engineer and contractor to do this and we expect it to be repaired soon.

You may have also noticed that some other troublesome items: the treadmill, the exercise bar and the shower stalls in the men's locker room.

- We had a dispute with the company from which we purchased the treadmill. Their attempts to fix the machine were unsuccessful and, as a result of the efforts of Health Club committee member, Matthew Kaplan (405), the machine has been replaced.

- The exercise bar is not an easy fix. The wall it is on has been weakened by several major leaks in the past. We have drawn plans to "shore up" the wall and reanchor the bar.

- Lastly, several of the showers in the men's locker rooms were out of order for some time. In an effort to avoid tearing out the surrounding tile, we ordered replacement parts for the existing shower bodies rather than replace them. In addition, the cooperative had been understaffed in the maintenance department, adding to the delay. Again, they should be fixed by the time you are reading this.

### Cooperative

Our building, including the Health Club and Pool, is a cooperative. This means cooperating! Please do your part to assist both the Management and the Maintenance Department Staff to keep the gym and the pool in order. **Please return weights and equipment to the proper place when you finish. Please don't throw water cups on the floor. Please wipe off the equipment when you are finished! We would appreciate very much if you can report anything that needs to be fixed.** If we all do our part, it would be a better place for us to enjoy.

### Exercise Tips

Have you sometimes wondered why all the hard work you have put into your training does not yield the desired results? One of the main reasons is because you have reached a "plateau" in training. To overcome this, simply use lighter weights and do a higher number of repetitions. This will shock your body out of the routine. You can return to your regular routine after a short period.

The negative movement of an exercise is just as important. If you use a lighter weight, and pause at the top of the movement for a few seconds, and then slowly return to the starting position, you will feel the extra "burn" that usually produce a better result.

As I have stated before, the correct form of performing an exercise is more important than the amount of weights you use. If the "form" is not correct, the body part will not get the proper workout. For example, doing abdominal crunches by bending the back is not only ineffective, it may cause back problems. The staff on duty can answer your questions. Or, ask some of the fellow members for their experience.

### Make It Fun!

**Gym Hours: Monday through Friday: 6:30am - 10pm, Saturday & Sunday: 9am - 8pm. Pool Hours: (closed Wednesdays) Monday, Tuesday, Thursday, Friday: 6:30am - 10 pm, Saturday & Sunday: 9am - 6:45pm.**

## Crusade To Extend Co-Op/Condo Abatement Begins

Assemblyman "Pete" Grannis, on February 4, 2004, introduced A.9610, which will extend for four years the property tax abatement program for homeowners in New York City housing cooperatives and condominiums.

Begun in 1996, this important program has helped considerably towards bringing property tax fairness to these homeowners and has returned to them more than one billion dollars to these homeowners.

Your support is needed to ensure the passage of this important legislation. Without it the abatement program will sunset on 6/30/04. Contact CNYC at (212) 496-7400 to receive a sample packet of letters of support for the abatement.



*Assemblyman "Pete" Grannis (center), being congratulated by CNYC after a previous abatement extension, with CNYC Chair Stuart Salt, General Counsel to London Terrace Towers, (left) and Action Committee Chairman Martin Karp.*