

The Plaza of Bal Harbour Monthly News



A Newsletter for the Residents of The Plaza of Bal Harbour Condominium

Volume 6 Issue 10

October 2012



Condominium Association, Inc.
10185 Collins Avenue
Bal Harbour, Florida 33154

ASSOCIATION OFFICERS

President Ralph Herz
Vice President Patricia Tumpson
Secretary/Treasurer.. David Kwiat
Director Carol Garguilo
Director Angela Lombardi
Director Mark Randolph
Director Bert Reifer

STAFF

Property Manager Peter Diaz
peter@plazaofbalharbour.com
Chief Engineer Gustavo Aliminaque
Reception Samantha Portales
samantha@plazaofbalharbour.com
Bookkeeper Marta Colon
marta@plazaofbalharbour.com



IMPORTANT NUMBERS

Main 305-865-0535
Fax 305-868-4415

OFFICE HOURS

Monday-Friday..... 9 AM - 12:30 PM
1:30 PM - 5 PM

Don't Forget... Spring Forward...Fall Back...

Beginning in 2007, Daylight Saving Time was extended one month and 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 a.m. on November 4, 2012.**



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.



INSIDE THIS ISSUE

Message from the President	1
Don't Forget -- Fall Back.....	1
Breast Cancer Awareness	2
Pumpkin Cheesecake	3
Veteran's Day	4
10 Steps to Computer Security	4

October is National Breast Cancer Awareness Month



How can I find breast cancer early?

The best way to find breast lumps that may be cancer is to do 3 things:

- *Have regular mammograms.*
- *Have your doctor check your breasts.*
- *Check your breasts yourself every month.*

Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

Changes to look for in your breasts

- *Any new lump (which may not be painful or tender)*
- *Unusual thickening of your breasts*
- *Sticky or bloody discharge from your nipples*
- *Any changes in the skin of your nipples or breasts, such as puckering or dimpling*
- *An unusual increase in the size of one breast*
- *One breast unusually lower than the other*

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.



Patrick Jaimez
Realtor Consultant
Hablo Español/Falo Portugues
(786) 277 -7355 • (305) 459-5019
Patrick@PatrickJaimez.com
www.floridamoves.com/patrick.jaimez



Sunrise Beach Boot Camp
 Amazing sunrise workout experience
 Individually packaged programs

Special Pricing
 Call for Details



Former competitive swimmer, WSI, life saving, Red Cross, swim team coach.

Individualized and private swim classes for adults, children and seniors including water aerobics

GROUP RATES – END OF YEAR SPECIAL

Call for Details: 786-216-7950
 Mobile: 305-244-3482
 blondenblue713@yahoo.com

- **Over 12 Years of Real Estate Experience**
- **Rank Among Top 100 Coldwell Banker Sales Professional in Florida**
- **Over 45 Closed Transactions in 2011**
- **Certified Short Sale Specialist**
- **Over 9 Million Dollars in Sales Volume in 2011**
- **Born and Raised in South Florida**
- **Multilingual (Fluent in Spanish and Portuguese)**

Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.

One on One Private Personal Training

Island Fitness at the Akoya
 6365 Collins Ave
 By appt only 305-467-7730
 or email Info@Islandfitness.us
 visit www.islandfitness.us



Sandra Ramos
 Miami Beach Real Estate Expert
BUYING OR SELLING
Call Me at: 305-776-2399
Great Deals!




Pumpkin Cheesecake

Crust:

- 1/3 cup reduced-calorie margarine, room temp.
- 2 cups graham-cracker crumbs

Filling:

- 1 container (24 oz) nonfat cottage cheese (3 cups)
- 1 tub (12 oz) light cream-cheese
- 1-1/4 cups packed light-brown sugar
- 2 large egg whites
- 2 large eggs
- 1 can (16 oz) solid-pack pumpkin
- 2 tablespoon cornstarch
- 2 teaspoon pumpkin-pie spice
- 1 teaspoon vanilla extract
- Lightly grease bottom and sides

of 9x3-inch spring form pan.

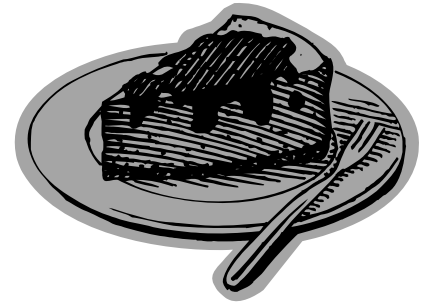
DIRECTIONS

Crust:

1. Mix margarine and cracker crumbs in a bowl until evenly moistened.
2. Press over bottom and 2 inches up sides of prepared pan.

Filling:

1. Heat oven to 325 degrees F.
2. Process cottage cheese and cream cheese product in a food processor or blender about 2 minutes, scraping down sides 2 or 3 times, until thick and smooth.
3. Add brown sugar, process until sugar dissolves.
4. Add eggs and egg whites and process just until blended.



5. Transfer to a large bowl.
6. Stir in pumpkin, cornstarch, spice and vanilla until well blended and smooth.
7. Pour into crust.
8. Bake 1 hour and 20 minutes or until top of cake looks set.
9. Cool completely on wire rack.

To store, cover and refrigerate in pan at least 6 hours or up to 4 days.

DIAMOND REMODELERS

Continued on page 3
Full Service Contractors

We are committed to the fulfillment of your home improvement needs with an eye towards increasing the value of your real estate asset. Whether you are remodeling a kitchen, bathroom, complete residence or room addition; we are the *Miami Beach Experts*, family owned for 30 years.

*specializing
in condo &
apartment interiors*

Jeff Diamond & Anthony Lasorsa
305-865-9005
www.diamondremodelers.com

Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Moldings
- Granite / Marble / Mica Counter Tops
- All Types of Tiles & Marble Installed

*"Your Experienced
Handyman"*

PAINTING & SERVICES UNLIMITED

- Painting, Condo, House, Apt. Roof Painting
 - Full Service Contractors
 - Popcorn Ceiling Removal
 - Plumbing & Electrical Service
 - Smooth Ceilings
 - Doors / Windows
 - Framing, Drywall & Finishes
 - Mirror Installation
- EST. 1980

WWW.DIAMONDREMODELERS.COM

- Design & Management Services
- No Job Too Small
- Free Estimates
- Service & Quality at Reasonable Prices
- Commercial & Residential
- Habla Español

**15%
Off**
any
remodeling
job!

**10%
OFF**
Any
Service

Valid With Coupon.
Not To Be Combined
With Other Offers.
Exp 11/30/2012



Painting & Services Unlimited Lic. CC94BS00437 • Lasora Enterprises, Inc CGC031497
Licensed & Insured General Contractor

Veteran's Day

Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. That's not quite true. Memorial Day is the day set aside to honor America's war dead.

Veterans Day, on the other hand, honors ALL American veterans, both living and dead. In fact, Veterans Day is largely intended to thank LIVING veterans for dedicated and loyal service to their country. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sacrifices they have made in their lives to keep our country free.



Ten Steps to Computer Security

Computer Security Day is an annual event begun in 1988 that was designed to remind everyone who uses a computer to protect their computer and their data. This year, Computer Security Day is on November 30th. Protecting and backing-up data seems simple enough, but is easy to forget until disaster has struck. To add some security to your computer environment, take these simple steps on this day:

1. Change your password.
2. Update your anti-virus program and check for computer viruses.
3. Back-up your data.
4. Delete unneeded files.
5. Write-protect all diskettes that are not to be written to.
6. Install and inspect your power surge protection.
7. Eliminate dust from your computer area.
8. Register all commercial software used on your computer.
9. Install all security-related updates to your computer's operating system.
10. Share this information with a family member, friend, or colleague.



Got Property Damage? Filing an Insurance Claim?

CALL US BEFORE YOU FILE!

The insurance company sends their own adjuster... YOU need representation to maximize your claim!



- THOUSANDS OF SATISFIED CLIENTS NATIONWIDE
- EXPERIENCED ADJUSTERS
- MILLIONS IN RECOVERED SETTLEMENTS
- ATTORNEY, MEDIATOR AND GC ON STAFF

Commercial • Residential • Business Loss of Income • Re-Open Old Claims

stellar public adjusting services



Call 305.396.9110 today for a free consultation

Professional Insurance Claim Representation

email: Info@StellarAdjusting.com • Fax: 305.873.8719
2450 NE Miami Gardens Drive, Suite 200, Miami FL 33180
www.StellarAdjusting.com • Lic. No. P172812

ARE YOU SUFFERING FROM... Back Pain, Poor Balance, Weakness?

We offer Ultrasound, Electric Stimulation, Cardiac Rehabilitation, Massage Therapy & Improving Functional Mobility Programs ... IN YOUR HOME.

Call Me and Start Feeling Better Today!!

Licensed Medicare Provider FL8318

Brian Caits @ 954-328-1505



Law Office of Lourdes M. Sanchez-Barcia, P.A.

Put my years of experience representing banks, condominiums, and homeowner's associations to work for you. Don't Lose Your Home or Your Investment. **I can help.**

FREE CONSULTATION

Open Saturdays. Credit Cards Accepted

**Contact Me at 786-210-5109 or
www.LMSBLAW.com**

Se Habla Espanol

The hiring of an attorney is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



Did You Know That Oral Cancer *is more prevalent than uterine cancer or breast cancer?*

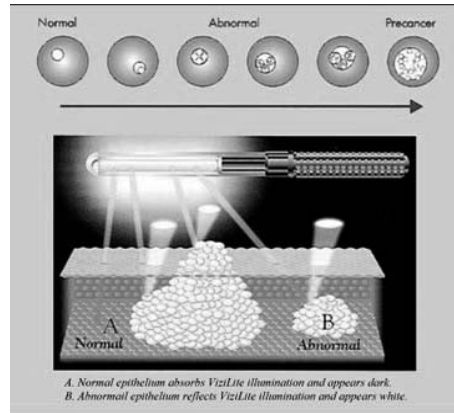
One person dies every hour from oral cancer in the United States. Late detection of oral cancer is the primary reason that mortality rates are so dismal. As with most other cancers, age is the primary risk factor. Though tobacco use is a major predisposing risk factor, **25% of oral cancer victims have no lifestyle risk factors.**

Oral Cancer Risk profile Increased Risk

- Patients age 40 and older (95% of all cases)
- 18-39 years of age combined with any of the following:
- Tobacco use
- Chronic alcohol consumption
- Oral HPV infection

Highest Risk

- Patient age 65 and older with lifestyle risk factors
- Patients with history of oral cancer
- **25% of oral cancers occur in people who don't smoke and have no other risk factor.**



Early detection of precancerous tissue can minimize or eliminate the potential disfiguring effects of oral cancer and possibly save your life.

Our practice continually strives to provide important enhancements in oral health care for our patients. We are concerned about oral cancer and look for it in all at risk patients. **ViziLite Plus** is one of the latest advances in early detection screenings. With this test oral cancer liaisons can be detected before they can actually be seen with the naked eye. Please come in for your screening.

Beach Dental Specialist

305-866-8290 • 260 95th, Suite 209

Here's something to **SMILE** about!

NEW PATIENT SPECIALS

\$100 OFF
Any Single Procedure
Must present this ad. offer expires 12/31/2012
Cannot be combined with any other offer or discount.
No cash value. Limit 1 per customer per year.

End of Year Special
FREE
X-rays⁽⁰²⁷⁴⁾ & Exam⁽⁰¹⁵⁰⁾
(new patients only & with this ad)

\$199 Whitening
(with this ad, regularly \$499)
offer expires 12/31/2012





Edy A. Guerra, DDS, PA

TWO LOCATIONS:
9456 Harding Ave., Surfside, FL 33154 4011 W. Flagler St. Ste. 506 Miami, FL 33134
Phone (305)866-2626 Phone (305)643-1444



EXPERIENCE *the* DIFFERENCE

Discover Aventura's Preferred Retirement Community

- ❖ Non-Profit Ownership ❖
- ❖ Caring & Experienced Staff ❖
- ❖ Affordable & Quality Living ❖
- ❖ More Living Choices ❖



IMPERIAL CLUB

Quality Living. Quality Life.

(305) 935-1801 | www.imperial-living.com
2751 Northeast 183rd Street | Aventura, FL



**CALL US FOR A FREE
LUNCH & GIFT!**

Talk about getting the last laugh! These epitaphs are from actual tombstones around the world.

Poems and epitaphs are but stuff:

Here lies Robert Burrows,
that's enough.

Ann Mann
Here lies Ann Mann,
Who lived an old maid
But died an old Mann.

Here lies the body
of Jonathan Blake
Stepped on the gas
Instead of the brake.

FUNNY EPITAPHS

Sacred to the memory of
my husband John Barnes
who died January 3, 1803
His comely young widow, aged 23,
has many qualifications of a good
wife, and yearns to be comforted.

Harry Edsel Smith
Born 1903 - Died 1942
Looked up the elevator shaft
To see if the car
Was on the way down.
It was.

First a Cough,
Carried Me Off
Then a Coffin
They Carried Me Off In



Here Lies Jane Smith
Wife of Thomas Smith
Marble Cutter:
This Monument Erected
By Her Husband
As A Tribute
To Her Memory.
Monuments of this style
Are 250 Dollars.

Sacred To The Remains of
Jonathan Thompson. A pious
Christian and affectionate husband.
His disconsolate widow continues to
carry on his grocery business at the
old stand on Main Street: cheapest and
best prices in town.

"I told you I was sick!"



HAPPY HALLOWEEN

DEMENTIA MANAGEMENT SERVICES



IN YOUR HOME
954-328-1505

www.gethometherapy.com

Alternatives for your loved ones

- Caregiver Education
- Exercise Programs

OT & PT Functional Maintenance
Programs Approved By Medicare

FL License # 008318



MS. CLAUDIA'S VILLAGE ACADEMY

Celebrating 5 years of serving South Florida

Daycare/Preschool



VPK



Like us on Facebook
Ms. Claudia's Village Academy

Follow us on Twitter
@ms_claudias

Follow us on Instagram
@msclaudias

www.msclaudias.com
305.999.7223



After School/Camps



Tutoring

Conveniently located in El Portal
between Biscayne Blvd. and I-95
8661 NE 2nd Ave
El Portal, FL 33138
on the corner of 87th Street,
just a few blocks south of
the Miami Shores Starbuck's.



Published monthly at no cost for the Plaza of Bal Harbour by Coastal Group Publications, Inc.
Contact CGP at T: (305) 981-3503 F: (305) 893-4818
to advertise in one of our newsletters or to get a free newsletter for your property.