



TALK OF THE TOWERS

Volume 4 Issue 5

October 2011

**Tower 41
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4101 Pine Tree Drive
Miami Beach, Florida 33140

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Wallpaper and Carpeting

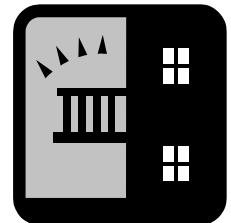
Please help keep this new carpeting fresh and clean by not dragging trash bags on the new carpeting. Please double bag any wet or leaky trash so we can avoid stains on our new carpet.



This is your home. Please take care of it so we can all enjoy it.

Balconies

We are once again requesting that you remove any and all items from your balconies that can fly off during heavy winds. Balconies may not to be used as storage areas. Every apartment has its own storage bin on the floor. Please use these bins for storage.



Leaky Faucets

Please report any **leaky faucets** or running toilets to the office. The maintenance staff is here to help and assist you with any repairs that are necessary.

Tower 41 Newsletter

If you have anything special you would like to share with the residents of the Tower 41 Condominium, please let the manager know by the last day of each month so we can include it in the following month's newsletter.

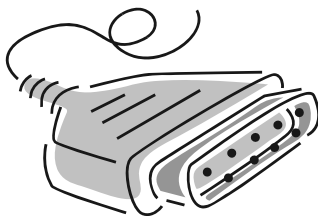


Wishing all our residents a Happy Succos Holiday.

Garage Clearance

Please do not attempt to bring any oversized vans into the garage. There are areas in the garage where there is not sufficient clearance.

Exciting News



We have signed a new contract with Atlantic Broadband for an updated cable system.

Each apartment will get a digital box and modem supplied by Atlantic Broadband.

Please contact the office to schedule an appointment with Atlantic Broadband to have the conversion completed in your apartment.

You must be home at the time of installation.



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Halloween Safety October 31

Careful thought and planning may go into a child's Halloween costume, but the excitement of the night can cause children to forget to be careful on the streets. Both children and adults need to give real attention to safety on this annual day of make-believe. And with a little extra thought and planning, we can make sure that all children have fun and safe outings on Halloween.

MOTORISTS

- Watch for children darting out from between parked cars, on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- If you are driving children, be sure they exit on the curbside, away from traffic.
- Do not wear your mask while driving.

BEFORE THEY GO OUT

Before children start out on their "trick or treat" rounds, parents should make sure that:

- An adult will supervise the outing for children under 12.
- Children travel only in familiar areas and along an established route and know to stop only at houses or apartment buildings that are well lit and never to enter a stranger's home.
- Each child has change for a phone call in case they have a problem.
- A return time has been established.
- Youngsters understand not to eat any treat until you have inspected it.
- Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
- Review all appropriate trick-or-treat safety precautions.

COSTUME DESIGN

- Only fire-retardant materials should be used for costumes.
- Costumes should not be so long that they are a tripping hazard.
- Outfits should be made with light-colored materials. Strips of reflective tape should be used to make children even more visible.
- For those under the age of 12, attach their names, addresses and phone #'s.

Continued on page 4

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Halloween Safety (cont. from page 3)

FACE DESIGN

- Masks can obstruct a child's vision. Facial make-up is safer and more colorful.
- When buying special Halloween makeup, check for packages containing ingredients that are labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," "Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow manufacturer's instruction for application.
- If masks are worn, they should have nose and mouth openings and large eyeholes.



ACCESSORIES

- Knives, swords and other accessories should be made from cardboard or flexible materials.
- Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective tape.
- Carrying flashlights will help children see better.

ON THE WAY

Children should understand and follow these rules:

- Do not enter homes without adult supervision.
- Walk from house to house. Do not run. Do not cross yards and lawns where unseen objects can present tripping hazards.
- Walk on sidewalks, not in the street or on the left side of the road, facing traffic, if there are no sidewalks.

TREATS

To ensure a safe and enjoyable trick-or-treat outing for children, parents are urged to:

- Give children an early meal before going out.
- Insist that treats be brought home for inspection before anything is eaten.
- Wash fruit, and slice it into small pieces.
- Report to the police anything that appears suspicious about treats.
- When in doubt, throw it out.

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Classic Honey Mustard Dressing

Makes 2-1/2 cups

- 1-1/4 cups fat-free mayonnaise
- 1/3 cup honey
- 1 Tablespoon vinegar
- 2/3 cup vegetable oil
- 1 teaspoon onion flakes
- 2 Tablespoons chopped fresh parsley
- 2 Tablespoons prepared mustard



In small bowl, whisk together all ingredients until blended. Cover and refrigerate until ready to serve.

DON'T FORGET...

Spring forward...FALL BACK...

Be sure to set your clocks back one hour at 2 AM on Sunday, November 6, 2011.

Beginning in 2007, Daylight Saving Time is 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**.

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.

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National Dental Hygiene Month

National Dental Hygiene Month began in 1985 as National Dental Hygiene Week, as an observance designed to raise awareness about preventive oral health care and promote the role of dental hygienists. By 1993, activities had grown so varied and widespread that a week was not enough, so the observance was expanded to include the entire month of October.


It's a Fact

- Tongue and lip piercing can cause blood poisoning, prolonged or permanent drooling, damaged sense of taste, toxic shock syndrome, permanent damage to tooth enamel and oral tissue, and transmission of infections such as hepatitis B and HIV.
- Tobacco is the primary cause of oral cancers. Smoking a pack of cigarettes a day or using smokeless tobacco quadruples the risk of developing oral cancer. Oral cancer occurs twice as frequently in men as women.
- Toothbrushes should be replaced every two-three months and after illnesses, like a cold or flu. Three out of four patients don't change their toothbrush as often as they should.
- Two out of three dental hygienists report that they see signs of hypertension and heart disease in some of their patients.
- Chewing gum can help eliminate food particles caught between teeth after a meal and also helps prevent plaque build up by stimulating saliva production.



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