



TALK OF THE TOWERS

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Tower 41

Condominium Association
4101 Pine Tree Drive
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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.



HAPPY HALLOWEEN



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.

Pumpkin Cheesecake

Crust:

- 1/3 cup 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.

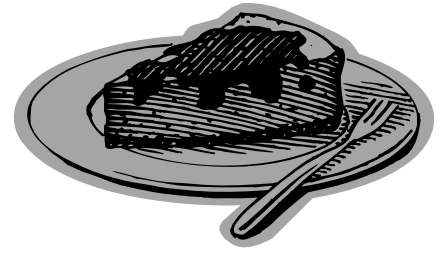
DIRECTIONS

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.

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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.



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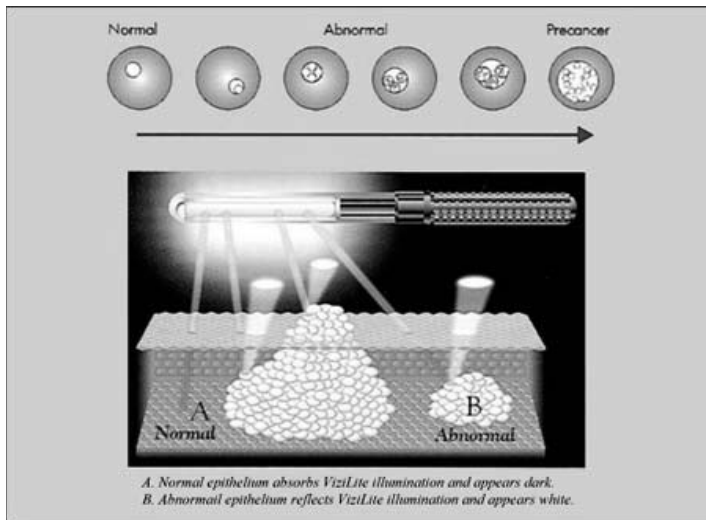
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Did You Know That Oral Cancer is more prevalent than uterine cancer or breast cancer?

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.

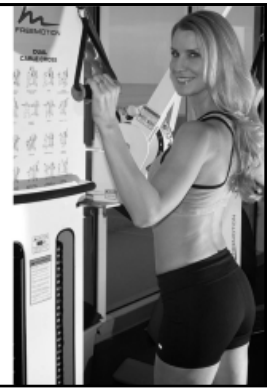
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