



BRICKELL Bay Tower

Monthly Newsletter

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Brickell Bay Tower
Condominium Association, Inc.
1408 Brickell Bay Drive
Miami, FL 33131

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OFFICE HOURS

Mon. – Fri. 8:30 AM – 5:00 PM

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Mon. – Thurs: ... 7:00 AM – 5:00 PM
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CONCIERGE HOURS:

Mon. – Fri: 7:00 AM – 8:00 PM
Sat. – Sun:..... 9:00 AM – 6:00 PM

POOL HOURS: . 9:00 AM – 9:00 PM

GYM HOURS: 7:00 AM – 10:00 PM

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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 a.m. on November 3, 2019.

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.



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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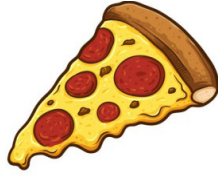




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NATIONAL PIZZA MONTH

National Pizza Month is observed in October... As if we needed any excuse to celebrate and indulge in the delectable, mouthwatering, satisfying meal that is pizza. Pizza surfaced in 1889 when it was made for Italian King Umberto I and Queen Margherita on a trip in Naples. It's been a fan-favorite in countries all over the world since then, and it's easy to see why.



Whether you prefer the thick slices of Chicago-Style Deep Dish Pizza, the thin crusted, more oil based slices of Neapolitan-style, or somewhere in between, pizza should be considered a staple of your diet

Here are a few extra reasons pizza is the best.

1. It's perfect at any time of day. Breakfast, lunch, or dinner... There's a specific kind of pizza for whatever you're looking for.
2. Pizza leftovers are just as yummy as fresh pizza. You don't even have to warm it up to enjoy it on day two!
3. It does a phenomenal job of bringing people together. Thinking about having some friends over for drinks this weekend? Tell them you'll have pizza too. They won't miss it.
4. You can almost always get it delivered to your door within an hour, even in the middle of the night.
5. If you're vegan, vegetarian, or gluten-free, you can still find a pizza that works for you!

Easiest-Ever Pumpkin Pie

The name says it all: This really is the easiest pumpkin pie recipe—ever! Pillsbury™ pie crust takes away all of the fuss and the super-easy pumpkin filling can be prepped all in one bowl and poured into the crust in just a few minutes.

- ¾ cup sugar
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 can (15 oz) pumpkin (not pumpkin pie mix)
- 1 ¼ cups evaporated milk or half and half
- 2 eggs, beaten
- 1 Pillsbury™ Pet-Ritz® frozen deep-dish pie crust



Heat oven to 425°F. In large bowl, mix filling ingredients. Pour into pie crust. Bake 15 minutes. Reduce oven temperature to 350°F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool 2 hours. Serve or refrigerate until serving time. Store in the refrigerator.



Yes, eeeverything!

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