



Monthly Newsletter

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Marta Castro

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NUMBERS YOU SHOULD KNOW

Office..... (305) 868-5208
Security..... (305) 864-7252
Fax..... (305) 868-8509
Email..... marbellacondo@att.net

OFFICE HOURS

Mon-Fri:..... 9 AM - 12 PM

MARBELLA CONDOMINIUM

9341 Collins Avenue
Surfside, FL 33154



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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
ahead one hour at 2 a.m. on
Sunday, March 8, 2020**



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.

LEAP YEAR FEBRUARY 29

What Is a Leap Year? Simply put, a leap year is a year with an extra day—February 29—which is added nearly every four years to the calendar year.

Why Are Leap Years Necessary? Adding an extra day every four years keeps our calendar aligned correctly with the astronomical seasons, since a year according to the Gregorian calendar (365 days) and a year according to Earth's orbit around the Sun (approximately 365.25 days) are not the exact same length of time. Without this extra day, our calendar and the seasons would gradually get out of sync. Because of this extra day, a leap year has 366 days instead of 365. Additionally, a leap year does not end and begin on the same day of the week, as a non-leap year does.



How Do You Know If It's a Leap Year? Generally, a leap year happens every four years, which, thankfully, is a fairly simple pattern to remember.

White Chocolate Raspberry Cheesecake

- 1 cup chocolate cookie crumbs
- 3 tablespoons white sugar
- 1/4 cup butter, melted
- 1 (10 ounce) package frozen raspberries
- 2 tablespoons white sugar
- 2 teaspoons cornstarch
- 1/2 cup water
- 2 cups white chocolate chips
- 1/2 cup half-and-half cream
- 3 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 3 eggs
- 1 teaspoon vanilla extract



In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch springform pan. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds. Preheat oven to 325 degrees F (165 degrees C). In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth. In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tablespoons raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tablespoons raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect. Bake for 55 to 60 minutes, or until filling is set. Cool, cover with plastic wrap, and refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.

time.

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National Pistachio Day

Date: February 26

National Pistachio Day is a nutty day. You can celebrate National Pistachio Day by eating them, and learning more about them. We're going to help with the learning part..... read on.



Nutty Pistachio Facts:

- Pistachios grow on trees. They are native to the Middle East.
- It's a long wait to get the first nut. A pistachio tree takes 7-10 years to mature.
- California is the major producer in the U.S.
- Pistachios are harvested in September by machines that shake the trees. It less than a minute.
- The red dye is added to the nuts is only due to consumer demand for the color.
- Its open hull is unique. The nut is ripe when the hull splits open.
- People in the Middle East call it the "smiling nut" and in China it's called the "happy nut".
- Pistachios are nutritious, so eat them up!

Celebrate today by eating Pistachios. They are great plain as a snack, in ice cream, and in a wide range of desserts.

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ERIC BROAD
BROKER ASSOCIATE

305.318.2385
EJBROAD@GMAIL.COM

305.866.2423
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