



Happenings IN TOWER 100

Volume 9 Issue 8

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

October 2019

MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive
Aventura, Florida 33180

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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.






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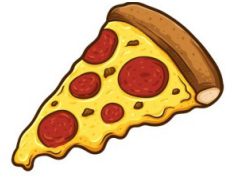
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NATIONAL PIZZA MONTH

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.



OCTOBER 31

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

- Give children an early meal before going out.
- Only fire-retardant materials should be used for costumes.
- Costumes should not be so long that they are a tripping hazard.
- Do not enter homes or apartments without adult supervision.
- Insist that treats be brought home for inspection before anything is eaten.
- Report to the police anything that appears suspicious about treats.
- When in doubt, throw it out.



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Active	1106	3/3	1,722	\$610,000
Active	1806	3/3	1,722	\$590,000
Active	2501	2/2	1,353	\$499,000
Active	1001	2/2	1,353	\$379,900
Active	2203	2/2	1,183	\$299,000

Active & Sold Listing data was accessed through the MLS and information is deemed accurate, but not guaranteed.

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Pumpkin Facts - Did You Know That:

A pumpkin is really a squash? It is! It's a member of the Cucurbita family which includes squash and cucumbers.

That pumpkins are grown all over the world? Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent that they won't grow in.



That the "pumpkin capital" of the world is Morton, Illinois? This self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

That the Irish brought this tradition of pumpkin carving to America? The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday.

Fun Facts About The Pumpkin!!

- Pumpkins contain potassium and Vitamin A.
- Pumpkin flowers are edible.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Eighty percent of the pumpkin supply in the United States is available in October.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.



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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.

What is Veteran's Day?

November 11 Veteran's Day is a United States federal holiday observed annually on November 11, honoring and remembering all those who have served in the United States Armed Forces.



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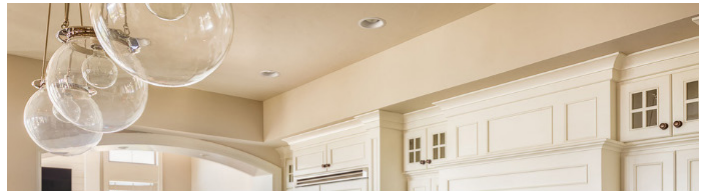


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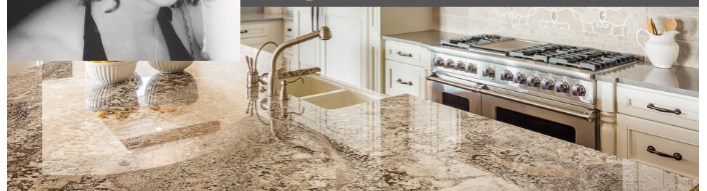
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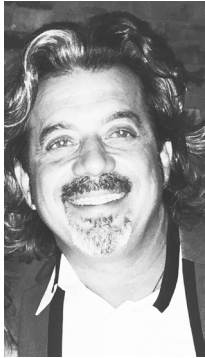
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