



Happenings IN TOWER 100

Volume 14 Issue 2

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

May 2023

MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive
Aventura, Florida 33180

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DETECT-A-LEAK WEEK

Detect-a-Leak Week is held annually every May. This is the perfect time to give your home a once over, checking for leaks that may be costing you money! Even a small leak can add up to hundreds of dollars a year, and could damage surrounding fixtures, cabinets, or floors.



One of the biggest culprits is the toilet. You often cannot tell if your toilet is leaking simply by examining it. Place a few drops of food coloring, just enough to slightly color the water, in the main tank. Let it sit for several hours, then check the toilet bowl. If you see the color in the bowl, you have a leaky toilet and it needs to be repaired. Check for dripping faucets, pipes, and connections by examining all plumbing in your home. Use a lightweight cloth to wipe around each connection. If your cloth becomes wet, you have leaky plumbing that needs to be repaired.

Don't forget to stop those leaks that you can control! Turn faucets off all the way. Don't let water run when you brush your teeth. And don't use your toilet as a wastebasket. Instead of throwing items such as tissues in the toilet and flushing, use a small wastebasket in your bathroom instead.



HAVE A SAFE MEMORIAL DAY WEEKEND!

Memorial Day marks the beginning of the summer recreation season. It is also a time for accidents. Make sure that you and your family are safe this Memorial Day weekend by remembering these simple safety tips.

Drive Safely

More people will be on the road on Memorial Day weekend, making for congested roads and highways. Don't forget to always wear your seatbelt, and observe all posted traffic signs and speed limits. It is especially important for children to be in proper child safety seats in your car. And never drink and drive!

Play Safely

If you are going to be spending time near or on the water, don't forget to be safe. If you will be on a boat, wear a life jacket, follow all boating rules, and don't operate a boat while drinking. If you will be swimming, remember to swim with a buddy, swim only in safe water, and never dive into shallow water. All children should be supervised at all times around any type of water. If you will be spending any time in the sun, don't forget to use sunscreen and wear a hat.





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Chicken with Lemon-Caper Sauce



- ½ cup all-purpose flour
- 1 pinch salt
- 2 (6 ounce) skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- ¼ cup dry white wine
- ¼ cup lemon juice
- ¼ cup cold unsalted butter, cut into pieces
- 2 tablespoons capers, drained
- 2 lemon wedges

Mix together flour and salt in a large dish. Coat chicken in flour mixture; shake off excess. Heat olive oil in a skillet over medium-high. Cook chicken oil until golden brown and cooked through, 3 to 4 minutes per side. A thermometer inserted into the center should read at least 165 degrees F. Transfer chicken to a plate; cover and keep warm. Pour wine into the skillet; allow to boil while scraping the cooked bits from the bottom of pan. Add lemon juice; boil until reduced by half, 2 to 3 minutes. Add cubed butter into boiling sauce. Stir continuously until butter is completely incorporated and sauce thickens. Remove from heat and stir in capers. Pour sauce over chicken; serve with lemon wedges.



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WATERMELON PROSECCO SORBET SLUSHIES

What better way to end a holiday BBQ than with a cocktail/sorbet combo? These watermelon prosecco slushies are refreshing with a real kick!

1 watermelon (about 2kg)
200 ml prosecco, plus a little extra
3 mint sprigs, plus extra to serve
½ lemon, zest pared
50g sugar



1. Cut the watermelon into quarters and remove the pips using a teaspoon. If you're serving the same day or next day, keep six wedges or slices back for decorating and chill. Cut the flesh into 3cm cubes (you should have about 1kg fruit, with the rind discarded) and sit in a baking parchment-lined container where the cubes fit snugly. Pour the prosecco over the fruit, cover and

freeze for 4 hrs, or up to 1 week.

2. Put the mint, lemon and sugar in a small pan with 50ml water, and bring to a gentle simmer for 3-5 mins until the sugar dissolves and turns syrupy. Cover and leave to cool completely, then strain.

3. Put the frozen prosecco-soaked watermelon cubes in a food processor with the sugar syrup. Blend well, stopping and pushing the mixture towards the blades with a spatula every few seconds, if you need to, until it's a slushy consistency. Add a splash more prosecco to make a smooth slush. Spoon or pour into six chilled glasses. Garnish with the chilled watermelon wedges and little mint sprigs.

RECIPE TIPS- Serve in glasses and top up with a splash more prosecco to make it more of a cocktail than a dessert. You can experiment with flavoring the sugar syrup with other spices and herbs such as cardamom, basil or black pepper. For a non-alcoholic version, swap the prosecco for lemonade.

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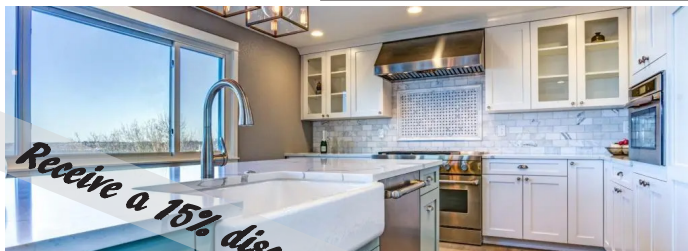
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