

PROPERTY MANAGEMENT

Property Mgr. Erich Leyva
mirasolmanager@gmail.com

Asst Property Mgr..... Lexi Valdes
mirasolcondo@gmail.com

Chief EngineerIsael Oliva

Front Access Control...Kamil Iakono
Dianieris Hernandez (Only Sundays)

IMPORTANT #'S:

General.....(305)672-2642 or
(305)672-2643

Front Desk.....(305)532-0526

ASSOCIATION OFFICERS

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Mirasol Ocean Towers

2655 Collins Avenue
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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 AM on Sunday, November 3, 2024.



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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REUBEN CASSEROLE

Ingredients

- 6 slices rye bread, cubed
- 1 (16 ounce) can sauerkraut, drained and rinsed
- 1 pound deli sliced corned beef, cut into strips
- ¾ cup Russian-style salad dressing
- cooking spray
- 2 cups shredded Swiss cheese

Directions

1. Preheat the oven to 400 degrees F. Spray a 9x13-inch baking dish with cooking spray. Spray one sheet of aluminum foil with cooking spray.
2. Spread bread cubes in the bottom of the prepared baking dish. Layer bread cubes with sauerkraut and beef strips, then pour dressing over top. Cover with the aluminum foil, sprayed-side down.
3. Bake in the preheated oven for 20 minutes. Remove and discard foil; sprinkle Swiss cheese over casserole. Continue baking until cheese is melted and bubbly, about 10 more minutes.




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DID YOU KNOW THAT? PUMPKIN FACTS

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 20ft in diameter and weighed 3,699 pounds. It used 1,212 pounds of canned pumpkin, 109 gallons of milk, 2,796 eggs, 7 pounds of salt, 14 pounds of cinnamon, and 525 pounds of sugar
- 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 2,749 pounds.
- Pumpkins are 90 percent water.
- 80% of the pumpkin supply in the US 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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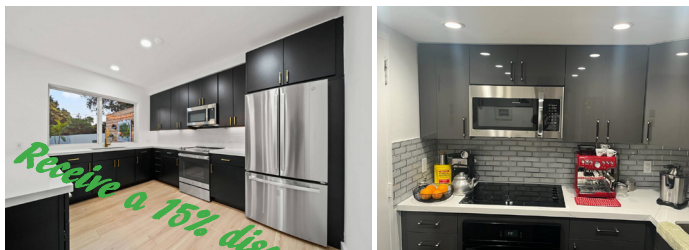
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