

BRICKELL HARBOUR News and Views

A Monthly Newsletter for Residents of Brickell Harbour Condominium

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BRICKELL HARBOUR
Condominium Association Inc.
200 SE 15th Road
Miami, Florida 33129

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IMPORTANT NUMBERS
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Emergency 1-800-514-5770

OFFICE HOURS
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Please email lcantillo@kwpmc.com to make an appointment with management



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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 1, 2026.

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.



The beer belly is not really about the beer



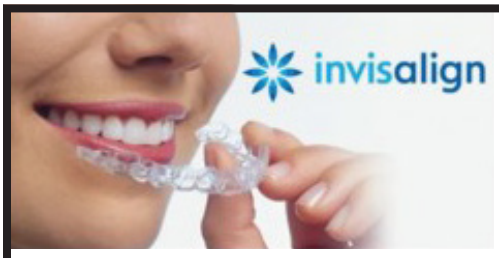
Blame the beer if you like, but the research does not. Studies find that beer raises overall body weight without steering fat toward the abdomen. The weight would have landed in the same place regardless of what was in the glass.

Alcohol does play a part, just not the one the nickname suggests. According to Mayo Clinic endocrinologist Michael Jensen, the liver burns alcohol first and sets fat aside while it works. A 2026 imaging study in the International Journal of Obesity found heavy drinkers carried more deep abdominal fat than their total body fat would predict.

The larger reason is male aging. Testosterone starts declining in the mid-30s, muscle mass follows, and men store fat viscerally -- inside the abdominal cavity, around the organs -- while women store more of theirs under the skin until menopause. That is why a beer belly often feels firm rather than soft. Visceral fat sits behind the abdominal wall and pushes it outward. Fat you can pinch is subcutaneous and comparatively harmless. The deep kind is metabolically active, and is associated with heart disease and type 2 diabetes.

An enormous industry sells answers, and most do not work. Researchers at the University of Sydney reviewed more than 120 placebo-controlled trials of herbal and dietary supplements and found none producing a meaningful reduction in weight. Crunches fail too. A meta-analysis of more than 1,000 participants found no evidence that working one area removes fat from it.

What did work, in a Duke University trial published in the Journal of Applied Physiology, was ordinary movement. Sedentary participants who did nothing gained 8.6 percent more visceral fat in six months. Walking 11 miles a week, roughly half an hour most days, stopped the gain. A greater amount reversed it, with no change in diet at all



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Orcas have fads. One is sinking boats.

In the summer of 1987, a female killer whale in Puget Sound began swimming with a dead salmon balanced on her head. Within weeks, orcas in two neighboring pods were doing it too. It served no purpose anyone could identify. By the next summer it had vanished.



Orcas appear to have fads. The current fad running off Spain and Portugal is more expensive than salmon cosplay, and it may be just all for fun.

Since 2020, a small group of Iberian orcas has been ramming the rudders of sailboats -- more than 700 encounters and at least eight boats lost, according to the Atlantic Orca Working Group. The popular explanation is revenge: a matriarch injured by a boat, teaching the others to strike back. Most researchers who study these whales do not accept that.

What the evidence shows is narrower. A 2022 study in Marine Mammal Science found the whales go for the rudder specifically and lose interest once the boat stops moving. They are not attacking the vessel. They are playing with the part that swings.

The official advice follows from that. Spanish maritime authorities tell sailors to cut the engine, drop the sails and take their hands off the wheel. Boats that comply come away with less damage.

About 15 whales are involved, out of an Iberian population of fewer than 50. Give a bored orca nothing to push against, and it goes looking for something better.





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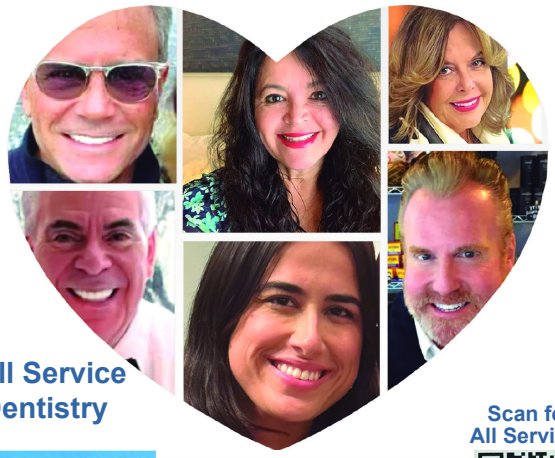
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