

BRICKELL PLACE Phase I

Monthly Newsletter

Volume 20 Issue 3 | A Newsletter for the Residents of the Brickell Place Phase I Condominium Association | October 2026

BRICKELL PLACE PHASE I ASSOCIATION, INC.
1901 Brickell Ave., Miami, FL 33129
https://brickellplace.buildinglink.com

ASSOCIATION OFFICERS

President ..... Morgan Sirlin
Vice President ..... Tracy Harrington
Treasurer ..... Caridy Patino
Secretary ..... Alex Magrisso
Director ..... Jessica Bosworth

PROPERTY STAFF

Management / Operations ..... Insight Community Solutions (ICS)
Assistant Manager ..... Roxana Fuentes
Bookkeeper ..... Veronica Salas
Chief Engineer ..... Tomas Delgado
Housekeeping Supervisors Daysi Quintero & Isabel Maqueira
Valet Supervisor ..... Humberto Zelaya
Security Director ..... Amet Aguilar

IMPORTANT NUMBERS

Main 305-854-5343
Fax 305-854-0466
TV Room/Security ..... Extension 1
Front Gate ..... Extension 2
Management ..... Extension 3
Bookkeeper ..... Extension 4
Receiving ..... Extension 5
Valet ..... Extension 6
Emails ..... manager@brickellplace.net
admin@brickellplace.net
accounting@brickellplace.net
maintenance@brickellplace.net

OFFICE HOURS

Mon. - Fri. .....9am - 12:30pm & 1:30-4pm

DISCLAIMER: The Brickell Place Condominium board of directors and Newsletter editors assume no responsibility for the advertisements in this newsletter. The newsletter publication by Coastal Group Publications, is free for the association and is funded by the advertisements. Brickell Place Condo in no way endorses or has any relationship with the vendors advertising in the newsletter. Furthermore, the editorial content of the newsletter expresses the view of the authors, which may occasionally differ from the view of a majority of the board of directors. The information provided in the newsletter may be subject to errors and omissions and should be verified by the readers before taking action.

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



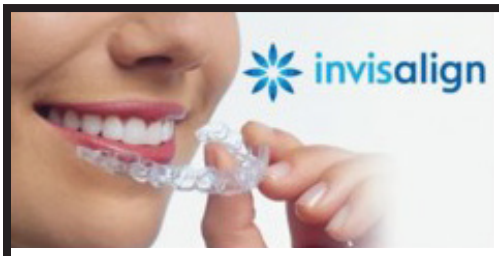
Blame the beer if you like, but the research does not. Studies find that beer raises overall body weight without steering fat toward the abdomen. The weight would have landed in the same place regardless of what was in the glass.

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



BRICKELL FAMILY DENTISTRY
GENERAL, COSMETIC, HOLISTIC

Abraham Jaskiel, DMD
Steven Jaskiel, DDS

1865 Brickell Ave #A207 Miami, FL 33129

Holistic | Cosmetic | Pediatric | & Family Dentistry

- Mercury Free office
- Gum Treatment
- Cosmetic
- Reconstructive
- invisalign®
- Inflammation & Toxin Removal
- Veneers – Implants
- Root-canals/extractions
- Laser Surgery & 3D Scanning

Consult with us before getting a Root-canal or Extraction!!
We may prevent it! We preserve your natural teeth & reduce the need for root canals with our biomimetic techniques.

Insurance Accepted
Including: Aetna, Metlife, Cigna, Guardian, United Health, GEHA, Humana & others
(Use it or lose it: Use your insurance before the end of the year!)

www.Drjaskiel.com
@Brickelldentist
@Brickellholisticdentistry

Ask About Our NEW PATIENT SPECIAL
Expires NOV 30, 2026

Patients' Choice WINNER 2016 · America's Best Dentists · 2023 WINNER Miami Herald Miami-Dade FAVORITES · topDENTISTS

(305) 653-2231
Free Parking

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

The views expressed here are not necessarily those of Coastal Group Publications, Inc. (CGP) or its staff. CGP assumes no responsibility for any text or illustrations submitted for publication.

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.





Published monthly at no cost for the Brickell Place Phase I Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or info@cgpnewsletters.com to ADVERTISE in one of our newsletters or to get AFREE newsletter for your property.

Persons submitting same agree to do so voluntarily. CGP is indemnified and held harmless from any and all liability arising out of such publication. Coastal Group Publications (305) 981-3503.

SNOW'S
YOUR HOMETOWN JEWELERS
WE'VE MOVED!
VISIT US AT OUR NEW LOCATION
OCEAN BANK BUILDING,
ACROSS FROM PUBLIX
2655 Le Jeune Rd, Suite 402,
Coral Gables, Florida 33134
OFFICE
(305) 443-7448
MOBILE / TEXT
(305) 582-8117
WE'RE OPEN
TUESDAY – FRIDAY
11AM – 5PM
SATURDAY
BY APPOINTMENT
52 YEARS
OF TRUST, QUALITY &
EXCEPTIONAL SERVICE
EXPERT CARE.
TIMELESS RESULTS.
SERVICE YOU CAN RELY ON.

BRICKELL PLACE CONDOMINIUM

Most Recent Sales

Apt #	Bed	Bath	Sq Ft	Sold Price
A-1209	3	2.5	2,133	$1,041,000.00
A-1104	1	1.5	868	$410,000.00
B-1711	2	2	1,362	$470,000.00
B-905	1	1.5	868	$405,000.00
B-1408	2	2	1,661	$650,000.00
B-413	2	2	1,467	$600,000.00
B-1107	1	1.5	1,064	$454,000.00
B-1512	2	2	1,362	$630,000.00
D-PH3	5	5.5	5,430	$3,000,000.00
D-1808	3	3	2,124	$850,000.00
D-1703	1	1.5	1,005	$480,000.00



ALYESKA SEMSCH
786-326-7655
Alyeska@semschrealty.com
SEMSCH REALTY

SEMSCH REALTY
200 Crandon Blvd Suite 204, Key Biscayne, FL 33149
Brickell / Downtown / Key Biscayne
Coconut Grove / Coral Gables / Sunny Isles
Information is believed accurate, but not guaranteed. Information obtained from Miami-Dade public records.

Coral Gables Dental Arts
We Are
Smile MAKERS!
Full Service
Dentistry
Scan for
All Services
iDRiP
YOU DRIP, WE DRIP
Join Us For
Wellness Wednesdays
* All Day
iDrip Immunity | iDrip Beauty | iDrip Metabolizer | Anti-Aging
Injections | Medical Weight Loss | And More
We have SPECIAL PRICES for our KEY BISCAYNE Patients.
Call us to schedule your appointment and ask for more information.
Coral Gables Dental Arts
305.661.5360 | 305.361.5493
2645 SW 37th Ave. | Ste. 303 | Coral Gables, FL 33133