

CENTRO

A Newsletter for the Residents of the Centro Downtown Condominium Association, Inc.

Volume 2 Issue 8 August 2019

CENTRO DOWNTOWN

Condominium Association, Inc. 151 SE 1st Street Miami, Florida 33131



PROPERTY STAFF

Manager Gisbell Lores manager@centrocondominium.com

Admin. Asst. ... Daniel Orozco admin@centrocondominium.com

Front Desk.. Lauren Gutierrez

Front Desk is available to residents 24hrs frontdesk@centrocondominium.com Receiving Department is available for package pick up from 9am until 6pm receiving@centrocondominium.com.

ASSOCIATION OFFICERS

President...... Shai Ben-Ami **Vice Pres.** ...Harvey Hernandez **Secretary**...... Mandi Miranda

IMPORTANT NUMBERS

OFFICE HOURS

Mon - Fri.. 9:00 am - 5:00 pm



NO SHORT-TERM RENTALS ARE ALLOWED IN OUR BUILDING!

We have a ZERO TOLERANCE POLICY! This is a private residence NOT A HOTEL!

- No Residential Condominium Unit may be occupied or used for any commercial or business purpose. Short-term rentals using online booking websites are strictly prohibited.
- Should you fail to comply with the set forth herein, the Association shall reserve the rights to terminate any current lease for non-compliance with the terms and provisions of the Associations governing documents, in addition to the imposition of any fines and or suspension of use of rights.

The Association respectfully demands that you comply with the Associations Rules and Regulations, as the foregoing rules are designed to make living for all Residents pleasant and comfortable.

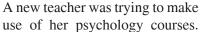
Violation of these Rules and Regulations may subject the violator to any and all remedies available to the Association and other Unit Owners pursuant to the terms of the Declaration of Condominium, the Articles of Incorporation of the Association and the By-Laws of the Association.

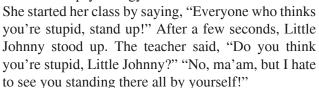


Page 2 Centro Downtown August 2019

School Daze

School is back in session in August please use caution while driving!







It's back to school time! Below is a delicious and healthy treat to add to your child's packed lunch.

- 2 cups rolled oats
- 3/4 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 3/4 cup raisins (optional)
- 3/4 teaspoon salt
- 1/2 cup honey
- 1 egg, beaten
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.
- 2. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt.



Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.

3. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.





WHAT CAN CBD DO FOR YOUR PETS?

CBD pet products can help relieve aggressiveness, anxiety, inflammation, arthritis, pain, and improve overall quality of life.

OUR PRODUCTS ARE:

- · Veterinarian formulated
- Organic with 5mg of active CBD per serving
- The Treats are wheat, soy, & corn free
- 60 day empty bottle money-back quarantee



ORDER ONLINE TODAY! http://www.thrivewithmonica.com/CBDProducts
Take a Tour of the Business: https://thrivewithmonica.com/naturalremedy

August 2019 Page 3 Centro Downtown

Treats they Won't Give Away

It's back to school time! Below is a delicious and healthy treat to add to your child's packed lunch.

- 2 cups rolled oats
- 3/4 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 3/4 cup raisins (optional)
- 3/4 teaspoon salt
- 1/2 cup honey
- 1 egg, beaten
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.
- 2. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.
- 3. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.



Did You Know?

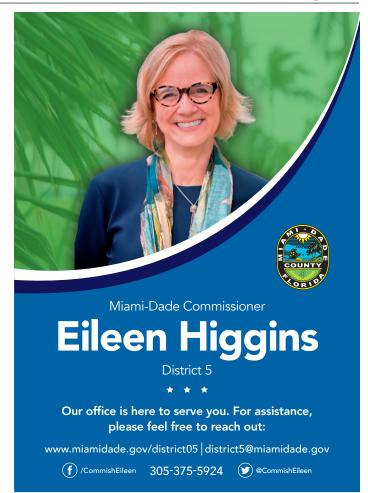
August 7th is National Mustard Day

- George J. French introduced his "French's mustard" in 1904, the same year that the hot dog was introduced to America at the St. Louis World's Fair.
- Canada is the world's largest producer of mustard seed.
- In the 1950's, Plochman was the first company to successfully market squeeze mustard.
- Dijon is a French city known as the mustard-making capital of the country.
- Yellow ballpark mustard gets its bright yellow color partly from turmeric.
- It is believed that mustard was first cultivated in India around 3000 BC. Recipes for mustard paste were recorded as early as 42 AD.
- The word "mustard" comes from the Latin "must" (much) and "ardens" (burning).
- In 1901 Captain Robert Falcon Scott set sail on the Discovery with a ton and a half of mustard on his journey to Antarctica.



Page 4 Centro Downtown August 2019









GOT PROPERTY DAMAGE? GET HELP NOW!

RESIDENTIAL • COMMERCIAL COMMUNITY ASSOCIATIONS











Damage

Vandalism Damage

Loss of Income











Hurricane Damage Damage Damage

Damage

ARADJUSTING.COM

This is solicitation for business. If you have had a claim for an insured property loss or damage and you are satisfied with the payment by your insurer, you may disregard this advertisement.

Published monthly at no cost for the Centro Downtown 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 a free newsletter for your property.