

PROPERTY MANAGEMENT

Property Manager.. Angela Panzardi
Admin. Asst. Claudia Aquino-Galo

IMPORTANT #'S:

General..... (305)672-2642 or
 (305)672-2643
Fax(305) 538-7753
Security(305)532-0526
Email mirocean@atlanticbb.net

ASSOCIATION OFFICERS

President..... Frank Ferrer
Vice PresidentLiesel Gras
Secretary..... Bibiana Gutierrez
TreasurerWilliam Sekkel
DirectorRaul Pontac
Commercial Area Appointed DirectorBrian Collins

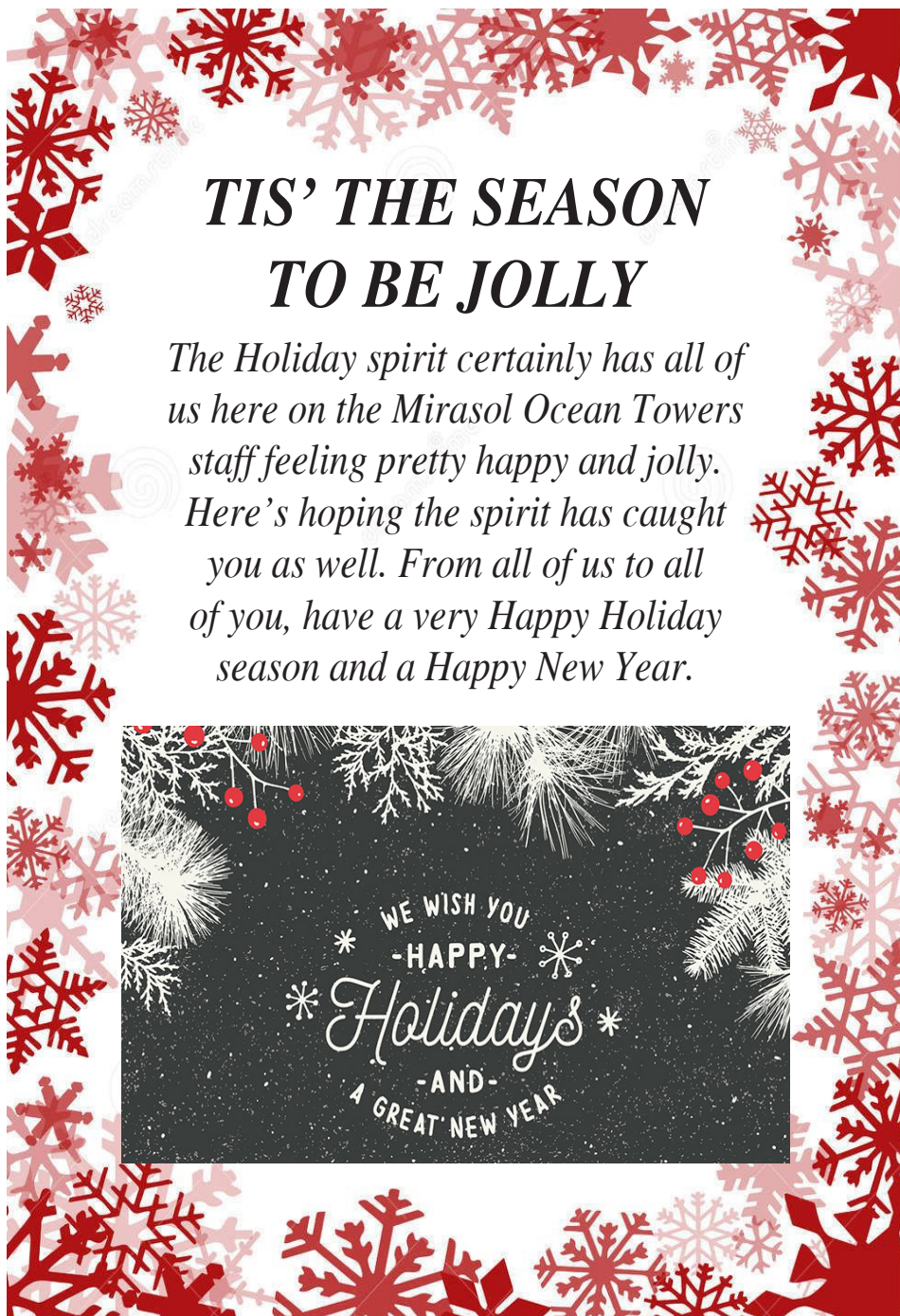
**OFFICE HOURS
 (HORAS DE OFICINA)**

Mon-Fri (lunes-viernes) ... 9:00am-5:00pm
Saturday (sábado)Closed (Cerrado)
Sunday (domingo)Closed (Cerrado)

Mirasol Ocean Towers
 2655 Collins Avenue
 Miami Beach, FL 33140



Published monthly at no cost for Mirasol Ocean Towers by Coastal Group Publications, Inc. Contact CGP at 305-981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.



HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!

Exercise is an important part of anyone’s healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don’t have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won’t be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly.

Substitutions can help also. Instead of very high-fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips, and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low-fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!

DIAMOND REMODELERS Full Service Contractors

We are committed to the fulfillment of your home improvement needs with an eye towards increasing the value of your real estate asset. Whether you are remodeling a kitchen, bathroom, complete residence or room addition; we are the *Miami Beach Experts*, **family owned for 30 years.**

*specializing
in condo &
apartment interiors*

Jeff Diamond & Anthony Lasorsa
305-865-9005
www.diamondremodelers.com
jeff@diamondremodelers.com

Kitchen & Bathroom Remodeling Satisfaction and Quality Guaranteed

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Moldings
- Granite / Marble / Mica Counter Tops
- All Types of Tiles & Marble Installed

**“Your Experienced
Handyman”**

PAINTING & SERVICES UNLIMITED

- Painting, Condo, House, Apt. Roof Painting
- Full Service Contractors
- Popcorn Ceiling Removal
- Plumbing & Electrical Service
- Smooth Ceilings
- Doors / Windows
- Framing, Drywall & Finishes
- Mirror Installation



Receive a 15% discount on any remodeling job!

Painting & Services Unlimited Lic. CC94BS00437 • Lasora Enterprises, Inc CGC031497
Licensed & Insured General Contractor

- Design & Management Services
- No Job Too Small
- Free Estimates
- Service & Quality at Reasonable Prices
- Commercial & Residential
- Habla Español

**15%
Off**
any
remodeling
job!

**10%
OFF**
Any
Service
Valid With Coupon.
Not To Be Combined
With Other Offers.
Exp 1/31/2021

Recipe for Latkes

- 4 medium potatoes
- 1 medium onion
- 2 eggs
- 3/4 cup matzah meal (flour or bread crumbs can be substituted)
- salt and black pepper to taste
- vegetable oil

Shred the potatoes, onion and bell pepper into a large bowl. Press out all excess liquid. Add eggs and parsley and mix well. Add matzah meal gradually while mixing until the batter is doughy, not too dry. (you may not need the whole amount, depending on how well you drained the veggies). Add a few dashes of salt and black pepper (don't taste the batter - it's really gross!). Don't worry if the batter turns a little orange, that will go away when it fries.

Heat about 1/2 inch of oil to a medium heat. Form the batter into thin patties about the size of your palm. Fry batter in oil. Be patient: this takes time, and too much flipping will burn the outside without cooking the inside. Flip when the bottom is golden brown.

Place finished latkes on paper towels to drain. Eat hot with sour cream or applesauce. They reheat OK in a microwave, but not in an oven unless you cook them just right. If you'd like to try something a little different, add some bell peppers, parsley, carrots, celery, or other vegetables to the batter to make veggie latkes!



Commissioner
Eileen Higgins
District 5



"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

CALL - EMAIL - SOCIAL

www.miamidade.gov/district05
305-375-5924
District5@miamidade.gov

 @CommishEileen
 /CommishEileen

COVID-19 RELIEF	SAFETY FIRST	STAY INFORMED
See a full list of relief programs for individuals and businesses at bit.ly/covid19reliefprograms	Ensure your safety by social distancing, washing your hands, and wearing a mask.	Get most recent D5 updates by emailing district5@miamidade.gov .



Public Adjusting Services
Professional Insurance Claim Representation

GOT HURRICANE DAMAGE?

GET HELP NOW!

TIME IS RUNNING OUT TO GET PAID ON YOUR CLAIM

NO RECOVERY, NO FEE!

DON'T MISS THE DEADLINE

FREE SECOND OPINION INSPECTION

LOCAL PUBLIC ADJUSTERS READY TO INSPECT

CALL US TODAY FOR ANY TYPE OF CLAIM!



WAS YOUR CLAIM DENIED OR UNDERPAID?

MIAMI-DADE (305) 396-9110
BROWARD (954) 376-6991
PALM BEACH (561) 404-3069

STELLARADJUSTING.COM 2450 NE MIAMI GARDENS DR. SUITE 200, MIAMI, FLORIDA 33180

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.

BLINDS & SHADES

FREE SHOP AT HOME SERVICE

WE BEAT ANY ESTIMATE
BLINDS, SHADES, SHUTTERS

FREE MEASURING & INSTALLATION

FAST SERVICE, LOWEST PRICES GUARANTEED!

20% OFF Motorized Shades
exp. 2/28/21
must present coupon

MOTORIZED SPECIALIST
VERTICALS REPAIRED & CLEANED
SHADES REPAIRED & CLEANED

WE ALSO DO REPAIRS
VERTICALS REPAIRED
REPAIRED

305-469-8162 WE SHOW UP! 25 Years in Biz



ALEXANDRA MUNOZ

Owner & Head Trainer

LET'S CONNECT!

(786) 564-3226
Alexandrabmunoz365@gmail.com
@365Abundance
[Facebook.com/365abundance](https://www.facebook.com/365abundance)

PERSONAL & GROUP FITNESS TRAINING
MIAMI, FL - ZOOM AVAILABLE
ALL FITNESS LEVELS WELCOME
PLEASE CONTACT ME FOR RATES & AVAILABILITY

BRIE PUFF PASTRY

Enjoy a Brie Puff Pastry before your Holiday Dinner this year

Ingredients:

- 1 round (13.2 oz) Brie Cheese
- ½ cup crumbled blue cheese
- 1 sheet frozen puff pastry, thawed
- ¼ cup apricot jam
- ½ cup slivered almonds, toasted
- 1 large egg, lightly beaten
- Assorted crackers of your choice



- 1) Pre-heat oven to 400 degrees. Cut Brie horizontally in half. Sprinkle bottom half with blue cheese; replace top.
- 2) On a lightly floured surface, roll pastry into a 14-in. square. Trim corners to make a circle. Spoon jam onto center of pastry; sprinkle with almonds. Top with Brie.
- 3) Lightly brush edges of pastry with beaten egg. Fold pastry over cheese, pinching edges to seal; trim excess pastry as desired.
- 4) Transfer to an ungreased baking sheet, seam side down. Brush pastry with beaten egg. Bake until golden brown, 20-25 minutes.
- 5) Immediately remove from pan to a serving plate; let stand 45 minutes before serving. Serve with crackers.

One Dollar Emergency Dental Visit Including Necessary X-Rays

NEW PATIENTS ONLY.



Meet Your
Neighborhood Dentist
Dr. Edy A. Guerra

Over 20 years in Surfside / Bay Harbour / Bal Harbour

Two Locations to Better Serve You

9456 Harding Ave. 4011 W. Flagler St.
Surfside, FL 33154 Coral Gables, FL 33134

(305) 866-2626

<http://www.dentistsurfside.com/>

45 DAY LISTING AGREEMENT!

W E R C
realty

Fernando Rizzo
352-256-2203

"Work with a Professional"



Let's ZOOM!



My urgency is to \$ell your home!

I GET PAID WHEN YOU GET PAID

Fernando@RizzoTheRealtor.com