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A SAFETY REMINDER

Many fire departments encourage people to change the battery in the smoke detector 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



FUN WITH THE IRISH

Mahoney was at the police station being questioned by police after his wife died in an accident. "Did she say anything before she died?" asked the sergeant. "Actually she spoke without interruption for over forty years," replied the Irishman.

Michael was on his deathbed when his wife Nora came in to him and asked if there was anything he wanted. He said, "What is that heavenly smell coming from the kitchen?" Nora replied, "Oh that is a ham I'm baking." Michael paused and said, "I would love a piece of that ham if I may." Nora said, "But Michael, you can't—I'm saving it for the wake!"

An old man lived alone in Ireland and had depended upon his only son to help him with the farming. His son, however, had recently been locked away in prison. It was planting time, and the old man, not knowing what to do, wrote to his son in prison to ask his advice. He received this reply, "For heaven's sake, don't dig up that garden, that's where I buried the GUNS!!" Early the next morning, a dozen British soldiers showed up and dug up the entire garden, but didn't find a single gun. Confused, the man wrote to his son telling him what happened and asking him what to do next. His son replied, "Just plant your potatoes."

A group of men were discussing the origin of the bagpipes. Several men from different nations claimed their ancestors to be the originators of the instrument. Finally an Irishman said, "Well, I'll tell you the truth about it. The Irish invented them and sold them to the Scots as a joke. And the Scots haven't seen the joke yet!"

GET READY FOR TAX TIME

The first step to preparing your taxes is organization of your records. Use this list of commonly needed documents to help you with this year's tax return.

- W-2s
- 1099s
- Statements you've received from your employer or the government, both state and federal
- Interest earned statements
- Interest paid statements
- Notice of distribution from partnerships, estates, or trusts
- Records of unemployment insurance
- Records of Social Security benefits
- Social Security numbers for you, your spouse, and any dependents
- Receipts for deductible expenses, including business, moving, childcare, medical, and home office expenses
- Records of charitable contributions
- Your tax return booklet with label

Although this list is not comprehensive, it is a good start on your way to preparing for your tax preparation.





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."

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<p>COVID-19 VACCINES</p> <p>Stay up to date with the latest developments and appointments at miamidade.gov/vaccine.</p>	<p>SAFETY FIRST</p> <p>Ensure your safety by social distancing, washing your hands, and wearing a mask.</p>	<p>STAY INFORMED</p> <p>Sign up for the D5 newsletter by emailing district5@miamidade.gov.</p>
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DID YOU KNOW?: CAFFEINE TRIVIA

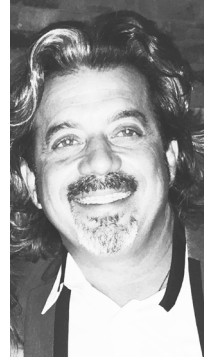
March is National Caffeine Awareness Month.

- Caffeine was on the International Olympic Committee list of prohibited substances until 2004. More than 12 micrograms of caffeine per milliliter of urine, about the amount in five cups of coffee, would have been cause for an athlete to be banned.
- The human body can absorb up to about 300 milligrams of caffeine at any given time. Any excess is secreted off.
- Twenty percent of the caffeine you've ingested is dissipated from your body every hour, so it takes about five hours for caffeine to fully leave your body.
- Dark roasted coffees have less caffeine than medium roasts. The longer coffee beans are roasted, the more caffeine burns off during the process.
- A strong cup of tea has about the same amount of caffeine as a cup of filtered coffee.
- Trimethylxanthine is the chemical term for caffeine.
- Seventy percent of all the sodas sold in the United States contain caffeine.
- In its pure state, caffeine is a crystalline white powder.
- Ten grams of caffeine is considered a lethal dose, the same as drinking 80 to 100 cups of coffee in rapid succession.
- Over 450,000,000 cups of coffee are consumed in the United States every day.
- Caffeine begins to affect your body's systems as soon as 15 minutes after it is consumed.



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Retired nurse looking for part time work caring for elderly patients. Has own car for help with transportation to and from doctor's appointments, shopping and errands.

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Excellent References
Resume Available on Request

Easy Irish Soda Bread

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk



1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

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