



PARKER TOWER

Monthly News

Volume 17 Issue 3

April 2019

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PARKER TOWER CONDOMINIUM

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APRIL BIRTHDAYS AND ANNIVERSARIES

BIRTHDAY

UNIT #	NAME	DATE
1701	DALILA FELDMAN	4-APR
2402	JEAN CLAUDE LEVY	10-APR
1806	SUSANNA GOLUBCHIK	21-APR
612	FRANCISCO PEREZ	25-APR
1705	VIVIANA LOPEZ	26-APR
1807	VIKTOR MOYSE	26-APR
201	SARAY HERRERA	28-APR



Celebrate!



ANNIVERSARIES

UNIT#	NAME	DATE
1005	CECILIA & JULIO CASTILLIO	4-APR
2010	SOFIA & MAX SONKIN	15-APR
2504	CYNTHIA & MIGUEL PASCUAL	21-APR
1512	GALINA & NICK DONET	22-APR
1405	SVETLANA & MIKHAIL LAVITT	26-APR

Earth Day fun facts

Earth day April 22, 2019

- On April 22, 1970, the first Earth Day was celebrated.
- Today Earth Day is the largest secular observance day in the world, celebrated by more than 1 billion people every year.
- 2020 marks the 50th anniversary of Earth Day.
- Over 193 countries around the world celebrate Earth Day.
- Earth Day was founded by Gaylord Nelson, he was a US Senator at that time.
- The first major international conference on environmental issues was held in 1972 in Sweden and UN sponsored it.
- The ringing of the Peace bell given by Japan is one of the highlighting moments on the annual Earth Day ceremony in UN. The bell is made from coins given by school children to further peace on Earth.
- Earth Day led to the creation of the Environmental Protection Agency (EPA).
- The shade and wind buffering provided by trees reduces annual heating and cooling cost by 2.1 billion dollars.
- The UN officially renamed Earth Day as the International Mother Earth Day in 2009.
- In 2000, Internet was for the first time used as a principle-organizing tool to celebrate Earth Day.
- Earth Day Network works towards increasing the awareness about recycling, planting trees and fighting against global warming and climate change.
- Earth Day Flag is also known as Ecology Flag.
- 10,000 Earth Day events are hosted around the world by Earth Day Network members.
- 2,000 colleges and 10,000 primary and secondary schools participated in the first Earth Day event.
- 1 in every 4 mammals is at the risk of extinction.
- Earth Day led to the passage of Clean Air Act, the water Quality Improvement Act, and the Endangered Species Act.
- 15% of all greenhouse gas emissions are resulted from deforestation.
- 100 endangered species of orchids are planted and maintained in Panama, to prevent their extinction in honor of Earth Day.



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Tasty and Easy Springtime Recipe: Penne with Chicken and Asparagus

- 1 (16 oz) package dried penne
- 5 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into cubes
- salt and pepper to taste
- garlic powder to taste
- 1/2 cup low-sodium chicken broth
- 1 bunch asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- 1/4 cup Parmesan cheese

1. Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.
2. Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.
3. Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.
4. Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.



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