THE VOICE OF CORONADO



Volume 9 Issue 3

A Monthly Newsletter for the Residents of Coronado Condominium

April 2023

Coronado Condominium Association, Inc

20301 W Country Club Drive Aventura, Florida 33180

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Fax	305-931-5902
Security	305-466-6182
Cust. svc	954-843-2526

OFFICE HOURS

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





MESSAGE FROM THE BOARD

Dear Coronado Residents,

Big changes at Coronado in April!

As you all know, we hired a new management firm, Affinity, and a new accounting firm, Accountsult, and we are going through the transition period with both companies. The Board of Directors and the Management are working together to make sure that we have a smooth transition. We are asking for your patience with this complex task. A few things to remember:

- Please, make sure to set up your monthly special assessments and maintenance
 payments with Accountsult. If you need help, stop by the office and ask the
 staff for support.
- Update your email and mailing address with the management office, so we can send you communication regarding important notifications, updates, changes, and requirements.
- If you have any questions or concerns, please do not hesitate to contact the Management staff or Board Members so we can assist you.

The Board of Directors of Coronado

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5 HEALTH BENEFITS OF REDUCING STRESS

Stress affects more than your mind. Here are five ways a stress management routine could help your body.



- 1 BETTER SLEEP
- 2 LOWER BLOOD PRESSURE
- 3 IMPROVED DIGESTION
- REDUCED MUSCLE TENSION
- BOOSTED IMMUNE SYSTEM

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The Do's and Don't's of Recycling

RECYCLE:

- Steel, Tin & Aluminum Cans
- Plastic Bottles & Containers
- Office Paper, Brown Paper Bags & Newspaper
- Flattened Cardboard & Paperboard
- Junk Mail & Magazines

DO NOT INCLUDE:

Food waste, plastic bags, polystyrene foam cups & containers, glass bottles.

Please note that Waste Management Inc. of Florida is no longer accepting glass in its commercial recycling plastic bags do not recycle.





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Easy Korean Ground Beef Bowl

This Korean beef bowl is quick and easy to make. Serve over warm rice or spiralized vegetables.

Ingredients

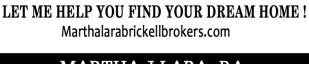
- 1 pound lean ground beef
- 5 cloves garlic, crushed
- 1 tbsp freshly grated ginger
- 2 tsp toasted sesame oil
- ½ cup reduced-sodium soy sauce
- ½ cup light brown sugar
- ¼ tsp crushed red pepper
- 6 green onions, chopped, divided
- 4 cups hot cooked brown rice
- 1 tbsp toasted sesame seeds

Heat a large skillet over mediumhigh heat. Add beef and cook, stirring and crumbling into small pieces until browned, 5 to 7 minutes. Drain grease. Stir in garlic, ginger, and sesame oil and cook until fragrant, about 2 minutes. Stir in soy sauce, brown sugar, and red pepper. Cook until beef absorbs some sauce, about 7 minutes. Add 1/2 of chopped green onions. Serve over hot cooked rice; garnish with sesame seeds and remaining green onions.









MARTHA J LARA, P.A. C. 786.286.9348



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TAX HUMOR

Most people don't find doing their taxes particularly humorous. So here is a way to poke fun at all things related to taxes-forms, accountants, audits, and deductions!

If a lawyer and an IRS agent were both drowning, and you could only save one of them, would you go to lunch or read the paper?

What's the definition of an accountant? Someone who solves a problem you didn't know you had in a way you don't understand.

Why did the auditor cross the road? Because he looked in the file and that's what they did last year.

What do accountants suffer from that ordinary people don't? Depreciation.

For every tax problem there is a solution which is straightforward, uncomplicated, and wrong.

People who complain about paying their income tax can be divided into two types: men and women.

A businessman on his deathbed called his friend and said, "Bill, I want you to promise me that when I die you will have my remains cremated." "And what," his friend asked, "do you want me to do with your ashes?" The businessman said, "Just put them in an envelope and mail them to the Internal Revenue Service and write on the envelope, 'Now you have everything.""

If you love something, set it free. If it comes back, it will always be yours. If it doesn't come back, it was never yours to begin with.

But...

If it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you actually set it free in the first place, you either married it or gave birth to it. Either of which is probably tax deductible.







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