



PARKER TOWER

Monthly News

Volume 21 Issue 3

April 2023

PROPERTY MANAGEMENT

Manager
Assistant Manager Anna Lopez

ASSOCIATION OFFICERS

President Luis Pompa
Vice President Elisa Scemama
Treasurer Elvira Borrego
Secretary Zev Cohen
Director Robert Rotolo
Director Filomena De Freitas

USEFUL INFORMATION

Security 954 454 0557
Valet Parking 954 457 9605
Office 954 454 4366
Police (Emergency) 911
Police (Non emergency) 954 765 4321
FPL 954 797 5000
Comcast 954 266 2278

PARKER TOWER CONDOMINIUM

3140 South Ocean Dr.
Hallandale Beach, FL 33009
www.ParkerTower.org



April Birthdays and Anniversaries

BIRTHDAYS

UNIT #	NAME	DATE
1701	DALILA FELDMAN	4-APR
2402	JEAN CLAUDE LEVY	10-APR
401	MARLEN DE VARONA	11-APR
708	EUGENE HERMAN	13-APR
1901	VIORICA BRINDUSESCU	14-APR
1112	ZINAIDA KRYMKEVICH	18-APR
2210	ELAN RASABI	20-APR
1604	SUSANNA GOLUBCHIK-STAGG	21-APR
1904	HILDA ABRAHAM	24-APR
1705	VIVIANA LOPEZ	26-APR
1807	VIKTOR MOYSE	26-APR
312	LEONID DEUEL	29-APR



ANNIVERSARIES

UNIT#	NAME	DATE
1005	CECILIA & JULIO CASTILLO	4-APR
2504	CYNTHIA & MIGUEL PASCUAL	21-APR
1512	GALINA & NICK DONET	22-APR
1405	SVETLANA & MIKHAIL LAVITT	26-APR

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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 tsp toasted sesame seeds

Heat a large skillet over medium-high 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.



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