

# THE RIVERFRONT SCOOP

Volume 3 Issue 11

April 2023

## THE RIVER FRONT MASTER

92 SW 3rd Street, Suite 100  
Miami, Florida 33130

### ASSOCIATION OFFICERS

**President** ..... Shahab Karmely  
**Vice President**..... Daniel Hannah  
**Secretary** ..... Marcela Lopez Bravo  
**Director**..... Jorge Blet

### PROPERTY MANAGEMENT

**Manager**..... Rolando Cerit, CAM  
*manager@riverfrontmaster.com*  
**Director of Security** ..... Paul Ampudia  
786.453.3220  
*chiefofsecurity@riverfrontmaster.com*  
**Maintenance Sup.**... Benancio Collado  
*maintenance@riverfrontmaster.com*  
**Maintenance Tech**..... Jorge Gomez

### IMPORTANT NUMBERS

**Main** ..... 786.453.3200  
**Security** ..... 786.459.3220 Ext 1

### OFFICE HOURS

**Monday - Friday** ... 9:00 am - 5:00 pm



## APRIL IS STRESS AWARENESS MONTH

Stress is present in everyone's life. April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung disease, heart disease, and suicide.

Some stress is normal. Stress can be negative, like a death, firing, or daily problems, or it can be positive, like planning a wedding, having a baby, or going on vacation. There are ways to manage the stress in your life. Consider these tips for coping.

Include exercise in your day, even if it is just a walk around the neighborhood. Exercise helps to dispel excess stress hormones from your body and boosts your energy level. Make sure you get enough sleep, at least seven to eight hours a night. Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day. All of these will increase your general level of health, as well as decrease the effects of stress.

Make sure that you take time for yourself each day. Leave time in your schedule for activities that you enjoy. If you feel overwhelmed, try writing down every task that you want to accomplish each day, crossing them off as you go.

Identify those things that are particular stressors for you. Make a list of alternative approaches to dealing with these, and start by trying the easiest approaches first. If they don't work, try something else. Above all, be flexible in dealing with those things that are challenging in life.

Remember that no one is perfect. Learn to set priorities in your life and focus on completing them as well as you can. When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change.

If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.



# DID YOU KNOW?: KITE TRIVIA

April is National Kite Month.

In ancient China, it was believed that kites could ward off evil spirits. Today, the kite is regarded as a symbol of good luck.

The first recorded attempt to use kites to obtain scientific data occurred in 1749 when two Scottish scientists, Alexander Wilson and Thomas Melville, fastened thermometers to kites in order to record the temperature of the air at high altitudes.

In 1847, chief engineer T.G. Hulett used a kite to string the first steel cable over the Niagara River in order to continue construction of a suspension bridge over the gorge.

The first patent issued for a kite was granted in 1866 for a hexagon-shaped flat kite with two inwardly bent masts.

In 1887, E. D. Archibald, an English meteorologist, took the

first aerial photograph by attaching a camera to his kite.

In 1898, a modified Hargraves Box Kite rose more than two miles over the Earth's surface to a height of 12,471 feet (3,801 meter) above Milton, Massachusetts. Today's kites are restricted by aviation rules to fly no more than 300 feet high or within three miles of an airport.

Guglielmo Marconi, inventor of the wireless telegraph, used a hexagon kite in 1901 to lift an antenna four hundred feet in order to receive the first radio signal ever transmitted across the ocean.

During World War II, kites bearing pictures of enemy aircraft were used by the United States Navy for target practice. Huge box kites were also flown above American war ships to ward off attacking enemy aircraft. Long steel wires were suspended from each kite, causing damage to any approaching planes.

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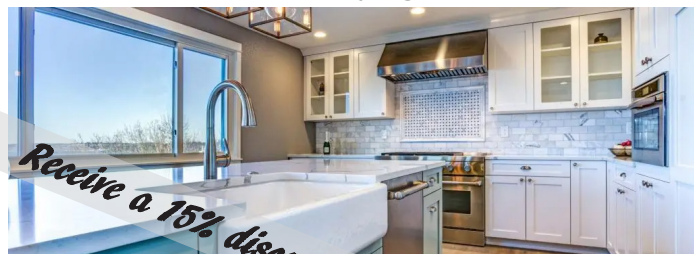
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# Easy Korean Ground Beef Bowl

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 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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# 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.

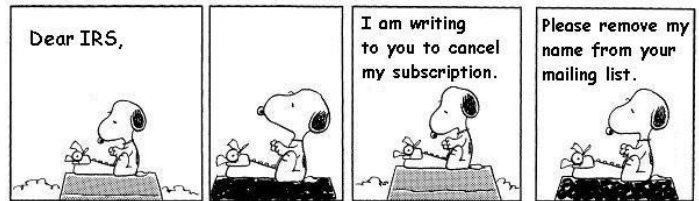
People who complain about paying their income tax can be divided into two types: men and women.

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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