

# THE RIVERFRONT SCOOP

Volume 4 Issue 10

March 2024

## THE RIVER FRONT MASTER

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

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### IMPORTANT NUMBERS

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**Security** ..... 786.459.3220 Ext 1

### OFFICE HOURS

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



Colored eggs and marshmallow chicks. It must be that time of year again. Happy Easter to all of you from the staff at River Front.

## HAPPY ST. PATRICK'S DAY!

As you celebrate this lucky day, we wish you well with this traditional Irish toast!

May you be poor in misfortune,

Rich in blessings,  
Slow to make enemies,  
Quick to make friends.

But rich or poor,  
Quick or slow,  
May you know nothing  
But happiness  
From this day forward.

## EASTER EGG-CELLENT TIPS

### EGG DECORATING IDEAS

For a personal touch on decorating this year, use wax crayons, magic markers or paints on your egg shell to create your own design; then coat it with clear nail polish to prevent smearing. To make the shell glisten, use pearl-colored nail polish. For a porcelain finish, apply several coats of diluted school glue. If you are going for the natural theme this Easter, try organic coloring. By using strong tea, cranberry juice, apple juice, grape juice, etc. you can create beautifully colored eggs. For this idea, set up large containers full of the desired juices and add a teaspoon of vinegar to each juice (this helps set the color). Drop the hard-cooked egg into the juice, making sure to cover only the part of the shell you want colored, allow it to set over night or longer in the refrigerator. When you remove the egg from the water, you will have an elegant, organically decorated egg.

### HARD-BOILED EGGS

Keep in mind that the fresher the egg, the harder it is to peel. Try to buy your Easter eggs a week or two in advance. Put the eggs in single layer in saucepan. Add enough tap water to cover the egg by at least 1-inch. Cover and quickly bring just to a boil. Remove pan from heat and let stand 17 minutes. Immediately run cold water over the eggs until cool. When eggs are cool, thoroughly crack the shell and roll egg between hands to loosen shell. Start at the large end and peel.



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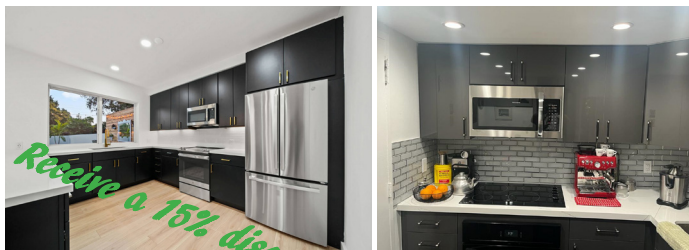
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# Irish Boxty

- 1 ½ cups grated raw potatoes
  - 1 cup all-purpose flour
  - 1 cup leftover mashed potatoes
  - 1 large egg
  - 1 tablespoon skim milk
  - salt and pepper to taste
  - ¼ cup olive oil
1. Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.
  2. Whisk egg and milk together in a separate bowl; mix into the potatoes. Season to taste with salt and pepper.
  3. Heat oil in a large skillet over medium-high heat. Drop in potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.



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## I KID YOU NOT

March is National Kidney Month. And although we don't often give much thought to these hard-working organs of ours, it is a good time to learn more about our kidneys and how they relate to our general health. Your kidneys filter through approximately 200 quarts of blood a day, resulting in about two quarts of waste and excess fluids. They also produce hormones and vitamins that keep your body functioning properly. A person can have kidney disease for years and not know it. The early warning signs of kidney disease are:

- Burning during urination.
- Excessive need to urinate, especially at night.
- Blood in the urine.
- Puffiness or swelling of the hands or feet.
- Pain in the back or side below the ribs.
- High blood pressure.

If you have any of these symptoms, call your doctor. You should also get a simple urine and blood test each year to help detect early kidney disease. Ask your doctor for more information.

## DID YOU KNOW?

- To tell if an egg is hard-boiled or fresh, give it a spin. If it spins easily, it's hard-boiled. If it wobbles, it's raw.
- A fresh egg will sink in water, a stale one will float.
- A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.
- The largest single chicken egg ever laid weighed a pound with a double yolk and double shell.
- As a hen grows older she produces larger eggs.
- There are now 200 breeds of chickens.
- White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in taste or nutrition between white and brown eggs.



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