

Volume 7 Issue 7

July 2024

### **CENTRO DOWNTOWN** Condominium Association, Inc.

151 SE 1st Street Miami, Florida 33131



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ASSOCIATION OFFICERS President.. Juan Pablo Alvarez VP/Treas...Levi Hernandez Vierya Secretary... Jorge Sierra Bejas

**IMPORTANT NUMBERS Main** ...... 305-440-0566

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



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## ANNUAL ELEVATOR INSPECTION Tuesday, July 23, 2024 between 8am-4pm.

Please be advised that our annual elevator inspection is scheduled for Tuesday, July 23<sup>rd</sup>, 2024 between the hours of 8:00am - 4:00pm.

During this inspection, the elevator(s) will be shut down for a period of time (one elevator at a time).



We respectfully ask that all residents understand that these circumstances may cause delays with our elevator wait time.

We apologize for this inconvenience. With your cooperation we expect to finish the required inspection within or before the time period mentioned above.

## ANNUAL FIRE ALARM INSPECTION Monday, July 22 -Friday, July 26

Please be advised that on Monday, July 22 – Friday, July 26 between 9am-4:30pm, Century Fire Protection will be on-site performing our Annual Fire Alarm Inspection,

During this inspection, you will hear audio sounds and flashing strobe lights that will carry throughout the inspection.

We ask that you DO NOT DISCONNECT ANY FIRE ALARM EQUIPMENT IN YOUR UNIT.

Please be aware that the alarm company will need access to your unit accompanied by our maintenance personnel to test your units fire alarm device.

Please make sure the management office has a working copy of your units key. <u>UNIT ACCESS IS REQUIRED.</u>

We thank you in advance for your attention and cooperation.

#### July 2024

## Did You Know?: Blueberry Trivia

- Early American colonists tinted their paint grey by boiling blueberries in milk to extract the pigment.
- Blueberries have been commercially cultivated only since the early 20th century, when the USDA helped develop new improved varieties.
- After the strawberry, the blueberry is the second most popular berry in the U.S.
- Over 200 million pounds of blueberries are grown commercially each year.
- The blueberry is the official berry of Nova Scotia.
- North America produces about 90 percent of the world's blueberries.
- About 25 percent of all the blueberries produced in North America are grown in Maine. Maine is also the largest producer of wild blueberries in the world.
- Ninety-nine percent of Maine's wild blueberry crop is frozen.
- The pigment in blueberries produces antioxidants that neutralize free radicals.
- Blueberries, concord grapes, and cranberries are the three native North American berries.





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Page 3 Centro Downtown

# **Cowboy Coleslaw**

- 1 (16-oz) package shredded coleslaw mix
- 1 (15- oz) can black beans, drained and rinsed
- 1 1/2 cups frozen corn, thawed and drained
- 1 cup diced red bell pepper
- 1/2 cup chopped fresh cilantro
- 1/4 cup finely diced & seeded jalapeno
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup fresh lime juice
- 3 tablespoons canned adobo sauce
- 1 tablespoon taco seasoning mix
- 2 teaspoons kosher salt
- 1 teaspoon ground cumin
- 1/4 cup thinly sliced scallions
- lime wedges, for serving

In a large bowl, toss coleslaw mix, black beans, corn, red bell pepper, cilantro, and jalapeno until well combined. Whisk together mayonnaise, sour cream, lime juice, adobo sauce, taco seasoning mix, salt, cumin, and paprika until smooth and evenly combined. Pour dressing over prepared coleslaw mixture. Toss until well combined. Garnish with scallions and serve with lime wedges. Serve immediately or cover and refrigerate for up to 12 hours.







"A man who stops advertising to save money is like a man who stops a clock to save time." – Henry Ford

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# **THUNDERSTORM SAFETY**

Along with summer's warm days come thunderstorms. Lightning is one of nature's most powerful and unpredictable killers. Golfing, swimming, boating, biking riding, mowing the lawn – almost any outdoor activity – can be dangerous if there's lightning around. So when you hear that rumble in the sky, heed these tips from the National Weather Service:

- If you can hear thunder, you're close enough to the storm to be struck by lightning.
- Listen to weather reports before you go outside for extended periods. Cancel picnics and such if thunderstorms are likely, or move the picnic indoors.
- If you're caught unexpectedly, move to a sturdy building or car (keep the windows up). Avoid small sheds, isolated trees, or convertible automobiles.



- If there's no shelter nearby, find a low spot away from trees, fences, and poles. In the woods, stay by the shorter trees.
  If you feel your skin tingle or your hair stand up, squat low to the ground on the balls of your feet. Put your hands on your knees and your head between them. Do not lie flat on the ground. Make yourself the smallest target possible.
- Move to higher ground if a flash flood or any flood seems likely. Abandon cars once a flood begins. Do not attempt to drive to safety. Most flashflood deaths happen in cars.



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