



PARKER TOWER

Monthly News

Volume 22 Issue 6

July 2024

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PARKER TOWER CONDOMINIUM

3140 South Ocean Dr.
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www.ParkerTower.org



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July Birthdays And Anniversaries

BIRTHDAYS

UNIT #	NAME	DATE
901	ELENA HOTAKOV	1-JUL
1505	CECILIA STRAZNIK	3-JUL
405	BERTHA FORTUNATO	4-JUL
912	JANET POLIZANO	10-JUL
1107	JUAN ROMERO	12-JUL
1107	ZORAIDA ROMERO	12-JUL
2406	UMER ARSHAD	13-JUL
1210	MIKHAIL LAVITT	14-JUL
2306	KATALIN BERLEY	14-JUL
1210	SVETLANA LAVITT	15-JUL
1404	CARMEN DE PROSPERIS	16-JUL
1601	NATASHA KACHKOVSKY	19-JUL
912	JOHN POLIZANO	21-JUL
405	ROBERT FORTUNATO	22-JUL
1905	TETIANA SEMASHKO	23-JUL
1004	SARAH NORMAN	25-JUL
2010	MAX SONKIN	26-JUL
2506	JAIME VELASQUEZ	26-JUL
2209	BORIS SHAPIRO	9-JUL
1109	MELISSA LORENZANA	27-JUL
1003	SAMIR SHENOUDA	29-JUL
2209	ELEONORA SHAPIRO	30-JUL
1512	GALINA DONET	31-JUL
1505	VITALY FRIDMAN	31-JUL

ANNIVERSARIES

UNIT#	NAME	DATE
2009	MAFRAT & RUBEN PUCHAEV	11-JUL
2209	ELEONORA & BORIS SHAPIRO	9-JUL

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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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.







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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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