



# DELVISTA VIEW

*A Newsletter for the Residents of the Delvista Towers Condominium Assn.*

Volume 23 Issue 7

March 2025

## Delvista Towers Condominium Association

20225 NE 34th Court  
Aventura, Florida 33180

### ASSOCIATION OFFICERS

**President**..... Raul Cohen  
**Vice President** ..... Daniel Epstein  
**Treasurer** ..... Mariano Magro  
**Secretary**..... Manuel Poliwoda  
**Director**..... Juan Zuniga  
**Director**..... Joseph Richter  
**Director**..... Paul Furman

### PROPERTY STAFF

**Manager** ..... Ehud (udi) Manor  
**Asst. Manager**..... Estrella Ricardo  
**Package Room** . Stephanie Zambrana  
**Chief Engineer** ..... Luis Olivera

### IMPORTANT NUMBERS

**Main** ..... 305-937-0188 x200  
**Security** ..... 305-937-0188 Ext. 1  
**Maintenance**.. 305-937-0188 Ext. 8  
**Guard House**.. 305-937-0404 Ext. 4  
**Valet**..... 305-937-0188 Ext. 2

### OFFICE HOURS

Monday-Friday .... 9:00 AM - 5:00 PM

### NEWSLETTER EDITOR

Liz Ayoub



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## FRIENDLY REMINDERS

Dear Delvista Residents,

As we are in Spring, here are some important reminders:

- Clean after your dog, *always!*
- Pool Rules (no eating by the pool deck, no glass, and smoking only in designated areas)
- No Speeding throughout the property.
- Be kind -- remove laundry from the washing machine when done.
- No washing the balcony with running water.
- The new Cable / WiFi provider will be voted on and selected in the upcoming board meeting on Wednesday 3/12/2025. We should all be looking forward to an improved cable and internet provider.

Thank you

## HAPPY SAINT PATRICK'S DAY!

Saint Patrick's day is held in honor of Saint Patrick, the Patron Saint of Ireland who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Are you Irish perchance? Well, the saying goes everyone is a little Irish on Saint Patrick's Day. Here are a few more classic Irish sayings & blessings":

- Top of the mornin' to you...(and the rest of the day to 'me self!)
- "Erin Go Braugh" is perhaps the most common Irish term you will hear. It means "Ireland Forever"
- May God grant you many years to live,  
For sure he must be knowing  
The earth has angels all too few  
And heaven is overflowing.
- May you be in heaven half an hour  
Before the devil knows you're dead!
- May the road rise to meet you,  
May the wind be always at your back  
May the sun shine upon your face  
The rains fall soft upon your fields  
And, until we meet again,  
May God hold you in the palm of his hand.
- May your blessings outnumber the shamrocks that grow  
And may trouble avoid you wherever you go.



## DID YOU KNOW?: CAFFEINE TRIVIA

### *March is National Caffeine Awareness Month.*

- Caffeine was on the International Olympic Committee list of prohibited substances until 2004. More than 12 micrograms of caffeine per milliliter of urine, about the amount in five cups of coffee, would have been cause for an athlete to be banned.
- The human body can absorb up to about 300 milligrams of caffeine at any given time. Any excess is secreted off.
- Twenty percent of the caffeine you've ingested is dissipated from your body every hour, so it takes about five hours for caffeine to fully leave your body.
- Dark roasted coffees have less caffeine than medium roasts. The longer coffee beans are roasted, the more caffeine burns off during the process.
- A strong cup of tea has about the same amount of caffeine as a cup of filtered coffee.
- Trimethylxanthine is the chemical term for caffeine.
- Seventy percent of all the sodas sold in the United States contain caffeine.
- In its pure state, caffeine is a crystalline white powder.
- Ten grams of caffeine is considered a lethal dose, the same as drinking 80 to 100 cups of coffee in rapid succession.
- Over 450,000,000 cups of coffee are consumed in the United States every day.
- Caffeine begins to affect your body's systems as soon as 15 minutes after it is consumed.



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## GUINNESS BEER CHEESE DIP

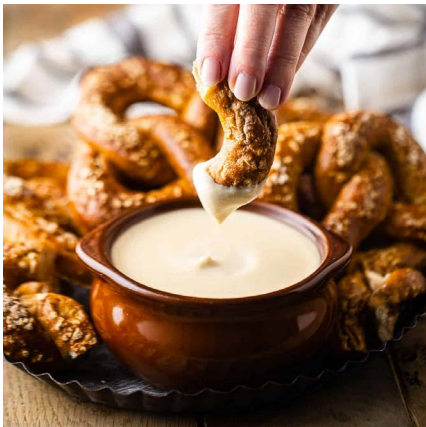
### Ingredients


- 32 oz Velveeta, cut into 1/2-inch cubes
- 1 cup Irish stout beer (such as Guinness)
- ½ cup salsa
- 2 Tbs Worcestershire sauce
- 1 tspn chili powder
- ½ tspn onion powder
- ¼ tspn cayenne pepper (Optional)

### Directions

1. Heat cheese in slow cooker on high until melted, about 20 minutes.
2. Stir beer, salsa, Worcestershire sauce, chili powder, onion powder, and cayenne pepper into cheese until smooth and heated through, stirring frequently, about 10 minutes.

Serve with tortilla chips, raw veggies, crusty bread or baked pretzels for dipping.







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**WATER DAMAGE TO KITCHEN OR FLOORS?**

**LEAKS FROM UNITS ABOVE?**

**AIR CONDITIONER LEAK?**

**SHOWER PAN LEAK?**

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Rami Bazzaz License #P13524

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**Contact Marc** *(the newsletter guy)*  
[cgpimarc@earthlink.net](mailto:cgpimarc@earthlink.net) | 786-223-9417

**TWO CONVENIENT LOCATIONS**



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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.



### KITCHEN & BATHROOM REMODELING

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Popcorn Ceiling Removal | Interior Doors & Frames  
Impact Windows & Doors  
Ceramic Tile & Marble Installed  
Plumbing & Electrical Service

### PAINTING

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