



MIRAGE *On the Ocean*

A Newsletter for the Residents of the Mirage on the Ocean Condominium Association, Inc.

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PROPERTY STAFF

Manager Lourdes Roland
manager@mirage8925.com
Maintenance Moises Mesa
Maintenance@mirage8925.com
Front Desk Sup... Roberto Oviedo
frontdesk@mirage8925.com

OFFICE HOURS

Monday- Friday 9am – 5pm

IMPORTANT NUMBERS

Main 305-864-0825
Management Office Ext 1
Front Desk Ext 2
Valet Ext 3
Maintenance Ext 4



MIRAGE

ON THE OCEAN

Condominium Association, Inc.

8925 Collins Avenue

Surfside, Florida 33154

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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.



GUINNESS BEER CHEESE DIP

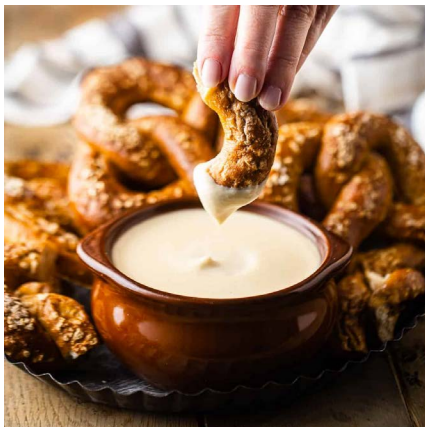
Ingredients

- 32 oz Velveeta, cut into 1/2-inch cubes
- 1 cup Irish stout beer (such as Guinness)
- 1/2 cup salsa
- 2 Tbs Worcestershire sauce
- 1 tspn chili powder
- 1/2 tspn onion powder
- 1/4 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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Eric Broad

Broker Associate
305.318.2385
eric.broad@corcoran.com

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