



# PARKER TOWER

## Monthly News

Volume 23 Issue 2

March 2025

**PROPERTY MANAGEMENT**  
General Manager ..... Anna Lopez

### ASSOCIATION OFFICERS

**President** ..... Elisa Scemama  
**Vice President** ..... Edwin Blumberg  
**Treasurer** ..... Filomena De Freitas  
**Secretary** ..... Alexander Krymkevich  
**Director** ..... Alexander Rabich  
**Director** ..... Ruben Puchaeu  
**Director** ..... Yevgeniy Khodak

### USEFUL INFORMATION

Security ..... 954 454 0557  
Valet Parking ..... 954 457 9605  
Office ..... 954 454 4366  
Police (Emergency) ..... 911  
Police (Non emergency) ..... 954 765 4321  
FPL ..... 954 797 5000  
Comcast ..... 954 266 2278

### PARKER TOWER CONDOMINIUM

3140 South Ocean Dr.  
Hallandale Beach, FL 33009  
[www.ParkerTower.org](http://www.ParkerTower.org)



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## March Birthdays And Anniversaries

### BIRTHDAYS

| UNIT # | NAME                | DATE   |
|--------|---------------------|--------|
| 1007   | MICHAEL KRUGOLETS   | 1-MAR  |
| 502    | ROBERT ROTOLO       | 1-MAR  |
| 302    | GREGORIO PENA       | 12-MAR |
| 1912   | TOBI SOSKIN         | 17-MAR |
| 303    | AMANDA INTERIAN     | 19-MAR |
| 1905   | OLEKSANDR BOBROV    | 19-MAR |
| 2506   | SANDRA VELASQUEZ    | 21-MAR |
| 2203   | MAGGIE MOSS         | 22-MAR |
| 2112   | ROCHELLE SKINAZI    | 22-MAR |
| 1409   | NINA JACKSON        | 26-MAR |
| 303    | CESAR INTERIAN      | 26-MAR |
| 511    | ALEJANDRO ARMENDANO | 26-MAR |
| 303    | JULIO INTERIAN      | 29-MAR |
| 1902   | SHMUEL ESKENAZI     | 30-MAR |



### ANNIVERSARIES

| UNIT# | NAME                     | DATE   |
|-------|--------------------------|--------|
| 2202  | MIRA & MARK MULLAEV      | 15-MAR |
| 2506  | SANDRA & JAIME VELASQUEZ | 21-MAR |

## 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

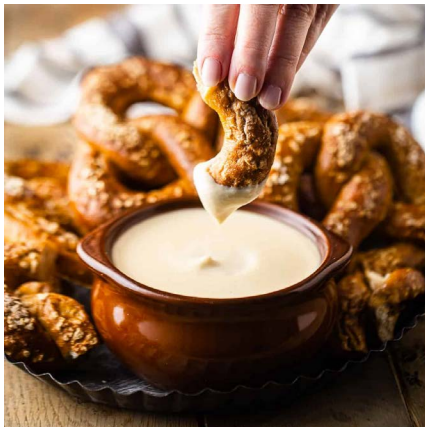
### Ingredients

- 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.



PATRICKJAIMEZ PA

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Announcements • Posters-Banners • Vehicle Wraps

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

## 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

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