

ISOLA

CONDOMINIUM ASSOCIATION, INC

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ISOLA Condominium Association, Inc.

770 Claughton Island Drive
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OFFICE HOURS

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



Hurricane Season is Here. Are you prepared? HURRICANE WATCHES AND WARNINGS

Each year, from June 1 through Nov. 30, an average of six hurricanes form in the Atlantic Ocean, Gulf of Mexico and the Caribbean Sea combined. Hurricanes are one of nature’s most powerful forces that turn warm ocean water into powerful winds capable of mass destruction. Heavy rain also accompanies hurricanes and is not only a threat to coastal areas, but to areas hundreds of miles inland as well. In some cases, flooding occurs days after the storm actually goes ashore. It’s critical to be aware of the dangers associated with hurricanes and to learn how you can reduce the loss of life and property if you’re prone to these powerful forces.

During A Hurricane Watch

- Listen to a battery-operated radio or TV for hurricane progress reports.
- Check emergency supplies.
- Fuel car.
- Bring in outdoor objects and anchor objects that cannot be brought inside.
- Secure buildings and windows.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- Store drinking water in clean bathtubs, jugs, and bottles.
- Review evacuation plan.
- Moor boat securely or move it to a designated safe place.

During A Hurricane Warning

- Listen constantly to a battery-operated radio or TV for instructions.
- Store valuables and personal papers in a waterproof container on the highest level of your home.
- Avoid elevators.

If at home:

- Stay inside, away from windows, skylights, and glass doors.
- Keep a supply of flashlights and extra batteries handy. Avoid open flames as a source of light.
- If power is lost, turn off major appliances to reduce power “surge” when electricity is restored.

If officials indicate evacuation is necessary:

- Leave as soon as possible. Avoid flooded roads.
- Secure your home by unplugging appliances and turning off electricity and the main water valve.
- Tell someone outside of the storm area where you are going.
- If time permits, and you live in an identified surge zone, elevate furniture to protect it from flooding or better yet, move it to a higher floor.
- Bring emergency supplies and warm protective clothing.
- Take blankets to shelter.
- Lock up home and leave.

Summer Milkshake Recipes

Red, White & Blue Milk Shakes

- 1 quart strawberry ice cream
- 1 cup milk
- 1/2 cup strawberry preserves
- 1/4 cup frozen whipped topping, thawed
- 1/4 cup fresh blueberries, washed



Combine the ice cream, milk, and strawberry preserves in a blender. Blend until well combined. Pour into glasses, top with whipped topping and blueberries.

Chocolate Peanut Butter Milkshake

- 1 cup cold milk
- 1/3 cup chocolate syrup
- 2 tablespoons creamy peanut butter
- 1-1/2 cups vanilla ice cream

Place ice cream, milk, chocolate syrup and peanut butter in blender. Blend until well combined.

Mocha Mudslide Milkshake

- 1 cup m
- 2/3 cup sliced ripe bananas
- 2 tbsp sugar
- 1 tsp instant coffee
- 1/4 cup vanilla low-fat yogurt

Place the milk, banana, sugar and coffee granules in a blender and blend until well combined. Freeze in a blender container for 1 hour or until slightly frozen. Loosen frozen mixture from the sides of blender container, add yogurt and blend until smooth. Garnish with banana slices.

Banana-Mango Milkshake

- 1 whole mango
- 1 whole banana
- 2 scoops vanilla ice cream
- 1 1/4 cup milk
- 1 tablespoon sugar

Peel and pit mango. Peel banana. Place all ingredients into blender and blend until well combined.

Cafe Latte Milkshake

- 1-1/2 cups cold coffee
- 2 scoops vanilla ice cream
- 2 tablespoons chocolate syrup.

Place all ingredients into blender and blend until well combined.



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Tune-Up Tips

Your bags are packed, your maps are unfolded, and the kids all have their snacks. You and your family are ready for your road trip, but is your car? As the weather gets warmer, there are some things you should do to ensure that every trip, short or long, is a safe one.



Do a check of all of your exterior lights and windshield wipers. Look over your tires to make sure that the tread is not worn down. Don't forget to check your spare also. This is a great time to get out your jack, make sure it is in working order, and review how to use it.

Under the hood, check the belts, battery, and all fluid levels. It is a good idea to get a fresh oil and filter change before and after a road trip. Fill up the washer fluid reservoirs and wash all the windows.

Inside your vehicle, do a safety check of all of your seat belts. Check any car seats that are in your car, making sure that they have been installed according to the manufacturer's instructions. Keep a safety kit in your vehicle. This should include first aid supplies, a wrench, screwdriver, flashlight, safety flares, extra water, and some rags.



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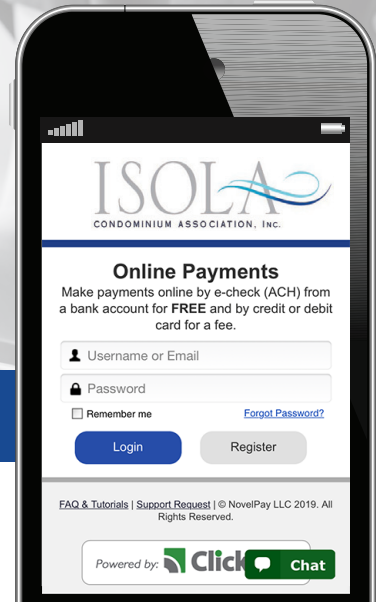
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