

NIRVANA

NEWS & VIEWS



A Newsletter for the Residents of The Nirvana Condominium Associations 1, 2, 3, 4, 5. Inc.

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Nirvana

Condominium Association, Inc.
703 NE 63 Street
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www.nirvanacondos.net

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OFFICE HOURS

Monday-Friday ...8:00 AM - 5:00 PM

Get an Insurance Checkup

Want to save a little money? Take a hard look at your insurance coverage. Experts recommend getting an insurance checkup once a year. You may find that your situation has changed and you need less, or more, insurance. Laws in your state may have changed or it may be time to get a new insurance company.

To make your insurance checkup easier, gather together the paperwork for all of your insurance coverage, including homeowners or renters insurance, life, auto, and any other type you may carry. This will help you compare costs vs. coverage.

Some important questions to ask:

- Am I eligible to discontinue PMI (private mortgage insurance) on my homeowners policy?
- Have any laws changed in my state requiring more or less coverage?
- Has my employer begun to offer more or less insurance, including disability, life, or supplemental insurance?
- Do I qualify for any additional discounts?
- Can I save money with a higher deductible?
- What is the best deal I can get on this type of coverage?

Once you've talked with your current agent and gotten a firm price on the insurance coverage you want, take the time to call around to other companies. You may be surprised at the savings you can find. If you do find a better deal elsewhere, it is easy to switch. Simply start up your coverage at the new company and then send a letter or fax to your original insurance agent stating when you would like your coverage discontinued. If there is remaining time on your policy, you will receive a refund of the amount you've already paid.



Treats they Won't Give Away

It's back to school time! Below is a delicious and healthy treat to add to your child's packed lunch.

- 2 cups rolled oats
- 3/4 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 3/4 cup raisins (optional)
- 3/4 teaspoon salt
- 1/2 cup honey
- 1 egg, beaten
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract

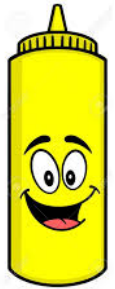


1. Preheat the oven to 350 degrees. Grease a 9x13 inch baking pan.
2. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.
3. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

Did You Know?

August 7th is National Mustard Day

- George J. French introduced his "French's mustard" in 1904, the same year that the hot dog was introduced to America at the St. Louis World's Fair.
- Canada is the world's largest producer of mustard seed.
- In the 1950's, Plochman was the first company to successfully market squeeze mustard.
- Dijon is a French city known as the mustard-making capital of the country.
- Yellow ballpark mustard gets its bright yellow color partly from turmeric.
- It is believed that mustard was first cultivated in India around 3000 BC. Recipes for mustard paste were recorded as early as 42 AD.
- The word "mustard" comes from the Latin "must" (much) and "ardens" (burning).
- In 1901 Captain Robert Falcon Scott set sail on the Discovery with a ton and a half of mustard on his journey to Antarctica.





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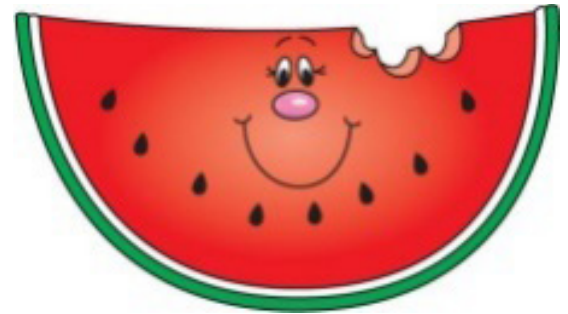
Wonders of Watermelon

August 16th is National Watermelon Day! Wondering how to choose the best watermelon you can find? Look for a firm, symmetrical melon, free from bruises, cuts, and dents. Thumping a watermelon won't tell you as much as simply picking one up. A good watermelon will be heavy for its size. The underside should have a creamy yellow spot, indicating that it sat on the ground and ripened in the sun. Watermelons are great tasting treats for hot summer days. Try the recipe below!

WATERMELON POPSICLES

- 3 cups watermelon juice
- 1/2 cup sugar • 2 teaspoons fresh lemon juice
- 1/2 cup water

Cut watermelon into cubes and rub through a strainer to remove seeds. In saucepan mix together sugar and water; simmer 3 minutes. Remove from heat; stir in watermelon juice and lemon juice. Turn into 2 ice trays. Freeze until very mushy and insert a popsicle stick in each cube. Freeze.



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