

# 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.  
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## 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. Hurricanes also bring winds in excess of 74 mph, storm surge and tornadoes. It's critical to be aware of the dangers associated with hurricanes and their somewhat weaker counterparts, tropical storms, 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.
- 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 official 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.

## Dad is Great! Quotations for Father's Day

- It is a wise father that knows his own child. - William Shakespeare
- When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. - Mark Twain
- Fathers, like mothers, are not born. Men grow into fathers...and fathering is a very important stage in their development. - David M. Gottesman
- A man's children and his garden both reflect the amount of weeding done during the growing season. - Author Unknown
- It doesn't matter who my father was; it matters who I remember he was. - Anne Sexton
- For rarely are sons similar to their fathers: most are worse, and a few are better than their fathers. - Homer
- I talk and talk and talk, and I haven't taught people in 50 years what my father taught by example in one week. - Mario Cuomo
- It's only when you grow up, and step back from him, or leave him for your own career and your own home...it's only then that you can measure his greatness and fully appreciate it. Pride reinforces love. - Margaret Truman
- You don't have to deserve your mother's love. You have to deserve your father's. - Robert Frost
- Blessed indeed is the man who hears many gentle voices call him father! - Lydia Maria Child
- The most important thing a father can do for his children is to love their mother. - Theodore Hesburgh
- The father who does not teach his son his duties is equally guilty with the son who neglects them. - Confucius
- Be kind to thy father, for when thou were young, who loved thee so fondly as he? He caught the first accents that fell from thy tongue, and joined in thy innocent glee. - Margaret Courtney
- A father is a man who expects his son to be as good a man as he meant to be. - Frank A. Clark
- My father was frightened of his father, I was frightened of my father and I am damned well going to see to it that my children are frightened of me. - King George V
- Fatherhood is pretending the present you love most is soap-on-a-rope. - Bill Cosby



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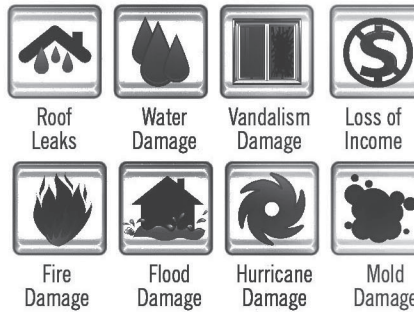
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# Summer Milkshake Recipes

## 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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