



Commodore Club West Condominium

Volume 7 Issue 9

A Monthly Newsletter for the Residents of Commodore Club West Condominium

April 2021

COMMODORE CLUB WEST CONDOMINIUM ASSOCIATION, INC

155 Ocean Lane Drive
Key Biscayne, Florida 33149

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OFFICE HOURS

Monday - Friday..8am - 4pm



HURRICANE SEASON NOTICE

Experts are forecasting an abnormally active hurricane season. Scientists at Colorado University predict up to 17 named storms, 8 hurricanes and 4 major hurricanes for 2021. Elevated predictions are taking into account warmer than average Atlantic waters which provide fuel for storms.

Don't wait until a hurricane warning. The best time to start is before a threat is imminent. Here's what you need to know:

- Plan your evacuation route well ahead of time.
- Keep non-perishable emergency supplies on hand.
- Take an inventory of your personal property.
- Review your insurance policy.
- Take steps to protect your home (if you have shutters, now is a good time to make sure they are working properly).
- Have a plan for your pets.



Penne with Chicken and Asparagus

- 1 (16 ounce) package penne pasta
- 5 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into cubes
- salt and pepper to taste
- garlic powder to taste
- 1/2 cup low-sodium chicken broth
- 1 bunch asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- 1/4 cup Parmesan cheese

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10



minutes. Drain, and set aside. Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels. Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through. Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

GOT HURRICANE DAMAGE? GET HELP NOW!

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HOMESCHOOL HEADACHES

Spring fever can affect people in many different ways, but for children of school age, it can mean more difficulty in completing homework each day. You may find yourself needing to help your child more than before with homework, but it is important for children to learn how to complete this work independently. Here are some tips to help ease the difficulty for both you and your child.

- Take care of your child's physical needs first. Offer a healthy snack and an opportunity for some physical activity before settling down to tackle homework.
- A regular schedule for homework will be beneficial, as your child will know what to expect and will not be tempted to put it off. Set a regular schedule and plan on sticking to it.
- Make sure your child has all of the materials and supplies he or she needs to complete each assignment. You may want to set up a designated area in your home in which to do homework, with plenty of school supplies, pens, pencils, paper, and other necessary items.
- Offer an incentive if your child is struggling to complete daily assignments. You may wish to have a sticker chart to track progress, with an outing or prize at the end of week given for a full week of completion.
- Finally, plan on taking breaks during homework time if your child is not able to concentrate for long periods of time. A kitchen timer will let your child know when to start homework and how long breaks will last.



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