

HARBOUR CLUB VILLAS

Monthly Newsletter

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A Newsletter for the Residents of the Harbour Club Villas Association

January 2019

HARBOUR CLUB VILLAS



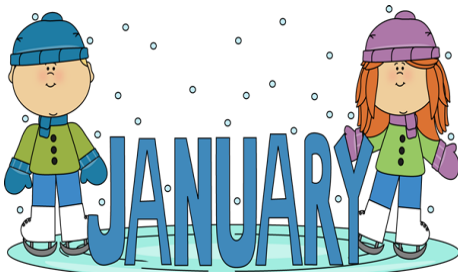
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T'was the Month After Christmas

T'was the month after Christmas,
and all through the house,
nothing would fit me,
not even a blouse;
The cookies I'd nibbled,
the eggnog I had to taste,
at the holiday parties had
gone to my waist;

When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber),
I'd remember the marvelous meals
I'd prepared,
The gravies and sauces and
beef nicely rared;

The wine and the rum balls;
the bread and the cheese,
and the way I'd never said,
"No thank you, please."
As I dressed myself in my husband's
old shirt,
and prepared once again to do
battle with dirt,
I said to myself, as only I can,
"You can't spend a winter
disguised as a man!"
So, away with the last of the
sour cream dip.

Get rid of the fruit cake,
every cracker and chip.
Every last bit of food that I like must
be banished,
'til all the additional ounces
have vanished.

I won't have a cookie--
not even a lick.
I'll want only to chew on
a long celery stick.
I won't have hot biscuits,
or corn bread, or pie,
I'll munch on a carrot
and quietly cry.

I'm hungry, I'm lonesome,
and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all
and to all a good diet!
Author Unknown



Slow Cooker Chicken Taco Soup for Cold Winter Days

- 1 onion, chopped
- 1 (16 oz) can chili beans
- 1 (15 oz) can black beans
- 1 (15 oz) can corn, drained
- 1 (8 oz) can tomato sauce
- 1 (12 fluid oz) can or bottle beer
- 2 (10 oz) cans diced tomatoes with green chilies, undrained
- 1 (1.25 oz) package taco seasoning
- 3 skinless, boneless chicken breasts
- 1 (8 oz) package shredded Cheddar
- sour cream
- crushed tortilla chips



Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours. Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.



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Electrifying News: Ways to Save Money on Your Electric Bill

Along with your other holiday bills coming due, you still will receive your regular bills, including utility bills. If the cost of electricity is getting you down, consider these ways to make your next bill smaller.



- Make sure that you set your thermostat to a comfortable level. Generally, this means your thermostat should be set to no higher than 70 degrees in the winter.
- If there is a dryer in your home, try removing clothing when it is still slightly damp and hanging it to dry. Not only do you save electricity, your clothes will last longer and require less ironing.
- Taking a long, hot shower is something that would show up on a water bill. Remember that heating water is expensive also. Take care to not let hot water run when shaving or washing dishes.
- Keep your refrigerator clean and vacuum the motor and coils at least once every three months. If your freezer is somewhat empty, fill empty milk jugs with water and keep them in the freezer.
- Use fluorescent bulbs in place of incandescent bulbs, and always use the lowest wattage necessary. Remember to turn off lights when you are not using them.
- Do not use the heated dry setting on your dishwasher. Instead let your dishes air dry.

By taking these simple steps, you can save money on your utility bills next time around. You are also helping to protect the environment by reducing your energy consumption.

Top 5 Reasons to Select Suddath® for Your Move

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- 5. Competitive Rates.** With all of the above, and so much more, Suddath still provides the best value at competitive rates. Let us prove it to you!

Google ★★★★★ 4.9 out of 5 stars from 51 reviews



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Glaucoma Awareness Month

Did you know that you could be going blind and not even know it? January is Glaucoma Awareness Month, a time to remind the public about the dangers of this disease. Glaucoma is the leading cause of blindness in all adults over the age of 60. In the African-American population, people over 40 are up to five times more likely to get glaucoma.

Glaucoma can't be cured, but if caught early, treatment options can reduce the risk of blindness. If you are over 60, or if you are African-American and over the age of 40, or you have a family history of glaucoma, talk to your doctor. You should have an eye exam every two years. It is painless, easy, and it could save your sight.



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