

ISOLA

CONDOMINIUM ASSOCIATION, INC

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ISOLA Condominium Association, Inc.

770 Claughton Island Drive
Miami, Florida 33131

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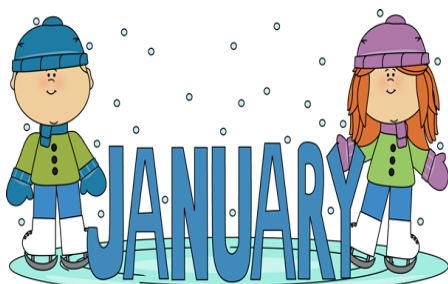
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Monday - Friday ...9:00 AM - 5:00 PM



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



Chili for Cold Winter Days

Ingredients

- 2 pounds ground beef chuck
- 1 pound bulk Italian sausage
- 3 (15 oz) cans chili beans, drained
- 1 (15 oz) can chili beans in spicy sauce
- 2 (28 oz) cans diced tomatoes with juice
- 1 (6 oz) can tomato paste
- 1 large yellow onion, chopped
- 3 stalks celery, chopped
- 1 green bell pepper, seeded & chopped
- 1 red bell pepper, seeded & chopped
- 2 green chili peppers, seeded & chopped
- 1 tablespoon bacon bits
- 4 cubes beef bouillon
- 1/2 cup beer
- 1/4 cup chili powder
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 2 teaspoons hot pepper sauce

- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1 (10.5 oz) bag corn chips
- 1 (8 oz) package shredded Cheddar




and red bell peppers, chili peppers, bacon bits, bouillon, and beer. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir

to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.

Directions


1. Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease.
2. Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green

3. After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day.
4. To serve, ladle into bowls, and top with corn chips and shredded Cheddar cheese.



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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.





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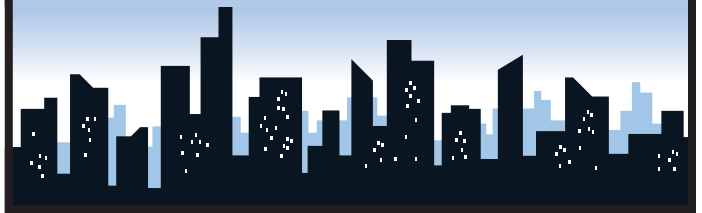
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