

Monthly **La Costa** Newsletter

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OFFICE HOURS

Mon - Fri..... 8 AM - 4 PM

LA COSTA CONDOMINIUM

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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



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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Please call to discuss the possible sale or lease of your property! Inventory is needed!

Esquire House, 4720 Pinetree Dr. Unit 24 2/2, updated unit, heated pool. \$2100/month. **JUST LISTED!**

360 Condo, 7900 Harbor Island Dr. Unit 907 1/1/1, new A/C, bay views. Offered at \$295,000. **JUST LISTED!**

Shorecrest/Davis Harbor, 950 NE 88th ST. 3/2, open layout. Offered at \$525,000. **JUST LISTED!**

Island Pointe, 10350 W Bay Harbor Dr. Unit 9LM 3/2/1, grand Master suite, 2 balconies,

2 parking & storage. Offered at \$564,000. **A MUST SEE!**

7720 Hawthorne Ave, Miami Beach 3/2 MiMo, updated, 2386SF, WF canal home w/ no bridges to bay.

Offered at \$1,070,000. **REDUCED AGAIN!**

Biscayne Point, 7975 Biscayne Point Cir. 3/2 \$6950/month. **UNDER CONTRACT!**

Biscayne Park, 11193 NE 8th CT. 3/3, pool home on over half acre lot. Offered at \$689,000. **JUST SOLD!**

Island Pointe, 10350 W Bay Harbor Dr. Unit 10J 1/1+Den. Offered at \$275,000. **SOLD!**

Vilasal Lofts, 7744 Collins Unit 19 Miami Beach 2/2, 2-story loft offered at \$519,900! **SOLD!**



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Slow Cooker Chicken Taco Soup for Cold Winter Days

Ingredients

- 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

Directions

1. 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.
2. 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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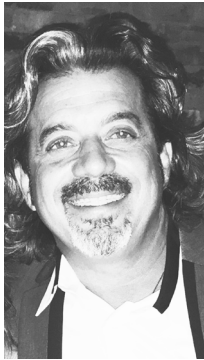


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Miami-Dade Commissioner

Eileen Higgins

District 5

★ ★ ★

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