

Lake Point Tower

Monthly Newsletter

Volume 9 Issue 7

A Monthly Newsletter for the Residents of Lake Point Tower Condominium

January 2019

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IMPORTANT NUMBERS

OFFICE HOURS

Mon-Fri 9:00 am - 5:00 pm



Lake Point Tower

Condominium Association, Inc. 100 Golden Isles Drive Hallandale Beach, FL 33009



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;

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



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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.



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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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