

# NIRVANA

## NEWS & VIEWS



A Newsletter for the Residents of The Nirvana Condominium Associations 1, 2, 3, 4, 5. Inc.

Volume 12 Issue 6

April 2019

### Nirvana

Condominium Association, Inc.  
703 NE 63 Street  
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www.nirvanacondos.net

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#### IMPORTANT NUMBERS

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#### OFFICE HOURS

Monday-Friday ...8:00 AM - 5:00 PM

## Happy Passover

HAPPY



PASSOVER!

**Passover** (in Hebrew, **Pesach**) commemorates the exodus of the Jews from slavery in Egypt. The holiday is ultimately a celebration of freedom, and the story of the exodus from Egypt is a powerful metaphor that is appreciated not only by Jews, but by people of other faiths as well. Wishing you and yours a happy and peaceful Passover.



## Happy Easter

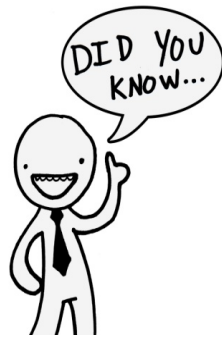
Colored eggs and marshmallow chicks. It must be that time of year again. May this Easter bring you all together for a great celebration filled with lots of joy, happiness and of course chocolate! Happy Easter to all of you from the staff at Nirvana.



# Earth Day fun facts

## Earth day April 22, 2019

- On April 22, 1970, the first Earth Day was celebrated.
- Today Earth Day is the largest secular observance day in the world, celebrated by more than 1 billion people every year.
- 2020 marks the 50th anniversary of Earth Day.
- Over 193 countries around the world celebrate Earth Day.
- Earth Day was founded by Gaylord Nelson, he was a US Senator at that time.
- The first major international conference on environmental issues was held in 1972 in Sweden and UN sponsored it.
- The ringing of the Peace bell given by Japan is one of the highlighting moments on the annual Earth Day ceremony in UN. The bell is made from coins given by school children to further peace on Earth.
- Earth Day led to the creation of the Environmental Protection Agency (EPA).
- The shade and wind buffering provided by trees reduces annual heating and cooling cost by 2.1 billion dollars.
- The UN officially renamed Earth Day as the International Mother Earth Day in 2009.
- In 2000, Internet was for the first time used as a principle-organizing tool to celebrate Earth Day.
- Earth Day Network works towards increasing the awareness about recycling, planting trees and fighting against global warming and climate change.
- Earth Day Flag is also known as Ecology Flag.
- 10,000 Earth Day events are hosted around the world by Earth Day Network members.
- 2,000 colleges and 10,000 primary and secondary schools participated in the first Earth Day event.
- 1 in every 4 mammals is at the risk of extinction.
- Earth Day led to the passage of Clean Air Act, the water Quality Improvement Act, and the Endangered Species Act.
- 15% of all greenhouse gas emissions are resulted from deforestation.
- 100 endangered species of orchids are planted and maintained in Panama, to prevent their extinction in honor of Earth Day.



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*Yanitza Alvarez*  
**PIANO TEACHER**

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# Tasty and Easy Springtime Recipe: *Penne with Chicken & Asparagus*

- 1 (16 oz) package dried penne
- 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

1. 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.
2. 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.
3. 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.
4. 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.



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# Matzo Ball Soup

## Ingredients

- 2 (10 ounce) packages matzo crackers
- 1/2 cup butter
- 6 eggs
- salt and pepper to taste
- 3 tablespoons minced fresh parsley
- 2 onions, minced
- 5 ounces matzo meal
- 96 ounces chicken broth

## Directions

1. Bring a large pot of lightly salted water to a boil.
2. Break matzo crackers into small pieces, and place in a large bowl. Add water to cover; allow to soak for a few minutes, until soft. Drain off excess water.
3. Melt butter in a large skillet over medium heat and stir in drained matzos; stir until mixture is dry and slightly brown. Remove from heat, and mix in eggs, salt and pepper to taste, parsley, and onions.

4. Mix in just enough matzo meal to make mixture hold together. Roll one golf ball-size matzo ball. Place matzo ball in the boiling water to test the mixture. The ball must rise to the top of the water and not break apart. If it does not rise, then too much matzo meal was added. In this case, add another beaten egg to the mixture and try again. When desired consistency is reached, roll all of mixture into golf ball size spheres.



5. In a large saucepan, bring chicken broth to a slow boil over medium heat; add balls to broth. Serve soup as the balls rise to the top of the broth.



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