

Ocean One Waves

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OCEAN ONE
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President's Letter

Dear Fellow Residents,

During the past holiday season, we experienced a record number of family and guests visiting our building. That, combined with warm sunny days, resulted in increased traffic in our beach and pool areas, the cafe, as well as our driveway. Somehow, we came through with flying colors. Now, back to work.

Despite the holidays, the Painting and Restoration project continued its course. We experienced excessive winds during several days and were unable to do work on swing stages. Nevertheless, work was diverted to other areas at ground level, to try to adhere as much as possible to the one-year schedule. I would like to apologize for the drilling early in the morning, for the closed tennis courts, and the noise from the flapping plastic covering our balconies. Please understand that our main goal is to bring this project in on time and under budget while ensuring the workmanship (stucco work and painting) adheres to the highest of standards.

Due to the fact that many residents have been parking their vehicles in unauthorized spots, we will be registering all vehicles once again. This will ensure that residents are using their assigned parking spots or have permission from other owners to do so. This applies as well to motorcycles and scooters.

Soon we will be checking all stairwells for obstruction. Please make sure that you are not storing any items in these areas. If so, kindly remove them before you are cited and fined. At the same time, we will be checking all apartment foyer doors to ensure that they lock properly, so as to prevent access from the stairwell.

As the new year begins, let me take this opportunity to wish you health, happiness, success and all good things in the forthcoming days.

Respectfully,
Tamara Benson

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

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



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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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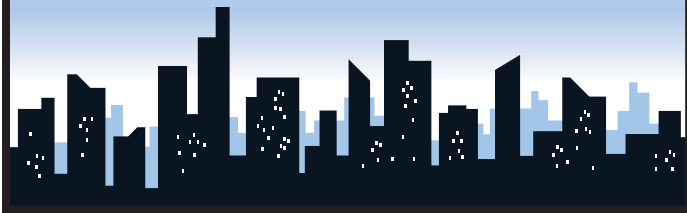
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