



PARKER TOWER

Monthly News

Volume 16 Issue 12

January 2019

PROPERTY MANAGEMENT

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ASSOCIATION OFFICERS

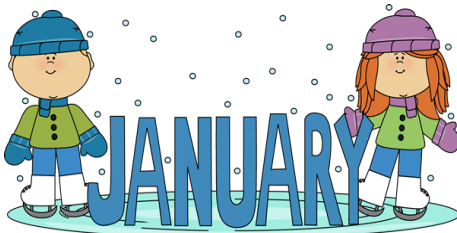
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PARKER TOWER CONDOMINIUM

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January Birthdays and Anniversarie BIRTHDAYS

UNIT#	NAME	DATE
1601	JOSEPH KACHKOVSKY	1-Jan
906	MARGARITA TARNAVSKY	2-Jan
2012	SUZANNA ILKOVITCH	6-Jan
2504	MIQUEL PASCUAL	7-Jan
307	IGOR MEDGE	10-Jan
2201	MICHAEL CAPUTO	10-Jan
212	BEVERLY FAINER	14-Jan
2201	GAETANO GIOIA	16-Jan
1703	ENRIQUE FORTUNE	18-Jan
2211	ALEXANDER LEVINE	20-Jan
2310	MILES KATZMAN	21-Jan
2202	MIRA MULLAEV	25-Jan
909	ALICIA TAVELLA	31-Jan



ANNIVERSARIES

UNIT#	NAME	DATE
410	JUDITH BAS & JAIME FLASTERSTEIN	22-Jan

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



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 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.
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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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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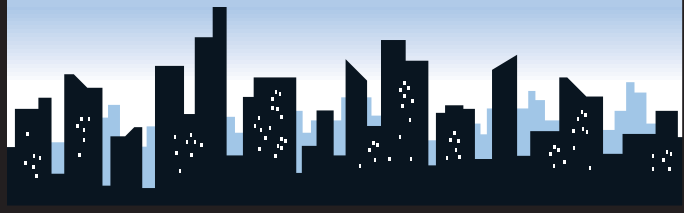
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