



DELVISTA VIEW

A Newsletter for the Residents of the Delvista Towers Condominium Assn.

Volume 20 Issue 5

January 2022

Delvista Towers Condominium Association

20225 NE 34th Court
Aventura, Florida 33180

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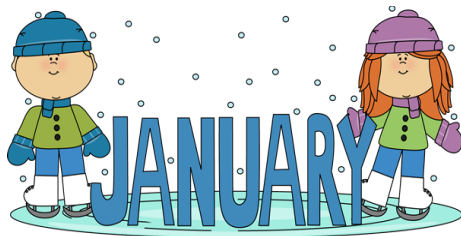
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Happy New Year

Here's to a brand new year of good health, good fortune, and good times. Thanks for bringing in the New Year with us here at Delvista. We feel fortunate to have you all as our residents.

NEW YEARS QUOTATIONS

- Drop the last year into the silent limbo of the past. Let it go, for it was imperfect, and thank God that it can go. – Brooks Atkinson
- Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. – Bill Vaughan
- An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. – Bill Vaughan
- Many people look forward to the New Year for a new start on old habits. – Unknown
- We spend January first walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives . . .not looking for flaws, but for potential. – Ellen Goodman
- New Year's Day is every man's birthday. – Charles Lamb
- The new year begins in a snow-storm of white vows. – George William Curtis
- Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you've met your New Year's resolution. – Jay Leno
- A New Year's resolution is something that goes in one year and out the other. – Unknown

AIR FRYER CHICKEN CORDON BLEU

- 4 (5 oz) skinless, boneless chicken breast halves
- 2 slices deli ham
- 2 slices deli Swiss cheese
- ¼ cup all-purpose flour
- ½ teaspoon salt, or to taste
- ¼ teaspoon ground black pepper
- 1 large egg, lightly beaten
- ⅔ cup plain dry bread crumbs
- 3 tablespoons unsalted butter, melted



Place each chicken breast between 2 pieces of parchment paper. Use a mallet or similar to flatten each breast to a thickness of 1/4". Cut ham and Swiss cheese slices in half so you have 4 pieces of each. Stack 1 piece ham and 1 piece of cheese in the middle of each flattened chicken breast. Roll up like a jelly roll, tucking the ham and cheese inside the breast as you roll. Secure the ends and sides with toothpicks so the cheese won't run out. Transfer to the refrigerator for at least 15 minutes, or up to 4 hours. Preheat an air fryer to 350 degrees F. Combine flour, salt, and pepper in a small bowl. Place beaten egg in second bowl. Place bread crumbs in a third bowl. Dip each chicken bundle in flour mixture, then in egg, and finally in bread crumbs to coat. If you notice any spots that are just coated in flour, lightly pat with beaten egg and bread crumbs. Gently pat each bundle with melted butter and place in the air fryer basket. Air-fry until crust is nicely browned and chicken is no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.

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Honoring Martin Luther King, Jr.

Since the age of 17, Martin Luther King was a Baptist minister who dedicated his entire adult life to fighting racism and segregation in the United States. Influenced by Gandhi's example of nonviolent persuasion, he organized peaceful boycotts and demonstrations, including the Montgomery Bus Boycott in 1955. In 1963, King headed a massive civil rights campaign in Birmingham, Alabama. This crusade was followed by major drives for voter registration, desegregation, and better housing and education in the South. Honoring his hard work and fortitude in the civil rights movement, King was awarded the Nobel Peace Prize in 1964. On April 4, 1968 he was assassinated in Memphis, Tennessee. Since 1986 the third Monday in January has been designated a legal holiday to honor this man of peace.



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Super Bowl Trivia

It's Super Bowl time! This year during halftime, test your football knowledge with this trivia quiz.

1. What was the name of the first "Super Bowl?"
2. Which Super Bowl was the first played on artificial turf?
3. True or false. No Super Bowl has been tied at halftime.
4. The trophy awarded to the winner of the Super Bowl is named after whom?
5. What team made their own video and danced the "Super Bowl Shuffle?"
6. The New York Giants won Super Bowl XXV by only one point. What team did they beat?
7. What team's defense was dubbed the "steel curtain?"
8. Who was the first black quarterback to start a Super Bowl game?
9. The Vikings made their first Super Bowl appearance against what team?
10. Who scored the first points in Super Bowl history?
11. Who was the first non-quarterback named Super Bowl MVP?
12. What Super Bowl team became the first to open the scoring and then lose?

Answers:

1. The AFL-NFL World Championship Game.
2. Super Bowl V in 1971.
3. False. Cincinnati and San Francisco were tied 3-3 in the 1989 Super Bowl.
4. Vince Lombardi.
5. The Chicago Bears.
6. Buffalo.
7. Pittsburgh Steelers.
8. Doug Williams of the Washington Redskins.
9. Kansas City.
10. Max McGee on a 37-yard pass, 1967 Super Bowl.
11. Dallas linebacker Chuck Howley.
12. Dallas Cowboys in Super Bowl V.

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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Directions

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