

# ISOLA

## CONDOMINIUM ASSOCIATION, INC

Volume 14 Issue 10

January 2022

### **ISOLA Condominium Association, Inc.**

770 Claughton Island Drive  
Miami, Florida 33131

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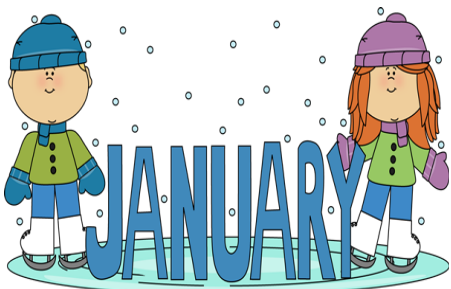
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#### **OFFICE HOURS**

**Monday - Friday** ...9:00 AM - 5:00 PM



*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 Isola. 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
- ¾ cup plain dry bread crumbs
- 3 tablespoons unsalted butter, melted

1. 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".
2. 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.
3. Preheat an air fryer to 350oF.
4. Combine flour, salt, and pepper in a small bowl. Place beaten egg in second bowl. Place bread crumbs in a third bowl.
5. 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.
6. 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° F.



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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.



Commissioner  
**Eileen Higgins**  
District 5

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## Pink Moon Paloma

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**Ingredients**

- + 2 oz Rosaluna Mezcal
- + 1 oz Fresh grapefruit juice
- + 0.5 oz Lime juice
- + 1 pinch of Sea salt
- + Garnish: Torched rosemary sprig and topped with seltzer

**Directions**

Add all ingredients to a shaker, shake well, and pour into a glass filled with fresh ice. Top with seltzer and a rosemary sprig for good measure.




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