



DELVISTA VIEW

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

Volume 21 Issue 7

March 2023

Delvista Towers Condominium Association

20225 NE 34th Court
Aventura, Florida 33180

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

NEWSLETTER EDITOR

Liz Ayoub



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MESSAGE FROM THE BOARD

Dear Delvista Residents:

March is upon us, and we are working on some important projects, most notably the 40 year Certification. We are in the bidding evaluation phase; more on that to come.

COMMUNITY SAFETY:

1. Dog Feces: The complaints from residents have reached an all-time high. This is a health hazard to our young children and elderly. It will no longer be tolerated.
1. Those who do not pick up after their dogs will be fined for violations to public health and safety. We have eyes on the ground.
2. Cars are racing through the parking lot above the 10MPH Speed.
3. Stop signs mean STOP at all posted intersections.

COMMUNITY ACTIVITIES:

(Call/Email the office and ask to join the WhatsApp groups)

Yoga with Liz: Opening for Wednesday nights at 7:30pm.

Delvista Tennis League: Join us! We meet evenings and on the weekends

Ladies Canasta Game: Every Wednesday 1pm - 1:30pm

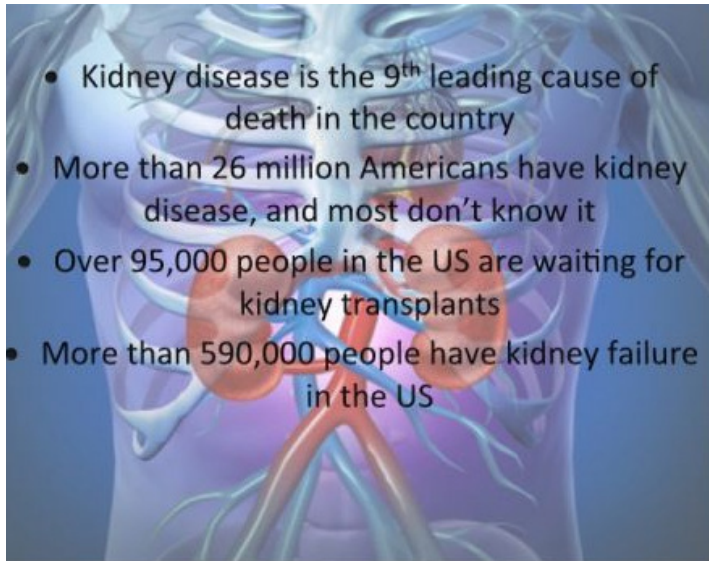
Regards,

Delvista Board of Directors



Happy St Patrick's Day

I KID YOU NOT



March is National Kidney Month. And although we don't often give much thought to these hard-working organs of ours, it is a good time to learn more about our kidneys and how they relate to our general health. Your kidneys filter through approximately 200 quarts of blood a day, resulting in about two quarts of waste and excess fluids. They also produce hormones and vitamins that keep your body functioning properly. A person can have kidney disease for years and not know it. The early warning signs of kidney disease are:

- Burning during urination.
- Excessive need to urinate, especially at night.
- Blood in the urine.
- Puffiness or swelling of the hands or feet.
- Pain in the back or side below the ribs.
- High blood pressure.

If you have any of these symptoms, call your doctor. You should also get a simple urine and blood test each year to help detect early kidney disease.

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IRISH BOXTY

Boxty are Irish potato pancakes. This iconic Irish dish is served all year round, and produces potato pancakes that are crispy on the outside, but perfectly tender on the inside. Try it out this St. Patrick's Day!

Ingredients

- 1 1/2 cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes
- 1 large egg
- 1 tablespoon skim milk
- salt and pepper to taste
- 1/4 cup olive oil

Directions

- 📁👉 Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.
- 📄👉 Whisk egg and milk together in a separate bowl; mix into the potatoes. Season to taste with salt and pepper.
- 📄👉 Heat oil in a large skillet over medium-high heat. Drop in potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.







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WACKY WARNING LABELS

Every year, the Michigan Lawsuit Abuse Watch (M-LAW) organization holds a contest to find the wackiest warning labels on products, intended to highlight the potential for frivolous lawsuits. In recent years, companies have been coming up with more and more warnings on their products in the hopes of protecting themselves from lawsuits by consumers who have used their products in ridiculous ways. Since 1997, they've been collecting submissions for their Wacky Warning Label Contest, with submissions including the funniest warning labels around. Here is a sampling of some past winners:

- On a bottle of drain cleaner: "If you do not understand, or cannot read, all directions, cautions and warnings, do not use this product."
- On a snow sled: "Beware: sled may develop high speed under certain snow conditions."
- On a fishing lure: "Warning, harmful if swallowed."
- On a carpenter's electric router: "This product not intended for use as a dental drill."
- On a baby stroller: "Remove child before folding."
- On a package of sleeping pills: "Warning: may cause drowsiness."

- On a public toilet: "Recycled flush water unsafe for drinking."
- On a snow blower: "Do not use snow blower on roof."
- On a dishwasher: "Do not allow children to play in the dishwasher."
- On a container of underarm deodorant: "Caution: do not spray in eyes."
- On a household iron: "Never iron clothes while they are being worn."
- On a wheelbarrow: "Not intended for highway use."
- On a common dust mask: "Warning, does not supply oxygen."
- On a box cutter: "Blades are sharp."
- On a children's scooter: "This product moves when used"



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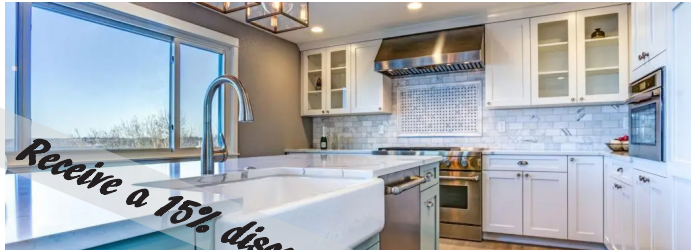
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