



Views From...

Brickell Key II

A Newsletter for the Residents of the Brickell Key II Condominium Association, Inc.

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BRICKELL KEY II

Condominium Association, Inc.

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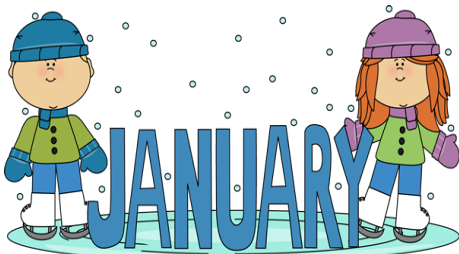
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2024

Happy New Year

POPULAR NEW YEAR'S RESOLUTIONS

What was your resolution last year? And did you follow through? If you are like most people, you gave up by the time February rolled around. See how you compare with the rest of the country. The six most common resolutions of last year were:

1. Lose weight.
2. Pay off debt.
3. Stop smoking.
4. Drink less alcohol.
5. Increase level of physical activity.
6. Improve interpersonal relationships.

This list generally stays the same every year, but the order changes from year to year. Why is it so hard to keep your resolutions? Many people feel ambivalent about such a drastic lifestyle change. This makes it hard to follow through and commit to the changes required.

To improve your chances of keeping this year's resolutions, start with a specific plan. Rather than saying, "I'm going to lose weight," commit to reducing desserts to one day a week and going for a daily walk. That way, you will know each day if you are still on track.

Also give yourself some room for slip-ups. Many people break a resolution and then decide it is not worth it to start all over again. Rather, they choose to wait a whole year until New Year's comes again to attempt their lifestyle changes. Know ahead of time that you will make mistakes, and come up with a plan for getting back on track. Don't be too hard on yourself and don't panic. Simply start again with your commitment to bettering your life. You will find that this may be the year you live up to all of your own expectations.



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ITALIAN WEDDING SOUP

Ingredients

- ½ pound extra-lean ground beef
- 1 large egg, lightly beaten
- 2 tbsp dry bread crumbs
- 1 tbsp grated Parmesan cheese
- ½ tsp dried basil
- ½ teaspoon onion powder
- 5 ¾ cups chicken broth
- 2 cups thinly sliced escarole
- 1 cup uncooked orzo pasta
- ½ cup finely chopped carrot

Combine ground beef, egg, bread crumbs, Parmesan cheese, basil, and onion powder in a bowl. Shape beef mixture into 3/4-inch balls and place on a parchment-lined tray. Heat broth in a large pot over medium-high heat until boiling. Stir in escarole, orzo, carrot, and meatballs and return to boil. Reduce heat to medium and cook at slow boil, stirring frequently to prevent sticking, until pasta is tender yet firm to the bite, about 10 minutes. Serve hot, garnished with fresh parsley and extra Parmesan cheese. Serves 4.




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