



DELVISTA VIEW

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

Volume 22 Issue 7

March 2024

Delvista Towers Condominium Association

20225 NE 34th Court
Aventura, Florida 33180

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OFFICE HOURS

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

NEWSLETTER EDITOR

Liz Ayoub



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Colored eggs and marshmallow chicks. It must be that time of year again. Happy Easter to all of you from the Board & Staff at Delvista.



HAPPY ST. PATRICK'S DAY!

As you celebrate this lucky day, we wish you well with this traditional Irish toast!

May you be poor in misfortune,
Rich in blessings,
Slow to make enemies,
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But rich or poor,
Quick or slow,
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Irish Boxty

- 1 ½ 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
- ¼ cup olive oil

1. Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.
2. Whisk egg and milk together in a separate bowl; mix into the potatoes. Season to taste with salt and pepper.
3. 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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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. Ask your doctor for more information.

DID YOU KNOW?

- To tell if an egg is hard-boiled or fresh, give it a spin. If it spins easily, it's hard-boiled. If it wobbles, it's raw.
- A fresh egg will sink in water, a stale one will float.
- A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.
- The largest single chicken egg ever laid weighed a pound with a double yolk and double shell.
- As a hen grows older she produces larger eggs.
- There are now 200 breeds of chickens.
- White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in taste or nutrition between white and brown eggs.



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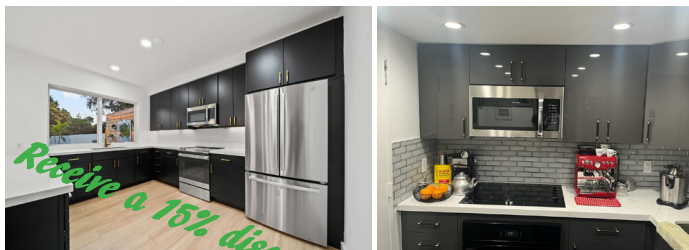
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