

# Eldorado Towers



*A Newsletter for the Residents of the Eldorado Towers Condominium*

Volume 21 Issue 1

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3625-3675 N Country Club Dr.  
Aventura, FL 33180

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**Lobby 3** (305) 682-2100-ext.18  
**Lobby 4** (305) 682-2100-ext.15

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*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  
Eldorado Towers.  
We feel fortunate to have  
you all as our residents.*

## Toasting To a New Year

Toasts have existed for almost as long as drinking itself. To help you bring in the New Year properly, here are some great Irish toasts.

- In the New Year, may your right hand always be stretched out in friendship but never in want.
- May you be in heaven a full half hour before the devil knows you're dead.
- May you be poor in misfortune, rich in blessings, slow to make enemies, quick to make friends. But rich or poor, quick or slow, may you know nothing but happiness from this day forward.
- May the roof above us never fall in, and may we friends gathered below never fall out.
- Here's to you and yours and to mine and ours, and if mine and ours ever come across you and yours, I hope you and yours will do as much for mine and ours as mine and ours have done for you and yours.
- May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.
- May the Lord keep you in his hand and never close his fist too tight on you.

## Bridge Across the Water

On New Year's Day, 1914, a fellow called Tony Janus started the world's first passenger-carrying airline when he flew from St. Petersburg, Florida, to Tampa, just 19 miles across Tampa Bay. Since the plane, a flying boat, flew only 15 feet above the water, his only fare-paying passenger got a real bird's eye view of the bay! That passenger was prominent citizen of the area, George Gandy. Today there is a bridge named after him across Tampa Bay, which raises the inevitable question: did Mr. Gandy really enjoy his flight?



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## SOUPS & STEWS FOR COLD WINTER DAYS

### Cheese and Broccoli Chicken Soup

1/2 cup butter  
 1 cup all-purpose flour  
 11 cups water  
 3 cubes chicken bouillon  
 6 ozs boneless chicken breast, cut into 1/2 inch chunks  
 2 heads broccoli, trimmed and chopped  
 1-1/2 teaspoons salt  
 1 teaspoon ground black pepper  
 1 cup light cream  
 3 cups shredded Cheddar cheese  
 Melt butter over medium heat in large pot. Add flour, stirring constantly until a thick paste forms. Remove mixture from pot and set aside. In same pot, combine water, bouillon, chicken, broccoli, salt, and pepper. Bring to a boil over high heat. Reduce to medium low and simmer for 45 minutes or until broccoli is tender. Stir in flour mixture a little at a time until soup thickens. Simmer 5 minutes. Reduce heat and stir in cream. Mix well. Add cheese one cup at a time. Makes 5 servings.

### Green Chile Stew with Pork

3 pounds boneless pork loin, cubed  
 3 tablespoons peanut oil  
 3 potatoes, diced  
 1 onion, chopped  
 3 stalks celery, chopped  
 2 tomatoes, chopped  
 7 green chile peppers, chopped  
 4 cloves crushed garlic  
 4 cups chicken broth  
 salt to taste  
 In a large skillet over medium high heat, brown the pork in oil, in 2 or 3 batches. Place the meat in 3 to 4-quart heavy pot and add the potatoes, onion, celery, tomatoes, chilies, and garlic. Add about 1 cup of the chicken broth or water to the skillet the pork was cooked in, stirring over high heat and scraping up the browned bits on the bottom of the pan. Bring to a boil. Add this to the pot, along with enough additional water or broth to barely cover the ingredients. Cover

and simmer until the stew is thick and the meat is very tender, about 1-1/2 hours. Add salt to taste before serving. Makes 8 servings.

### Crock Pot Vegetarian Chili

1 (11 oz) can black bean soup  
 1 (15 oz) can kidney beans, drained  
 1 (15 oz) can garbanzo beans, drained  
 1 (16 oz) can vegetarian baked beans  
 1 (14.5 oz) can chopped tomatoes  
 1 (15 oz) can corn, drained  
 1 onion, chopped  
 1 green bell pepper, chopped  
 2 stalks celery, chopped  
 2 cloves garlic, chopped  
 1 tablespoon chili powder  
 1 tablespoon dried parsley  
 1 tablespoon dried oregano  
 1 tablespoon dried basil  
 Place all the ingredients in a crock pot. Stir well and cook for at least two hours on a high setting. Makes 8 servings.

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## DEALING WITH THE FLU

It's that time of year again--flu season is here. Each year as many as 30 million people contract the flu in the United States, leading to 20,000 deaths a year. At most risk is the elderly, those with chronic disease like diabetes, asthma, or heart disease, and infants.

The flu is like a cold in many ways. Both are respiratory infections, but the symptoms can vary. A fever, general aches and pains and fatigue usually accompany the flu. You may also experience a sore throat, coughing or sneezing. If a cold is misdiagnosed as the flu, there is usually no problem. But the flu misdiagnosed as a cold can possibly lead to serious complications like pneumonia being overlooked. If you have any symptoms of the flu, you should contact your doctor as soon as possible.

There is no cure for the flu, but there are things you can do to make yourself more comfortable during the duration. The best course of action in dealing with the flu is to get plenty of rest and drink lots of fluids. Fever can be treated with acetaminophen. Be sure to talk to your doctor to get advice about using a decongestant/antihistamine to treat nasal congestion. Antibiotics have no effect on the flu because it is caused by a virus. And what about chicken soup? Well, it can't hurt! Although it doesn't cure anything, it can soothe a sore throat, clear clogged passageways, and hydrate you. It is good TLC at a difficult time.

If you do find that you are suffering from the flu, consider getting the flu shot next year. These are generally given in the fall, and must be received each year, as the strains of flu vary from year to year. In the meantime, remember that time and rest is the best cures of all for flu sufferers.

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## HOT SPINACH ARTICHOKE DIP

- 1 (8 oz) package cream cheese, softened
- ¼ cup mayonnaise
- ¼ cup grated Parmesan cheese
- ¼ cup grated Romano cheese
- 1 clove garlic, peeled and minced
- ½ teaspoon dried basil
- ¼ teaspoon garlic salt
- salt and pepper to taste
- 1 (14 oz) can artichoke hearts, drained and chopped
- ½ cup frozen chopped spinach, thawed and drained
- ¼ cup shredded mozzarella cheese

Gather all ingredients. Preheat the oven to 350 degrees. Lightly grease a small baking dish. Mix cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt, and pepper together in a medium bowl. Gently stir in artichoke hearts and spinach. Transfer the mixture to the prepared baking dish; top with mozzarella cheese. Bake in the preheated oven until bubbly and lightly browned, about 25 minutes.





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