Delvista View

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

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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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On behalf of the Board and Management, we would like to wish all who observe a Happy Pesach and Happy Easter.

APRIL IS STRESS AWARENESS MONTH

Stress is present in everyone's life. Consider these tips for coping.

- Include exercise in your day, even if it is just a walk around the neighborhood.
- Make sure you get enough sleep, at least seven to eight hours a night.
- Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day.
- Make sure that you take time for yourself each day.
- Remember that no one is perfect.
- Learn to set priorities in your life and focus on completing them as well as you can.
- When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change.

If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.

Did You Know?: April is National Kite Month

- In ancient China, it was believed that kites could ward off evil spirits. Today, the kite is regarded as a symbol of good luck.
- The first recorded attempt to use kites to obtain scientific data occurred in 1749 when two Scottish scientists, Alexander Wilson and Thomas Melville, fastened thermometers to kites in order to record the temperature of the air at high altitudes.
- In 1847, chief engineer T.G. Hulett used a kite to string the first steel cable over the Niagara River in order to continue construction of a suspension bridge over the gorge.
- In 1887, E. D. Archibald, an English meteorologist, took the first aerial photograph by attaching a camera to his kite.
- In 1898, a modified Hargraves Box Kite rose more than two miles over the Earth's surface to a height of 12,471 feet (3,801 meter) above Milton, Massachusetts. Today's kits are restricted by aviation rules to fly no more than 300 feet high or within three miles of an airport.
- Gugliemo Marconi, inventor of the wireless telegraph, used a hexagon kite in 1901 to lift an antenna four hundred feet in order to receive the first radio signal ever transmitted across the ocean.
- During World War II, kites bearing pictures of enemy aircraft were used by the United States Navy for target practice. Huge box kites were also flown above American war ships to ward off attacking enemy aircraft. Long steel wires were suspended from each kite, causing damage to any approaching planes.
- The largest kite in the world is flown each year in Hoshubana, Japan, a small village near Tokyo. The kite measures 36 feet wide and 48 feet long and weighs nearly a ton. It can take 50 or more men to send the kite aloft.

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CHOCOLATE TOFFEE MATZO

- 6 whole matzos
- 1 cup salted butter
- 1 cup packed dark brown sugar
- 20 oz semisweet chocolate chips
- ½ cup chopped pecans

Preheat the oven to 325 degrees F. Line baking sheets with aluminum foil, and grease with butter. Place matzos onto prepared baking sheets, breaking in half as needed. Melt butter and brown sugar in a saucepan over medium heat. Bring to a boil, then reduce heat, simmering until thickened, about 5 minutes. Pour mixture over matzos, using a rubber spatula to cover. Bake for 20 minutes. Cool until toffee is firm, about 15 minutes. Place chocolate chips into a microwave-safe bowl. Microwave on low until just melted. Spread melted chocolate over toffee-coated matzos; sprinkle chopped pecans on top. Place baking sheets in the refrigerator until matzos are cold, about 30 minutes. Break matzos into pieces. Store in an airtight container or resealable plastic bags in the refrigerator or freezer.

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CAN YOU COUNT ON YOUR SMOKE DETECTOR?

According to the U.S. Consumer Product Safety Commission (CPSC), millions of homes in the U.S. have smoke detectors that do not work, usually due to dead or missing batteries. Fire is the second leading cause of unintentional death in the home, making this an important safety concern.

CPSC recommends consumers test each smoke alarm every month to ensure it is working properly. Even alarms with long-life batteries should undergo a short monthly testing. A home should have a smoke detector on each level outside sleeping areas and inside bedrooms.

Proper installation of your smoke detectors and a quick check each month can mean the difference between safety and a tragedy. Don't delay to check your detectors and make a note on your calendar to check them again each month.

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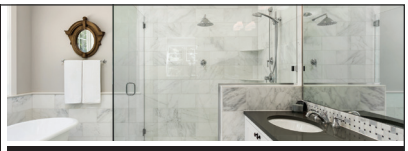

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