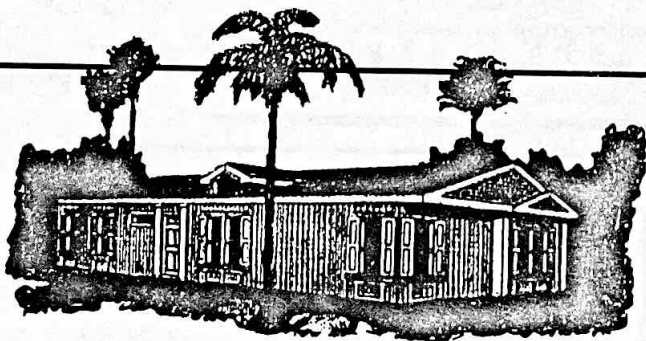


Kearney Lodge

Newsletter

July 2005

6460 Convoy Court
San Diego, CA 92117



Are You Guaranteed
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MOST companies still offer policies that replace your destroyed older home with another ***OLDER HOME***. The problem with this is, ***MOST PARKS*** require you to bring a new home back into the park under these circumstances.

If you would like to upgrade your policy, please contact Steve Rolf, Monday-Friday, 9am-5pm.

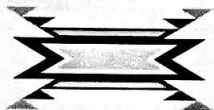
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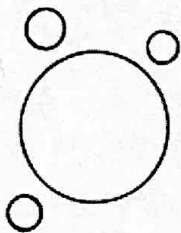
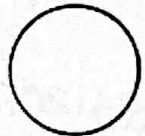
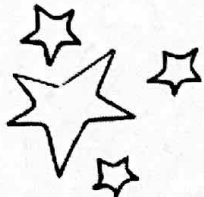
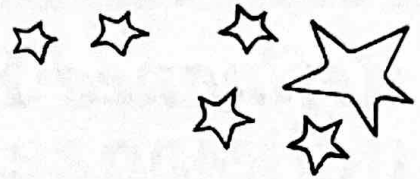
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- Change or Clean Air Filters
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- Calibrate Thermostat
- Adjust for Proper Operation

Call to Schedule Appointment

Note: If System Requires R22 Freon, there will be an additional charge

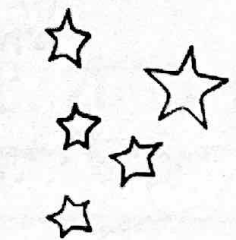
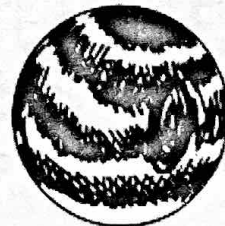
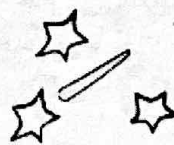
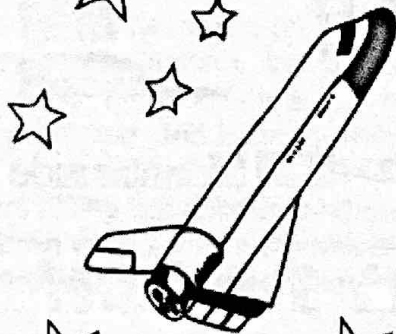
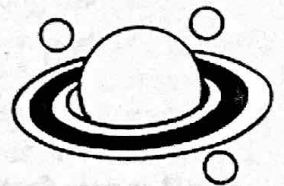
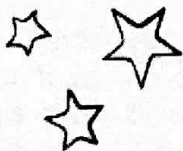
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Kearney Lodge Mobile Home Owners Association



INDEPENDENCE DAY (THE FOURTH OF JULY)

"The fundamental basis of this nation's law was given to Moses on the Mount. The fundamental basis of our Bill of Rights comes from the teaching we get from Exodus and St. Matthew, from Isaiah and St. Paul. I don't think we emphasize that enough these days. If we don't have the proper fundamental moral background, we will finally end up with a totalitarian government which does not believe in the right for anybody except the state."

— *Harry S. Truman*, Democratic President

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

— *Ronald Reagan*

SAN DIEGO BLOOD BANK SHORTAGE

The San Diego Blood Bank has a blood shortage due to high demand. Blood supplies have been critically low for months, but now most blood types are at or below the one day level.

Blood donors of all types are urged to donate blood immediately. Call 1-800-4MY-SDBB or visit www.sandiegobloodbank.org to find the San Diego Blood Bank center or bloodmobile most convenient to your home or workplace.

A potential donor must be at least 17 years old, in generally good health and weighs at least 110 pounds may qualify to donate blood. A good meal is recommended prior to donation.

KLMHOA MEETING Notes JUNE 2, 2005

Only a few residents attended the June 2, 2005 KLMHOA meeting; therefore, President Bob Gomperts declared the meeting cancelled.

However, a general discussion of those present resulted in an agreement to suspend meetings for July and August, resuming on Thursday, September 8, 2005. Of course, if necessary, a special meeting could be called.

The **Next** Meeting of
Kearney Lodge
Mobile Home Owners'
Association
is on Thursday,
SEPTEMBER 8, 2005
at 7:00 pm ~ *Main Rec. Room*



THE KLMHOA AND YOU

All homeowners are members of the KLMHOA. Your participation is welcome and wanted.

You can participate in Association meetings and activities, be a delivery person and/or donate

medical supplies and non-perishable food items or money to buy those.

Please call Joleen Gonser at 858- 279-6088 about the newsletter. Call Lynn McLaughlin at 858-715-8297 about the food program and Nadine Mein at 858-277-8645 about the medical supplies.

Kearney Lodge Mobile Home Owners Association

President: Bob Gomperts

VP: VACANT – consider volunteering

Treasurer: Nadine Mein 277-8645

Acting Secretary: Joleen J. Gonser 279-6088

Editor: Joleen J. Gonser 279-6088

The KLMHOA is a private association dedicated to serving and improving the quality of life for the entire community with emphasis on safety, courtesy and neighborhood.

The Kearney Lodge Mobile Home Owners Association Newsletter reserves the right to use such discretion as it may consider appropriate in the printing of advertising material submitted for publication herein.

Submissions to this newsletter must be received no later than the 10th of each month.

~~ ~ ~ ~

Products or services advertised herein do not imply endorsement of any products or services.

The KLMHOA is NOT responsible for your use of them.

MEDICAL SUPPLIES AVAILABLE

The KLMHOA has some medical supplies that are available for use by the residents of Kearney Lodge Park. This a free service. We ask only that they be returned when no longer needed so that others can also benefit.

Currently, we have available:

- ~ Crutches ~ Walkers ~ Leg and Foot Braces
- ~ 4-Footed Walking Canes ~ Oxygen Hoses
- ~ Health Link Emergency Medical Dispatch System

THE LUNCH BUNCH



Every couple weeks, singles and married couples of the Park join for lunch. Lunches in July are the 5th and the 19th. For more Information, call Myrna Wilhelm at 292-1150.

USE 2-1-1 INSTEAD OF 9-1-1...

...For information about the community, health and disaster services. This service became available to San Diego county residents on June 30, 2005. It is available 24/7 from all land lines in the county.

Cell phone service will be available in a few months; for now, cell phone users may call 1-858-300-1211

For more information about this new service, go online to www.211sandiego.org

COMING BEFORE THE CALIFORNIA LEGISLATURE

These bills pertain to manufactured / mobile-home park living: AB 197 by Tom Umberg, Right of First Refusal to Purchase Park; AB 396 by Sally Lieber, clarifying Compensation upon Park Closure; AB 791 by Sally Lieber, Confirming Tenant Right apply to mobilehome owners; AB 1469 by Gloria Negrete McLeond, requiring park manager licensing/certification; SB 40 by Senator Joe Dunn, on Court-appointed Receiver to correct health violations; SB 106 by Senator Joe Dunn, to continue the park inspection program; and SB 237 by Senator Carole Migden, prohibiting park right to purchase mobilehomes.



JULY

July is the seventh month of the year in the Gregorian Calendar, with 31 days. July was renamed for Julius Caesar. Previously, it was called *Quintilis* in Latin, since it was the fifth month in the Roman calendar which began with March. Because of its origin, until the 18th century, this month was pronounced the same as the girl's name *Julie*. July begins on the same day of the week as *April* every year and also *January* in leap year.

From *Wikipedia*, the free online encyclopedia.

TEENS NEED VIGOROUS EXERCISE TO BE LEAN

Adolescents who get daily vigorous physical activity tend to be leaner and fitter than their less active peers, say Georgia researchers. "The leanest and fittest kids are the ones who have the most vigorous activity for longer periods of time," says lead author Dr. Bernard Gutin, of the Medical College of Georgia. "We found vigorous activity is needed to be lean."

The study, published in the *American Journal of Clinical Nutrition*, finds adolescents averaged just 5 minutes per day of vigorous physical activity across the five days, with black males having the highest average at 8.6 minutes and black females the lowest at 2.8 minutes.

STRESS TEST

Don't make any big decisions this week if you're feeling stressed. A little stress helps keep you on your toes for memory-recall tasks. However, research shows that it muddles your mind when you're trying to solve a problem. De-stress before tackling problems by practicing soothing activities, such as deep breathing or meditation exercises.

RealAge Benefit: Taking care of your emotional health and well-being can make your RealAge up to 16 years younger.

THE SENIORS COALITION

The Seniors Coalition is a non-partisan, non-profit, education and issue advocacy organization that represents the interests and concerns of America's senior citizens at both the state and federal levels.

Our mission is to protect the quality of life and economic well-being that older Americans have earned while supporting common sense solutions to the challenges of the future.

For information, or to join The Seniors Coalition, visit www.senior.org.

SWEET NEWS ABOUT SPUDS

If you help yourself to seconds this week, scoop up some extra sweet potatoes. Sweet potatoes can give your body a mineral boost. They contain both calcium and potassium, minerals that your body needs to regulate heartbeat, blood pressure, and transmission of nerve impulses.

Sweet potatoes also are rich in fiber and beta carotene. Season them with pineapple juice or olive oil to keep these spuds heart-healthy.

Your heart, blood vessels, and nerves all depend on a combination of calcium and potassium for optimal functioning. Dairy products are rich in calcium, but several vegetables are good sources, too. These include leafy greens, such as kale and bok choy, and soy products such as tofu and edamame (fresh soybeans).

If you're looking to boost your potassium intake, reach for tomato paste, dried peaches, and bananas. A study analyzing the nutrient content of over 1,000 different foods found that sweet potatoes are a good source of both minerals. Also, sweet potatoes are rich in fiber, which can help maintain the health of your colon, as well as beta carotene, which boosts eye health.

RealAge Benefit: Eating a diverse diet that includes five servings of vegetables per day can make your RealAge as much as four years younger.

Use good judgment in buying the goods or services from any source.
The Kearney Mesa Mobile Home Owners' Association is NOT responsible
for your patronage of the businesses or individuals advertising in this newsletter.

SEVEN CAREER TIPS

1. Sort E-mail Fast: Use the folders or file system built into your e-mail program instead of keeping lots of e-mails in your inbox. If you already have a lot of e-mail to deal with, learn to use the "sort" feature in your e-mail program to your advantage.

2. Just Do It: Get in the habit of re-filing things after you use them instead of setting them down and creating a pile. For easy access to pending paperwork, create a small desktop file, organized by project, with "expiration" dates on each folder to let you know when to file the folder or throw it away.

3. Eliminate Post-It Clutter: Tape down post-its around your monitor to keep important information close at hand, and keep only a few so that they don't create a visual distraction. If you hang post-its to remind you to do things, consider getting used to the task pad, to-do's, or calendar in your software program instead.

4. Leave Work When You Leave the Office: To feel more "finished" when you leave the office, organize your thoughts for the upcoming day. Whether in a computer program or on a physical pad of paper, keep a list of priorities. Make sure you update the list, then close the pad or program before you leave the office.



5. Keep Things Visible: It's great to keep things looking neat, but if it's too easy to hide a mess, the mess will just grow. Consider more visible options, such as a set of file folder trays, and desktop organizers to keep things close at hand and well sorted.

6. Mail Clutter: Incoming mail is one of the largest sources of clutter. Toss junk mail immediately, before it has the chance to hit your desk. Keep catalogs or flyers that look interesting by storing them in a single place (such as a small basket or tray) to make them available for browsing when you're ready - and clean the container out often!

7. Everyone Helps: Make organizational maintenance everyone's responsibility. Create - and enforce - the rule that if someone gets something out to use, that person is responsible for putting it back.

SUMMER VACATION CAMPING SAFETY TIPS

Know your surroundings. Never assume that the dangers at home are the same as the ones you might encounter while on vacation. Making yourself and your family familiar with potential hazards will help to ensure a safe vacation.

Make sure children have proper identification and designate a central location where you will meet should you get separated. Getting lost in a strange place can be a scary experience, but it is made easier if children know where to go for help.

Always carry a first aid kit. This will prevent having to take trips to the hospital for minor scraps and cuts.

Be familiar with the location of the nearest hospital. This includes knowing exactly how to get there, as well as the time it would take.

Always have access to a phone. Whether this means carrying a portable phone with you, or ensuring that there is one close by, a phone is an important tool in any emergency.

Have important phone numbers accessible. This will make it much easier to contact the proper safety authorities in an emergency.

Plan your route ahead of time. Make sure that you have a map with you and are clear about where you are headed before you set out. Knowing exactly where you are going and how long it will take to get there will help you avoid getting lost or driving in the dark.

If you are driving, have your car serviced before you head out. This can eliminate the dangers of having to pull off to the side of the road if something goes wrong.

Leave the details of your trip with a friend. This includes a number where you can be reached in case of an emergency, where you are going and when you will return.

Tell a trusted neighbor that you are going away. Having someone keep an eye on your house is important when you are going away for an extended period of time. Also arrange to have someone bring in your mail and papers, and to cut your grass. This will help to maintain the lived in look that will keep unwanted visitors away.

SOURCE: Summer Vacation Safety Tips
<http://www.campgrounds.org/index.cfm?page=226>

DON'T FORGET TO WASH UNDER YOUR CAR

Imagine! The car wash attendant wanted extra money to wash under my car. Why would I want that?

The guy wasn't trying to high-pressure you, just your car. How much did he want? Do you know what a new floor pan costs? About the price of a whole new vehicle, that's what.

It's been a long time since cars had wooden floorboards that could rot and break, leaving the driver part motorist and part pedestrian. Even with sturdy steel replacing weaker wood, a vehicle's undercarriage can still be vulnerable to corrosion and heavy rusting that can heavily damage the floor pan, chassis, suspension, and body.

Despite automakers' new corrosion-resistant finishes, there are:

- ~ the salt and ice-dissolving chemicals on cold climate roads.
- ~ the natural salts and minerals from road beds in warm weather states.
- ~ the leached out petroleum distillates from asphalt roads.
- ~ the clangs and bangs of gravel and stones cutting big, jagged holes in those protective coatings.



All or any of these can create a hidden, insidious, and definitely dangerous threat to your vehicle.

Although spraying under the car with a garden hose can help, the only really effective way to combat these tin termites is with a professional, high-pressure washer like the one the car wash guy evidently wanted to use on your car.

In addition to having that important car-saving tool, some car washes and most repair garages have either hydraulic lifts or below ground pits which give the pressure washer operator the room to move around and handle potential trouble spots. With this freedom of observation and the power of high-pressure washing, every exposed component of driveline, suspension, chassis and openings to the body can be reached and cleaned so the undersides of your car can survive to drive another day or year or more.

Final thought: If the cost of getting rid of those caustic salts and chemicals eats away at you, imagine what the cost is going to be if they eat away your car instead.

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They who would give up an essential liberty for temporary security, deserve neither liberty or security. - Benjamin Franklin

SUN	MON	TUES	WED
		GEMSTONES Pearl FLOWERS Larkspur & Water Lily	 National Nat Natio
3	4 Independence Day 7 pm Cards	5	6 National Fried Chicken Day
10 Teddy Bear Picnic Day 	11 7 pm Cards	12	13
17 National Ice Cream Day 	18 7 pm Cards	19	20
24/31	25 7 pm Cards	26 Aunt and Uncle Day	27

Kearney Lodge Mobile Home C

al liberty for temporary security. - Benjamin Franklin

July 2005

	WED	THURS	FRI	SAT
S	 National Anti-Boredom Month National Hot Dog Month National Ice Cream Month		1 7 pm Bingo	2 International Joke Day
	6 National Fried Chicken Day 	7 Chocolate Day 9 AM Quilters 7 pm KLMHOA Mtg	8 7 pm Bingo	9
	13	14 9 am Quilters	15 7 pm Bingo	16 International Juggling Day
	20	21 9 am Quilters	22 7 pm Bingo	23 National Hot Dog Day 
e	27	28 9 am Quilters	29 7 pm Bingo	30

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RUNNERS AT RISK OF LOSING TOO MUCH SALT

Runners or any long-distance athletes who drink too much water during a race could put themselves at jeopardy for hyponatremia, a U.S. study found.

Hyponatremia, the loss in the body's sodium content, can result in physical symptoms such as lethargy, disorientation, seizures and respiratory distress. "Those who are running to finish the race very fast don't have time to drink a lot of water along the way," said Dr. Benjamin Levine of the University of Texas Southwestern Medical Center in Dallas. "Those who are not running the race competitively tend to stop at every water station and take a drink – in a long race, they can dilute themselves."

The study, in the the New England Journal of Medicine, finds people lose water and salts from their bodies at different rates and heat and humidity also play a role. Calculating fluid loss is as simple as weighing yourself before and after exercise and comparing that number to the amount of fluid you consumed throughout, advises Levine.

HAVING SAFE FUN IN THE SUN

The American Academy of Dermatology advises people who spend time outdoors in the summer to seek shady areas.

"There was a 10 percent increase in new cases of melanoma within the past year," says Dr. Clay Cockerell, president of the American Academy of Dermatology. "Dermatologists also are seeing younger and younger patients with skin cancer, making it more important than ever to protect young people from the dangerous rays of the sun." He advises wearing a sunscreen with a sun protection factor of 15 or higher that provides protection from both ultraviolet A and ultraviolet B rays; re-applying sunscreen every two hours or after swimming or strenuous activity; avoiding the sun between 10 a.m. and 4 p.m., and wearing sun-protective clothing, such as wide-brimmed hats, long-sleeved shirts and sunglasses.



.....
: What has four perfectly good eyes but can't see? Mississippi!
:.....

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Soon, cell phone numbers will be released to telemarketing companies and you will start to receive sales calls. You will be charged for these incoming calls.



Inform the national *DO NOT CALL* list. It will take little of your time and it blocks your number for five years. Call 888-382-1222, or go online to register at www.donotcall.gov.

MICROWAVE OVEN CLEANING

Place damp paper towels in your microwave and turn it on high for ten seconds. This makes your microwave easier to clean.

MATTRESS CARE

Deodorize your mattress with carpet deodorizing powder and vacuum off after ten minutes for a beautifully perfumed mattress. Also, remember to flip your mattress to keep it from wearing out in one spot.



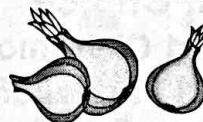
KEEP YOUR SPONGES SANITARY

Put your sponges in your dishwasher every few days, and dispose of them every few weeks. They breed germs because they do not get the opportunity to dry between uses.

UNCOMMON USES FOR COMMON ITEMS

~ Use hair spray on the heels and toes of sandal foot panty hose to help them last longer.

~ Store onions in old clean pantyhose or nylons. This will keep the onion skins from getting in your vegetable bin or drawer.



CLEAN SCREEN

When cleaning your computer or TV screens never spray directly on to the glass. The cleaner may drip down the screen and damage the components. Spray the cleaner onto a soft cloth and then wipe the screen.

PAINTING TIP

To avoid paint splatters, Mold aluminum foil around doorknobs when painting. This saves a lot of time during cleanup.



STAR SPANGLED BANNER CAKE

1 (16 oz.) Sara Lee Pound Cake, frozen
2 (8 oz.) packages cream cheese, softened
2 tbsp powdered sugar 1 tsp vanilla extract
4 cups fresh strawberries, stems removed,
then sliced
2 cups fresh blueberries 2 tbsp water (opt.)

Cut pound cake horizontally into 4 equal-size layers. In a medium bowl, beat cream cheese until light and fluffy; add powdered sugar and vanilla, beating until smooth. Add water as necessary to achieve desired consistency.

Arrange a cake layer on a serving plate; spread with frosting. Cover with a layer of strawberries. Place a second cake layer atop the strawberries; evenly spread with frosting. Top with a layer of blueberries. Place a third cake layer atop the blueberries; repeat with frosting and strawberries. Finish with a fourth cake layer.

Frost top of cake with remaining frosting. Decorate top to resemble an American flag. Place blueberries in the upper left corner. Make flag stripes with alternating horizontal rows of strawberry slices and frosting.

MATERNAL MODELING IS THE KEY TO A CHILD'S EATING HABITS

A U.S. study finds a link between maternal pressure to eat when girls were age seven, and girls' picky eating at age nine.

In a study, published in the Journal of the American Dietetic Association, researchers at Appalachian State University find stronger evidence that the use of parental pressure in feeding may promote both picky eating and lower fruit and vegetable consumption. The study also finds girls consumed low amounts of specific vitamins and nutrients, such as vitamin E, calcium and magnesium, and that picky eaters consumed significantly less amount of fiber than non-picky eaters.

The authors suggest that parents of young children "should focus less on 'picky eating' behaviors and more on modeling fruit and vegetable consumption for their children."

"Freedom is not worth having if it does not include the freedom to make mistakes."

— Mohandas K. Gandhi



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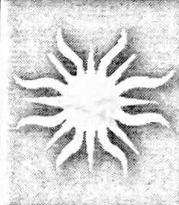
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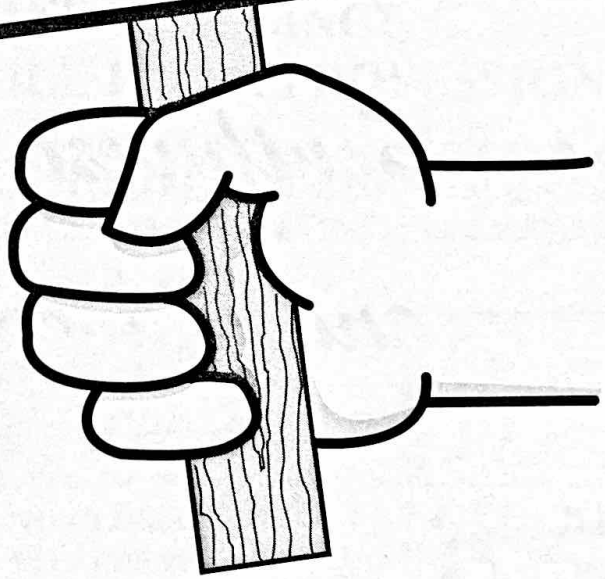
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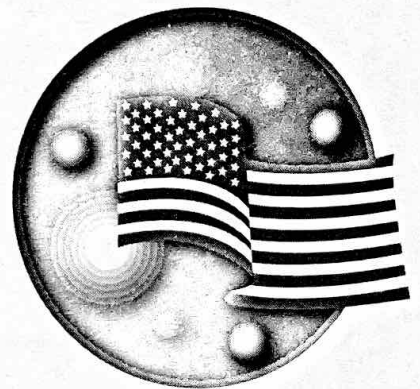
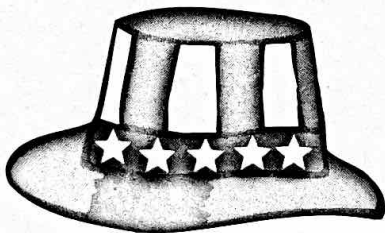
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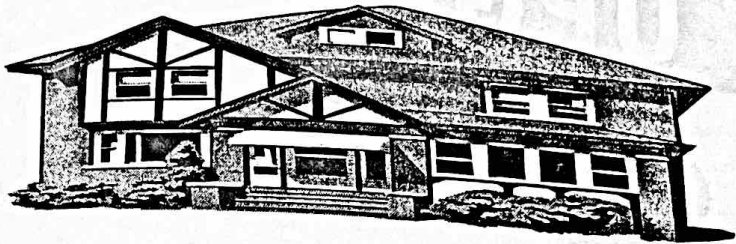
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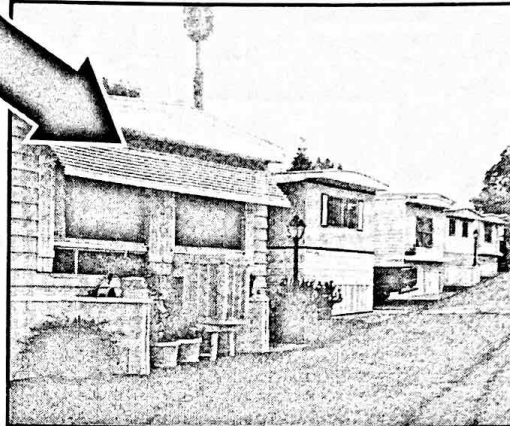
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