



NATIONAL HEART MONTH

Heart disease is the number one cause of death, and a major cause of disability. February is National Heart Month. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and second-hand smoke are also risk factors associated with heart disease. For a full list of diseases and conditions with risk factors, and other health information about heart disease, see <http://www.heart.org/HEARTORG/>



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Per LaVerne , Phone: 858-278-5556

NOTES: KLMHOA MEETING - JAN 14, 2011

The Kearney Lodge Mobile Home Owners Association met at 7 pm. Attendance was low.

During a discussion about the Food Program, it was suggested that the Kearney Lodge Food Program be discontinued and that we provide transportation to the San Diego Food Bank at the Boys and Girls Club on Clairemont Mesa Blvd.

This change will begin in February 2011. Ellen volunteered to check for information on other sources of food availability. See article below.

Dave Davenport informed us that the next Saturday Breakfast date is TBA.

Color coding of the streets was discussed: Is there some way the color coding can be larger or otherwise more noticeable?

PLAN AHEAD!

**The next meeting of the
Kearney Lodge Mobile Home Owners'
Association for the year is**

**Thursday, 10 FEB 2011 at 7:00 pm
in the Main Recreation Room.**

**All residents are invited to attend.
We'd like to hear your ideas for making
Kearney Lodge a better neighborhood.**

TRANSPORTATION ASSISTANCE

For those who would like transportation to the Food Bank just off Clairemont Drive, at 4167 Rappahannock, I will gladly take one to three people to pick up groceries on the 4th Thursday of the month from 9-11 am. This is the EFAP (Emergency Food Assistance Program) sponsored by the San Diego Food Bank.

You need only to self-certify that you qualify by income. You are eligible to receive food once a month by signing to certify that you qualify to receive the food package.

I can tell you about the low income guidelines, or you can call SSDB at 885-527-1419. For more information, any questions, to arrange transportation AND any volunteers, please call Ellen at 858-525-2282.

**PLEASE CONSIDER PROVIDING
TRANSPORTATION FOR A FEW NEIGHBORS
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SEE ARTICLE ELSEWHERE.**



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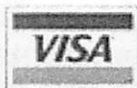
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SDG&E has a program for those who need help with their energy expenses. Check to see if you qualify for this assistance:

<http://www.sdge.com/documents/forms/energyTeam.pdf>

The **FREE GROCERIES CENTER** is an online resource for free grocery card offers.

Similar to grocery coupon offers, grocery cards carry a predetermined value (\$20-\$500.00) that can be used in any grocery store or supermarket, such as Wal-Mart, Kroger, Ralphs, etc. to replace paying in cash.

Requirements: US citizen, and 18 or older. To get your free grocery card, select your state and view all the offers available. Online registration take 10-20 minutes.

<http://freegroceries.center.com>

Kearney Lodge Mobile Home Owners Association

President: Bob Gomperts 858-565-6460

Vice President: Cheryl Bennett 619 933-6222

Treasurer: Nadine Mein 858-277-8645

Secretary: Joleen J. Gonser 858-279-6088

Medical Equipment Loans 858-277-8645

Pancake Breakfast

David & Jennifer Davenport (858-361-2286)

Editor: Joleen J. Gonser 858-279-6088

jjgonser@yahoo.com

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.

Opinions expressed in "Letters to the Editor" do not necessarily represent the views of the editorial staff, but are printed to encourage comments and discussion of resident homeowners."

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 15th of each month.

Advertisements of products or services herein do not imply endorsement of any products or services.

**The KLMHOA is NOT responsible
for your use or purchase of them.**

PRICES FOR NEWSLETTER ADS

Business Card-size = \$8....Quarter Page = \$12

One-half Page = \$20.....Full Page = \$35

Kearney Lodge Office 858-277-6060

THE TREASURE BOX

Stretch your food budget by using The Treasure Box, which is a local organization that helps individuals and families during these rough economic times by providing quality food at reduced prices.

For \$30.00 each month, you can purchase a pre-assembled box of fresh and frozen groceries retailing for \$65-\$90. There are a variety of food boxes from which to choose. New food menus are posted each month at <http://www.thetreasurebox.org>

The traditional Treasure Box is filled with 21-25 pounds of food including 10-12 of protein, fruit, vegetables, side dishes and dessert; enough to feed a family of four (4) lunch and dinner for up to one week, or an individual for about a month.

There are no limits, no income qualifications – anyone can participate. Preorder your box with cash at Horizon Christian Fellowship or online at <http://www.thetreasurebox.org>

FOOD IS AVAILABLE

The San Diego Food Bank distribute nutritious high-quality food through a range of programs to people in need. The Food Bank also connects the people it serves with a range of health and human service providers. All Food Bank clients are treated with dignity and respect. There are several programs available. Call 858-527-1419 to sign up or get information. Distribution for KL is the 2nd Friday from 9-11 at the Boys and Girls Club at 4635 Clairemont Mesa Blvd. Go online to: <http://sandlegofoodbank.org/programs/>

PREPARED MEALS

The Clairemont Friendship Center serves meals Monday-Friday from 11:15 am to 1 pm. They will also deliver. For more information, call 858-483-5100.

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VALENTINE POEMS

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of every day's
Most quiet need; by sun and candle-light.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love thee with the passion put to use
In my old griefs, and with my childhood's faith
I love thee with a love I seemed to lose
With my lost saints,—I love thee with the breath.
Smiles, tears, of all my life!—and, if God choose,
I shall but love thee better after death.

- Elizabeth Barrett Browning



Grow old with me! The best is yet to be.

- Robert Browning



She walks in beauty, like the night
Of cloudless climes and starry skies,
And all that's best of dark and bright,
Meet in the aspect and her eyes;
Thus mellow'd to that tender light
Which heaven and gaudy day denies.

- Lord Byron

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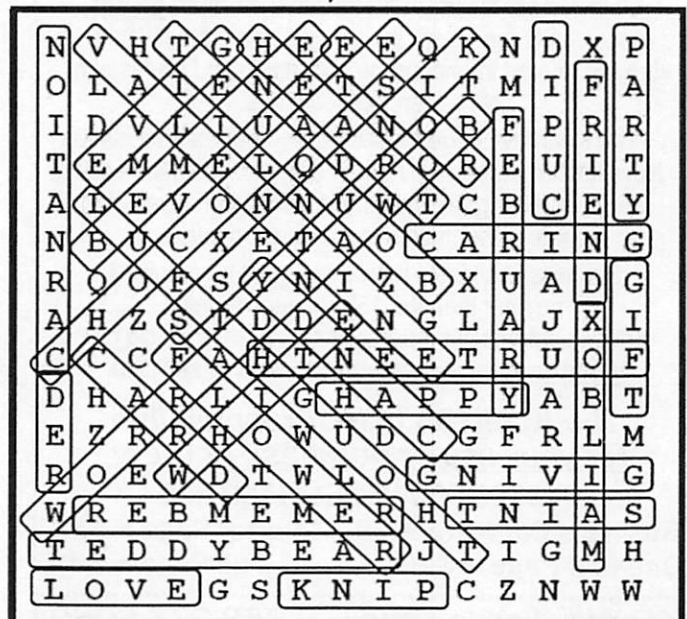
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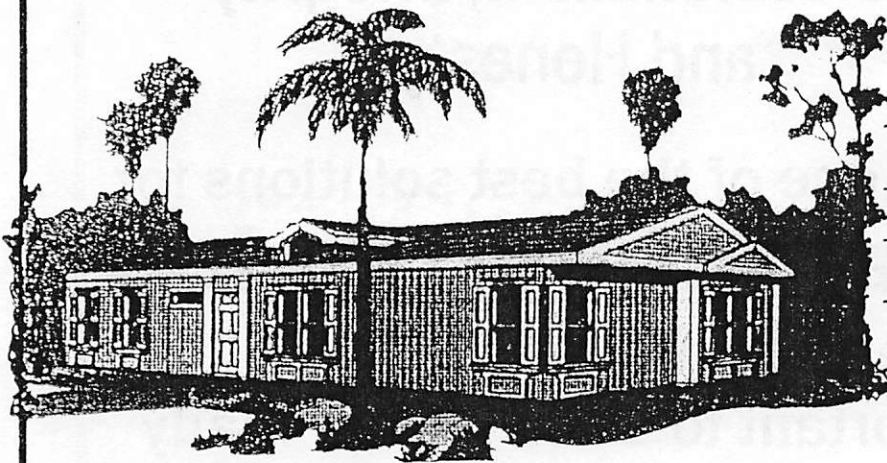
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Valentine Day Word Search



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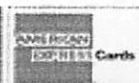


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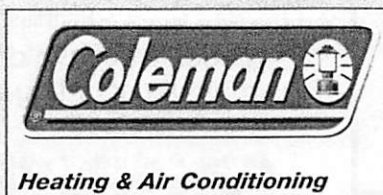
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FEBRUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Be the change you want to see in the world. <i>Mahatma Gandhi</i>		1	2 GROUNDHOG DAY	3 9 am Quilters	4 7 pm Bingo	5
6	7	8	9	10 9 am Quilters 7 pm KLMHOA Meeting	11 7 pm Bingo	12 LINCOLN'S BIRTHDAY
13	14 VALENTINE'S DAY	15	16	17 9 am Quilters	18 7 pm Bingo	19
20	21 PRESIDENT'S DAY	22 WASHINGTON'S BIRTHDAY	23	24 9 am Quilters	25 7 pm Bingo POTLUCK	26
27	28	 PLEASE CONSIDER PROVIDING TRANSPORTATION TO A FEW NEIGHBORS TO A FOOD DISTRIBUTION SITE. SEE ARTICLE ELSEWHERE.				

VALENTINE DAY WORD SEARCH

N V H T G H E E E Q K N D X P
 O L A I E N E T S I T M I F A
 I D V L I U A A N O B F P R R
 T E M M E L Q D R O R E U I T
 A L E V O N N U W T C B C E Y
 N B U C X E T A O C A R I N G
 R Q O F S Y N I Z B X U A D G
 A H Z S T D D E N G L A J X I
 C C C F A H T N E E T R U O F
 D H A R L I G H A P P Y A B T
 E Z R R H O W U D C G F R L M
 R O E W D T W L O G N I V I G
 W R E B M E M E R H T N I A S
 T E D D Y B E A R J T I G M H
 L O V E G S K N I P C Z N W W

FRIENDSHIP AND LOVE

If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself.
- A. Neilen

Many a friendship — long, loyal, and self-sacrificing — rested at first upon no thicker a foundation than a kind word.

- Frederick William Faber (1814-1863)
English Priest and Hymn Writer

It is a good thing to be rich, it is a good thing to be strong, but it is a better thing to be beloved of many friends.

- Euripides (480-406 BC) Greek Playwright

It is mind, not body, that makes marriage last.

- Publilius Syrus, Roman writer (1st century B.C.)

Those who love deeply never grow old; they may die of old age, but they die young.

- A.W. Pinero



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<http://gethuman.com/>

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- | | | |
|------------------|----------------|----------------|
| 1. BE MINE | 12. FOURTEENTH | 23. PINK |
| 2. BOUQUET | 13. FRIEND | 24. RED |
| 3. BOW AND ARROW | 14. GIFT | 25. REMEMBER |
| 4. CANDY | 15. GIVE | 26. ROSE |
| 5. CARD | 16. GIVING | 27. SAINT |
| 6. CARING | 17. HAPPY | 28. TEDDY BEAR |
| 7. CARNATION | 18. HEART | 29. THOUGHTFUL |
| 8. CHOCOLATE | 19. KINDNESS | 30. VALENTINE |
| 9. CUPID | 20. LOVE | 31. WHITE |
| 10. FEBRUARY | 21. MAILBOX | |
| 11. FLOWER | 22. PARTY | |

SOLUTION - PAGE 4