



RETIRING OLD FLAGS

The Flag may be mended when torn and cleaned when dirty. If mended, it should not be hemmed (shortened) to the point where its measurements are no longer in proportion.

"The flag, when it is in such condition that it is no longer a fitting emblem of display, should be destroyed in a dignified way, preferably by burning."
From: The United States Flag Code.

In many American communities, one or more organizations render an important community service by collecting and overseeing the proper disposal of old, worn, tattered, frayed and/or faded U.S. Flags.

For information, try the Boy Scouts of America, Veterans of Foreign Wars, or the American Legion. If the organization provides a flag retirement service, the flag can be dropped off and they will take care of the ceremony.

USEFUL AND/OR FUN WEBSITES

Please verify the reliability of all sites.

<http://www.888webtoday.com/coslink.html>

<http://www.infinitecat.com/infinite/cat1.html>

<http://www.amazingcatcollection.com/>

<http://www.naturalhomeandgarden.com/diy-projects/try-this-upcycled-paper-bowl.aspx>

<http://www.dump.com/2010/12/08/how-to-sharpen-your-knife-with-a-cup-video/>

http://www.allyou.com/static/weekly-circulars/?xid=gcrlaunchnls_ctcm

FAMILY CITIZENSHIP PROJECT

Include flag and citizen action books for pre-readers, children, youth, and adults in your home library or check out books from the library to read as a family.

Play family fun games such as "Capture the Flag," "Hide the flag" a variation on hide the thimble but with a flag pin or patch or other small flag item.

Invite a family over to your house for a night of flag games, refreshments and fun. You might have a flag cake, cookies, recreate early American drinks and play Americana music.

Design and construct a family flag to fly on your house, in your yard, in your room, at picnics, at family outings and family reunions and just to be proud of. Get everyone involved. Sketch a picture of the new flag, build it with paper; then sew it with fabric. Fly it with grandeur. Make duplicates for each child in the family to take as they leave home.

Purchase an American flag for your home. Build a place to display or fly it, develop a calendar of display dates, learn proper display etiquette, and assign family members to mount it according to your calendar.

Periodically have the family, including the small children, take a stand on a local or national issue and write to elected representatives, even if it's just a note. Include young children's letters and drawings. Let our representatives know that families care and are watching. Always ask for a reply and share it with the children. It does make a difference.

Have your family work with your public or private school to assure that United States Flag, civics, and citizenship are a part of the curriculum. Nearly all states in the union mandate such instruction. How well is your school doing?

You can probably think of a number of other family activities to improve your family's citizenship.

<http://www.americanflags.org/docs/creative.jsp#>



"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

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QUOTES

Families are like fudge... mostly sweet with a few nuts. — Author Unknown

Family: A social unit where the father is concerned with parking space, the children with outer space, and the mother with closet space. — Evan Esar

Home is the place where boys and girls first learn how to limit their wishes, abide by rules, and consider the rights and needs of others.

— Sidonie Gruenberg



Kearney Lodge

Mobile Home Owners Association

President: Bob Gomperts 858-565-6460

Vice President: *Temporarily On Leave*

Treasurer: Nadine Mein 858-277-8645

Secretary: Joleen J. Gonser 858-279-6088

Medical Equipment Loans 858-277-8645

Pancake Breakfast Organizers

VACANT – COULD YOU VOLUNTEER?

Editor: Joleen J. Gonser 858-279-6088
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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 among 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.

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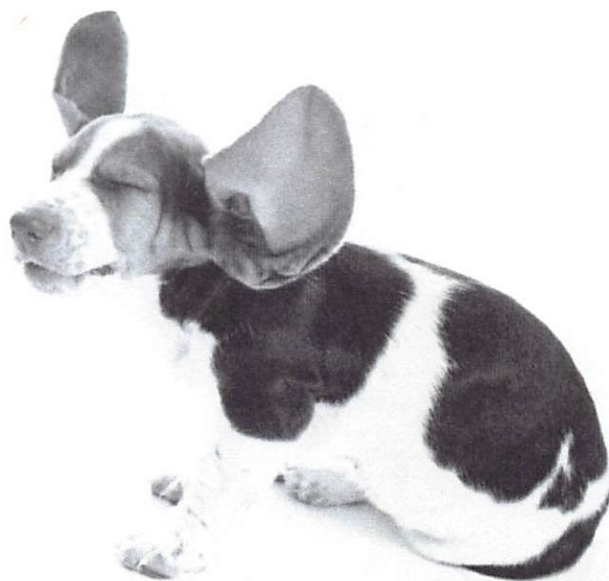
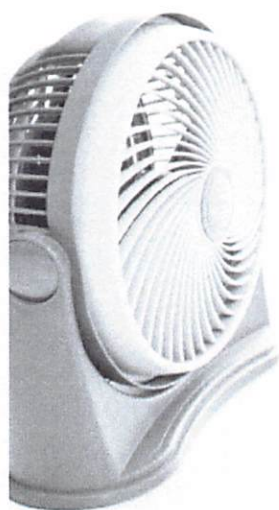
Kearney Lodge Office 858-277-6060

BICYCLING SAFETY TIPS

- Get in shape before you get serious about cycling. Stretch and do strengthening exercises. Before you ride, warm up and stretch for 5-to-10 minutes.
- The biggest preventable risk factor for bicycle head injury is not wearing a bicycle helmet. Helmets will protect you against 85% of all head injuries and 88% of brain injuries.
- If your bicycle fits, you'll perform better and avoid overuse injuries. Your knees should be at about a 15-degree angle when fully extended.
- Make sure you have lights and reflectors on your bike, whether you are using it for training, recreation, or transportation. Use lights and reflectors from dusk until dawn.
- Carry a cell phone, or change for a pay phone, your ID card, and an emergency-contact card. Bright clothing or a safety vest as another good precaution.
- The primary risk factors are excessive speed, traffic, fatigue, and poor road conditions.
- Beware at intersections. Signal your turns and look out for others.
- Fatal collisions are most common in urban areas. Roads with speed limits of 55 mph or greater produce higher rates of injuries and fatalities.
- You'll need all of your senses, especially hearing and sight. Don't wear headphones.
- Cycle while it is daylight.
- Wear comfortable, brightly colored clothing.
- Wear a reflective vest from dusk until dawn.
- Check your tires for nicks, cuts & wear before each ride, and ensure the tires are inflated properly.
- Make sure all nuts, bolts & connectors are tight.
- Make sure the brakes work and cables are lubed.
- Make sure the saddle is tight.
- Make sure the handlebar grips are tight.
- Ride with a basic tool kit, basic first-aid kit, and money for a phone call or if you have trouble.
- Bring water.
- Never ride off-road alone.
- Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
- When riding in the street, obey traffic signals and traffic laws.
- Use hand signals when turning.
- Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.
- Walk your bike across crosswalks.



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Constitution	Country	Display
Emblem	Ensign	Floral
Freedom	Gift	God
Half Staff	Home	Honor
July 4	Justice	Marching
Motto	Raid	Respect
Salute	Veteran	



A man was driving at 25 mph down a country road in Maryland. He noticed a chicken, running alongside his car. All of a sudden, the chicken put on a burst of speed, passed the car, and made an abrupt left turn into a lane leading to a farmhouse.

Astounded, the driver backed up, and turned down the lane, and found the farmer working in the barnyard. The driver stopped the car and got out and engaged the farmer in friendly conversation. Unable to contain himself, he asked the farmer about the chicken that could run so fast.

"Yes, said the farmer... we breed them that way here. They all have three legs!" "Fantastic, said the visitor.....how do they taste?" "Beats me," said the farmer. "We haven't been able to catch one yet!"



You may be familiar with the Environmental Working Group's "Dirty Dozen," a list of 12 fruits and vegetables with the highest p

Dirty Dozen: Buy Organic!

1. Peach	2. Apple	3. Bell pepper	4. Celery	5. Nectarine		
6. Strawberries	7. Cherries	8. Kale	9. Lettuce	10. Grapes (imported)	11. Carrot	12. Pear

Clean 15: Okay to Buy Non-Organic	1. Onion	2. Avocado	3. Sweet corn	4. Kiwi
5. Pineapple	6. Mango	7. Asparagus	8. Sweet peas	9. Cabbage
10. Eggplant	11. Papaya	12. Watermelon	13. Broccoli	14. Tomato
			15. Sweet potato	

FLAG TERMS – Solution on page 7.

W	S	S	E	I	N	O	M	E	R	E	C	V
E	C	I	T	S	U	J	O	M	G	Y	I	E
B	T	F	I	G	F	T	T	N	N	R	T	M
M	K	V	H	L	C	Y	T	R	I	T	I	O
A	A	U	O	E	N	M	O	I	T	N	Z	D
K	U	R	P	Q	M	N	E	A	N	U	E	E
Z	A	S	C	R	O	4	P	L	U	O	N	E
L	E	D	T	H	Y	D	S	S	B	C	S	R
R	T	T	O	L	I	N	K	D	D	M	P	F
Q	B	M	U	S	E	N	S	I	G	N	E	G
R	E	J	P	L	D	O	G	A	D	I	S	C
L	P	L	B	T	A	N	A	R	E	T	E	V
X	A	F	F	A	T	S	U	F	L	A	H	M
Y	N	O	I	T	U	T	I	T	S	N	O	C

CRYPTOGRAM Solution on Page 7.

[illegible]

18 1 20 25 22 12 18 20 6 22 7 20 16 16 21 4 23 12 20 22

$$\begin{array}{ccccccc} _ & _ & E & & & & \\ 18 & 1 & 4 & & & & \end{array} \quad \begin{array}{cccc} _ & _ & _ & _ \\ 16 & 12 & 22 & 9 \end{array} \quad \begin{array}{cc} _ & _ \\ 6 & 15 \end{array} \quad \begin{array}{ccc} _ & _ & E \\ 18 & 1 & 4 \end{array} \quad \begin{array}{cccc} _ & _ & E & E \\ 15 & 21 & 4 & 4 \end{array} \quad \begin{array}{cccc} _ & _ & _ & _ \\ 6 & 22 & 16 & 26 \end{array}$$
$$\begin{array}{ccccccccccc} & & & & & & & & & & E \\ \hline 25 & 6 & & 16 & 6 & 22 & 24 & & 12 & 25 & & 20 & 18 & & 20 & 25 & & 18 & 1 & 4 & & 1 & 6 & 23 & 4 & & E \end{array}$$
[illegible]

9	12	2	20	25
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CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
12	5	13	9	4	15	24	1	20	17	14	16	23	22	6	10	3	21	25	18	11	2	7	8	26	19

THIS NATION WILL REMAIN
18 1 20 25 22 12 18 20 6 22 7 20 16 16 21 4 23 12 20 22

THE LAND OF THE FREE ONLY
18 1 4 16 12 22 9 6 15 18 1 4 15 21 4 4 6 22 16 26

SO LONG AS IT IS THE HOME
25 6 16 6 22 24 12 25 20 18 20 25 18 1 4 1 6 23 4

OF THE BRAVE - ELMER
6 15 18 1 4 5 21 12 2 4 4 16 23 4 21

DAVIS
9 12 2 20 25

A COUPLE HELPFUL HINTS

Broken Glass — Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't easily see.

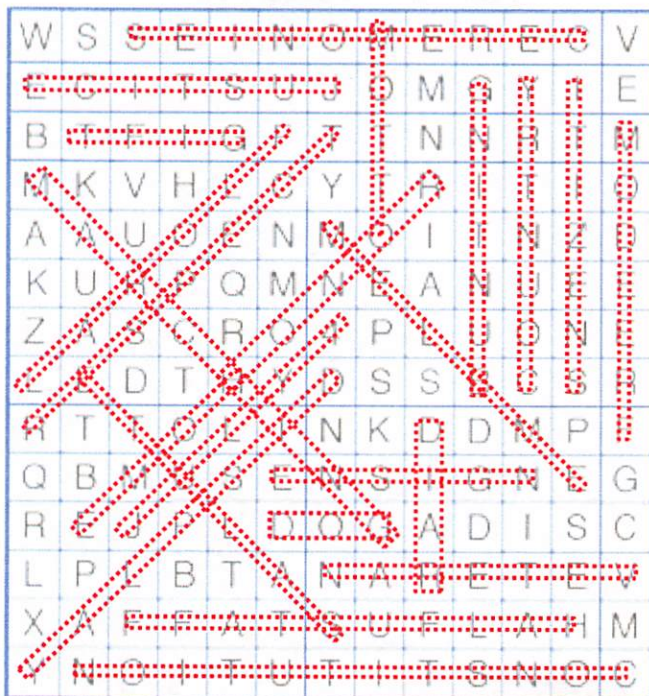


Flexible vacuum — To get something out of a heat register or from under the fridge — add an empty paper towel roll or empty gift wrap roll to your vacuum.

The cardboard tube can be bent or flattened to reach into small openings.



Solution to FLAG TERMS.



USES for (Inexpensive) COFFEE FILTERS

- Cover bowls or dishes when microwaving.
- Clean windows, mirrors, and chrome.
- Protect China by separating your good dishes with a coffee filter between each dish.
- Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
- Protect a cast-iron skillet. Put a coffee filter in a skillet to absorb moisture and prevent rust.
- Apply shoe polish with a balled-up coffee filter.
- Recycle frying oil. Strain oil through a sieve lined with a coffee filter after frying.
- Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
- Hold tacos and other messy foods.
- Stop the soil from leaking out of a plant pot. Line a planter with a coffee filter to prevent the soil from going through the drainage holes.
- Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
- Put a few coffee filters in a plate. Put chicken fingers, fries, fried bacon, etc. on them. Grease soaks into the filters.
- Use a coffee filter as an easy-to-tear backing for embroidering or appliquéing soft fabrics.
- Put baking soda into a coffee filter and put in shoes or a closet to absorb or prevent odors.
- Use coffee filters to strain soup stock and to tie fresh herbs in to put in soups and stews.
- Use a coffee filter as a spoon rest while cooking and to clean up small counter spills.
- Use a coffee filter to hold dry ingredients when baking or cutting fruit or veggies.
- Use coffee filters to wrap Christmas ornaments for storage.
- Use coffee filters to remove fingernail polish when you are out of cotton balls.
- Use coffee filters to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place it into a zip-locking plastic bag until the seeds sprout.
- Use coffee filters as blotting paper for pressing flowers. Put the flowers between coffee filters and put them in a phone book, or under other flat items.
- Use as a disposable "snack bowl" for popcorn, chips, etc.
- Make a coffee filter butterfly — see left.
- Oh, and they're great to use in a coffee maker.



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TAXPAYER'S LAMENT

Tax his cow, Tax his goat;
Tax his pants, Tax his coat.
Tax his crop, Tax his work;
Tax his ties, Tax his shirt.
Tax his chew, Tax his smoke;
Teach him taxing is no joke.
Tax his tractor, Tax his mule,
Tell him, Taxing is the rule.
Tax his oil, Tax his gas;
Tax his notes, Tax his cash.
Tax him good and let him know,
That after taxes, he has no dough.
If he hollers, Tax him more.
Tax him till he's good and sore.
Tax his coffin, Tax his grave,
Tax his sod in which he's laid.
Put these words upon his tomb,
"Taxes drove him to his doom."
After he's gone, we won't relax.
We'll still collect inheritance tax.



PAIN RELIEF TIP MAY WORK FOR YOU

Feel a headache starting? Munch on an apple or light a similarly scented candle. A study by the Smell & Taste Treatment and Research Foundation, Chicago, found that subjects in the midst of a migraine attack sniffed test tubes with a green apple smell. The pain improved more than when they sniffed tubes with no scent.

Researchers say it could be the distraction, or it could be that the smell of green apple actually reduces muscle contractions in the head and neck, reducing headache pain. Previous studies found that the smell of green apples helps reduce anxiety.

TOP 10 PLANTS FOR CLAY SOIL

A simple soil test can determine what kind of soil you have. Clay soil tends to drain slowly and can be difficult for growing flowers, but these plants thrive in clay.

ASTER—There are over 250 asters, from miniature alpine plants to giants up to 6 feet tall, with plenty of colors.

BLACK-EYED SUSAN—Black-eyed Susans are hardy and fuss-free.

COREOPSIS—Dainty flowers, thin stems and fine foliage disguise this plant's durability.

DAYLILY—Blossoms last just a day, but many hybrids bloom repeatedly.

FERNS—There are 12,000+ species of ferns available today. There is a fern for nearly any growing condition.

JAPANESE IRIS—Japanese iris begins blooming in late spring.

RUNNER BEAN—This vine is fast-growing and attracts butterflies and hummingbirds to a garden.

SWITCHGRASS—This native grass grows narrowly upright, reaching three feet tall with drooping spikes.

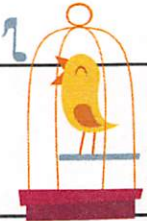
POTENTILLA—Potentilla is just beginning its long flowering season by the time many other flowering shrubs have completed their show.

VIBURNUM—Viburnum is a popular ornamental shrub or small tree and easy to grow.



QUOTE—Family is just accident . . . They don't mean to get on your nerves. They don't even mean to be your family, they just are.

— Marsha Norman

JULY 2011						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. — Ronald Reagan					1 7 pm Bingo	2
3	4  Independence Day	5	6	7 9 am Quilters	8 7 pm Bingo	9 
10	11	12	13	14 9 am Quilters	15 7 pm Bingo	16
17	18	19	20	21 9 am Quilters	22 7 pm Bingo	23 
24 31	25	26	27	28 9 am Quilters	29 7 pm Bingo	30



MORE FAMILY ACTIVITIES – A flag retirement ceremony may also be a family activity. It provides an opportunity to teach and instruct. These steps might be used:

1. Gather the family around. Raise the flag on the pole or staff or hold it aloft by hand.
2. Call the group to attention, salute and recite the Pledge of Allegiance to the Flag.
3. The leader might say something like, "This flag has served its nation well and long.

It is now worn to a condition in which it should no longer be used to represent the nation. We pay honor to this flag for the service it has rendered."

4. Fold the flag according to procedures explained on the sites listed at the end of this article.

5. Give the flag to the group leader who will burn it until it is completely consumed.

An Alternative Retirement Process

Before burning, it is cut apart, thus allowing it to burn completely more easily.

- 1: Keep the flag off the ground and cut the stars out of the canton.
- 2: Cut the stripes apart.
- 3: With dignity, put the stripes into the fire.
- 4: Let the material burn completely.
- 5: Place the canton into the fire and let it burn completely.

During the ceremony, there can be appropriate music or singing and comments about freedom and liberty or other topics about the flag as an American symbol.

[http://www.americanflags.org/docs/e](http://www.americanflags.org/docs/etiquette.jsp)
[tiquette.jsp](http://www.islamoncapitolhill.com)

<http://www.islamoncapitolhill.com>

COFFEE FILTER BUTTERFLY

Materials: Round coffee filter for each butterfly

Clothes pin for each butterfly

Washable markers Paint

Cup of water Paint brush

Googly eyes Pipe cleaners

Instructions:

Color each coffee filter with a variety of colors with markers. Paint water over the coffee filter allowing the colors to combine. Set the filter aside to dry. Meanwhile, paint the clothespin and let it dry. Glue eyes to clothes pin. Glue pipe cleaners for antennae. Pleat or scrunch the coffee filter in the middle and clip with the clothespin to create a butterfly.

