



JULY 2010

SAFETY WARNING !!!

When you or your children are out in your yards, please be mindful of a dangerous home-made, explosive device that can severe fingers and cause blindness and 2nd and 3rd degree chemical burns when it explodes. The slightest touch will cause the device to explode.

If you find a soda bottle or other bottles scattered in the neighborhood, check carefully before you touching or getting near the bottle. If it looks swollen or like it is melting in any way, or if it has any liquid in it, **DO NOT TOUCH IT!** Call 911, and let an expert take care of it.

For information: <http://www.snopes.com/crime/warnings/bottlebomb.asp>

SUMMER WORD SCRAMBLE

Please unscramble the words below:

- | | |
|----------------------|---------------|
| 1. eSmmru | 2. atHe |
| 3. Staew | 4. oPol |
| 5. mwnigmiS | 6. plinkeSrr |
| 7. meI acreC | 8. sieSnuhn |
| 9. Beki | 10. nrdsiFe |
| 11. remWtenalo | 12. iinPcc |
| 13. tsgoHdo | 14. losePcpi |
| 15. wistSmui | 16. tVoaaainc |
| 17. stdieOu | 18. Camngpi |
| 19. aDnedyennpcd Iee | 20. skewoirFr |
| 21. ariF | 22. yFlmai |
| 23. Bahce | 24. Jylu |
| 25. teslretifBu | |

Answers on Page 5

2010 ELECTION RESOURCE

<http://www.numbersusa.com/content/elections/races/congressional/California>

DATA DEFENSE

Do you want at least some electronic privacy? Try the following:

- If possible, use two computers – one for banking and one for surfing the Web and social-media sites.
- Don't post anything that you don't want everyone to know.
- Don't post anything about your dating life. Keep your birth date private.
- Check **spokeo.com**, which pieces together data from a variety of online sources. You can see how much is known about you already. Don't correct errors. If you want, you can remove your information by going to **spokeo.com/privacy**.
- Use cash for purchases as much as possible.
- If you have more than one credit card, rotate their use.

REMEMBER . . . to watch out for the poisonous spiders: Black Widow, Brown Widow and Brown Recluse. Summer-time makes them more abundant.



ALSO . . . beware of mosquitoes and ALL their breeding places. Dump any standing water in your yards, such as flowerpots and saucers, watering cans not used every day, toys, wheelbarrows, and even pipe fence posts without caps! I'm sure you can think of other items to check. These can hold enough water for mosquitoes to breed. Any mosquito can carry West Nile Fever. Check the posters on the park bulletin boards. **REMEMBER, the "giant" mosquito is really a mosquito (killer) wasp.**



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Kearney Lodge Mobile Home Owners Association

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Local (Park) References Available

STAY SAFE on YOUR BIKE

Protect Your Head: Never ride a bike without a properly fitted helmet.

Assure Bicycle Readiness: Ride a bike that fits you and check all parts of the bicycle to make sure they are secure and working well.

Learn and Follow the Rules of the Road: Bicycles are considered vehicles on the road; therefore, riders must follow the same traffic laws as drivers of motor vehicles.

Act Like a Driver of a Vehicle: Always ride with the flow of traffic, on the right side of the road, and as far to the right of the road as is practical and safe.

Be Visible: Always assume you are not seen by others and take responsibility for making yourself visible to motorists, pedestrians and other cyclists.

Drive with Care: When you ride, consider yourself the driver of a vehicle and always keep safety in mind. Ride in the bike lane, if available. Take extra care when riding on a roadway. Courtesy and predictability are key to safe cycling.

Stay Focused. Stay Alert: Never wear headphones as they hinder your ability to hear traffic.

Be aware of your surroundings and ride defensively.



SUMMER Skin Care

http://info.kp.org/html/partnersinhealth_scal/june2010/skincare.html

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to the
KEARNEY
LODGE
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Kearney Lodge

Mobile Home Owners Association

President: Bob Gomperts 858-565-6460

Vice President: (Vacant)

Treasurer: Nadine Mein 858-277-8645

Secretary: Joleen J. Gonser 858-279-6088

Editor: Joleen J. Gonser 858-279-6088

joleen.gonser@navy.mil

Food Program 858-569-1983

Medical Equipment Loans 858-277-8645

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 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

ORGANIZE A GARDEN SHED

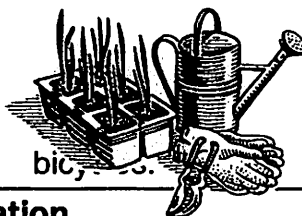
As the years go by, we tend to accumulate more things than the house has storage. A garden shed can house the overflow. The storage capacity of a garden shed is amazing.

Materials:

Garden shed Sturdy shelves
Metal hooks or nails Plastic storage totes

1. Donate or discard old items in your garden shed, those which have been unused for over a one year. Removing clutter will let you to use the extra space.
2. Use sturdy shelves to store garden supplies, such as solar lights, planters and small gardening tools. You can build your own shelves or buy plastic shelves from a hardware store.
3. Add metal hooks or nails to the back wall of your shed to hang tools and appliances. For instance, you may wish to hang your rakes and shovels. This will provide more walking space inside of your garden shed, and be much safer.
4. Use plastic storage totes to store items such as soil and grass seed. Choose totes of the same size, and stack them for easier maintenance. Label each tote accordingly so you will be able to identify its contents.

5. Keep practical things within easy access, such as the lawnmower, hedge shears, and other garden tools, and



If your kitchen was destroyed,



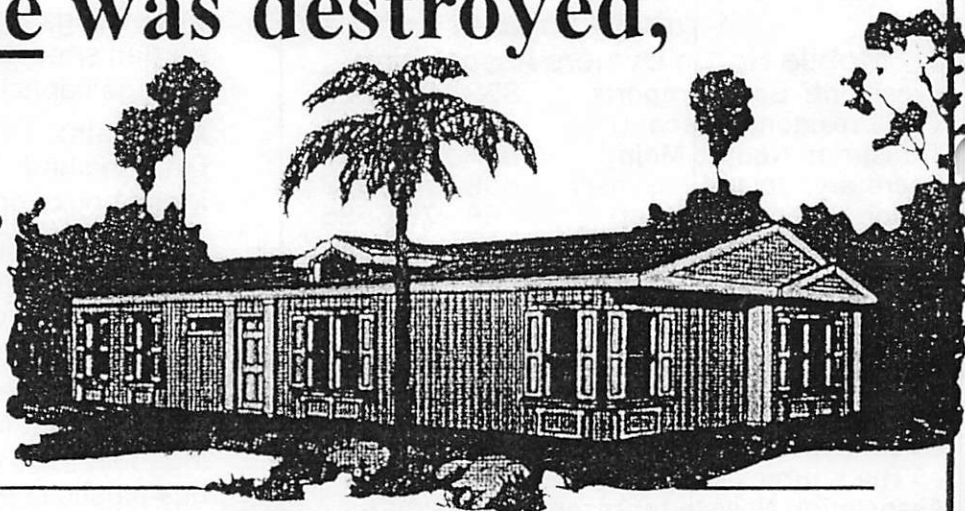
Would you
want a new
kitchen?

You have a choice.

If your home was destroyed,

Would you not
want the same?

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If you have questions about your coverage, or wish to upgrade your policy that includes brand new replacement, from partial loss to total destruction, please contact Steve Rolf, Monday-Friday, 9am-5pm.

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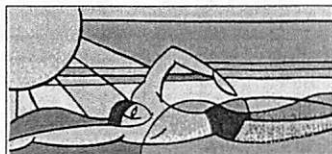
La Mesa 91941

BEACH SAFETY

Following a few important rules will insure a safe and happy day at San Diego County's world-class beaches. The rules listed below come from the San Diego Lifeguard Service and apply to San Diego city beaches; be aware that regulations may differ at beaches outside of the San Diego city limits. Please note that each local beach has its own rules and regulations that cover issues such as alcohol, pets, off-limit areas and other restrictions. Visit the lifeguard headquarters at each beach or ask a lifeguard your questions.

Guidelines:

- Learn to swim.
- Swim near a lifeguard.
- Never swim alone.
- Supervise children closely, even when lifeguards are present.
- Don't rely on flotation devices, such as rafts; you may lose them in the water.
- If you get caught in a rip current, swim sideways until free — don't swim against the current's pull.
- Alcohol and swimming don't mix.
- Protect your head, neck, and spine — don't dive into unfamiliar waters. Remember, feet first, first time.
- If you're in trouble, call or wave for help.
- No glass containers at the beach — broken glass and bare feet don't mix.
- No beach fires except in designated areas. Fire residue and superheated sand can severely burn bare feet. Use a barbeque that is elevated off the sand.
- Stay clear of coastal bluffs; they can collapse and injure you.
- Never turn your back to the ocean — you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning.

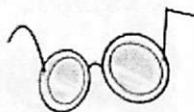


IN THE HABIT ~ Would you like a secret for keeping a clutter-free car? Train yourself to scan the front and back — seats after every trip, and take anything that needs to be thrown in the garbage or put away in the house with you. If you take care of stuff right away, it won't pile up.



EXTRA SETS OF EYES

Save a lot of time NOT searching for your glasses by buying a bunch of inexpensive reading glasses to keep on your nightstand, your desk, in the kitchen and living room — even in the bathroom.



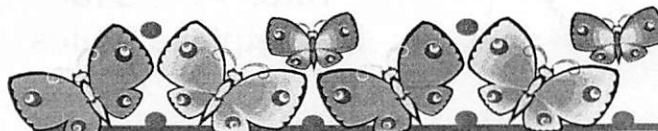
TOP PLANTS FOR CLAY SOIL

Aster; Michaelmas daisy
Black-eyed Susan; gloriosa daisy
Coreopsis; tickseed; butter daisy
Daylily
Ferns - especially Japanese
Painted Fern and Athyrium niponicum
Japanese iris
Runner bean; Scarlet runner bean
Switchgrass
Virburnum



TOP PLANTS FOR A RED, WHITE & BLUE GARDEN

False indigo, wild indigo
Bee balm
Clematis
Dianthus, pink, carnation
Geranium
Hydrangea
Impatiens, busy Lizzie, and patience plant
Morning glory
Shasta daisy
Zinnia



SUMMER Word Scramble

- | | | |
|----------------------|--------------|---------------|
| 1. Summer | 2. Heat | |
| 3. Sweat | 4. Pool | |
| 5. Swimming | | 6. Sprinkler |
| 7. Ice Cream | | 8. Sunshine |
| 9. Bike | 10. Friends | |
| 11. Watermelon | | 12. Picnic |
| 13. Hotdogs | 14. Popsicle | |
| 15. Swimsuit | 16. Vacation | |
| 17. Outside | 18. Camping | |
| 19. Independence Day | | 20. Fireworks |
| 21. Fair | 22. Family | |
| 23. Beach | 24. July | |
| 25. Butterflies | | |

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SAFETY TIP ~ Cleaning lint from a clothes-dryer vent is an important maintenance step that is often neglected. The vent pipe should be inspected and cleaned at least once a year. If allowed to accumulate, lint in the vent pipe is not only a fire hazard but can adversely affect performance of the dryer - some-times making it difficult or impossible to get clothes dry.

The best bet is to remove the vent pipe entirely, take it outdoors and clean the interior with a brush or vacuum. Hold longer pipes vertically and bump the sides gently to help remove lint.

Smooth metal vent pipes are best for dryers because they collect less lint. Collapsible plastic and metal pipes have crevices that may trap lint.

ORGANIZE A HOME ~ Sometimes it seems that the best way to deal with clutter is to shut the door quickly and forget about it. But with a few simple tricks and a spare after-noon, you could organize the house in a whole new way.

Start your organizing by going through your house and following the rule of the three Rs: Remove, Reduce and Rearrange.

Clean out all of your storage spaces and closets. Then, sort everything into four piles: keep, donate, dry-clean or repair, and throw away.

You might find some clothes you forgot you had, but want to keep. To give them renewed freshness, wash and condition them with pro-ducts especially for that purpose.

While your storage spaces and closets are empty, take advantage of the time to clean them. As you start putting your stuff back into the storage spaces and closets, figure out what to hang where. For example, jackets next to pants next to blouses, and so forth.

You can figure out what, if any, organizers may help you maintain this new storage structure. Maybe you need an extra shelf for folded jeans, T-shirts sweaters, or sweats. You can also determine how many storage bins you need for accessories (including hats and purses), or for stowing winter clothes. Consider other organizers, such as a shoe organizer to keep the floor clear. Try placing fabric conditioning sheets in closets and storage bins, and between clothes that are stored, to help keep a fresh scent.

When your house is organized, more than likely, your life will seem more organized, too.

The SUMMER PANCAKE BREAKFAST on June 26th was delicious and enjoyed by a good turnout. The décor was bright and summery. The kitchen crew did outstanding work. All workers did a good job of making everyone welcome. Door prizes of "Double-Your-Money" were won by Bob, Ted, Dee C., Austin and Dorthia. Thank you volunteers and participants.

WORLD-TRAVELER

Dee Cowley was fortunate enough to be treated to a trip to South Africa during the World Cup courtesy of one of her son's and his employer. VUVUZEEBA!



USEFUL AND/OR FUN WEBSITES

Please verify the reliability of all sites.



U.S. Consumer Product
Safety Commission

<http://www.cpsc.gov/>

<http://info.org.il/irrelevant/may02-smilep-op-soapbox4.swf>

http://www.homeofheroes.com/profiles/profile_s_crawford.html

http://www.homemadesimple.com/en_US/nbrcontent.do?contentType=ol&articleId=ar107

<http://www.birdsandblooms.com/Backyard-Projects>

<http://www.3m.com/brands/scotch/promos/welcomecoupon.pdf>

<http://www.couponcabin.com/coupons/>

<http://www.realsimple.com/home-organizing/home-improvement/create-book-she-ives-00000000035586/index.html?xid=checklistnewsletter-06-07-2010>

<http://coupons.surfnetkids.com/shopping.php?gccdisplay=1>

<http://www.qualityhealth.com/featured-article/segment?fa=102968&rf=46474&mc=MjYzNjc0NDE.&ct=36917>

<http://www.grandmas-wisdom.com/index.html>

We make a living by what we get, but we make a life by what we give. ~ Norman MacFinan

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Kearney Lodge Mobile Home Owners Association

JULY 2010 ~ Page 7

 JULY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 INDEPENDENCE DAY	Confidence on the outside begins by living with integrity on the inside. ~ Brian Tracy ~			1 9 am Quilters	2 7 pm Bingo	3
	5	6	7	8 9 am Quilters	9 7 pm Bingo	10 
11	12	13	14	15 9 am Quilters	16 7 pm Bingo	17
18	19	20	21	22 9 am Quilters	23 7 pm Bingo	24
25	26	27	28	29 9 am Quilters	30 7 pm Bingo	31
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QUOTES ~ Waste your money and you're only out of money, but waste your time and you've lost part of your life. ~ Michael Leboeuf

Yesterday is history, Tomorrow's a mystery. Today is a gift; that's why they call it "the present". ~ Unknown

Coming together is a beginning. Keeping together is progress. Working together is success. ~ Henry Ford

Posterity! You will never know how much it cost the present generation to preserve your freedom! I hope you will make good use of it!
 - letter to Abigail Adams, April 26, 1777
 ~ John Adams (1735-1826)
 Second U.S. President

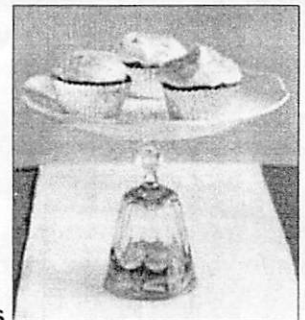
An army of sheep led by a lion would defeat an army of lions led by a sheep. ~ Arab proverb

 If you're never scared or embarrassed or hurt, it means you never take any chances. ~ Julia Sorel

The naked truth is always better than the best dressed lie.
 ~ Ann Landers, born 1918

ON A PEDESTAL

If you have an assortment of unmatched dishes and glasses, use them to make serving stands. Turn a glass or goblet upside down, and use super glue to attach a plate. These stands are perfect for cakes,



appetizers, cookies, and anything else you want to look a little extra special. Kids would enjoy helping you make these, too. Summer project?

Idea from: <http://www.relishmag.com/#id=album-14&num=content-159>

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