

KEARNEY LODGE MOBILE HOMMEOWNERS' ASSOCIATION

President Bob Gomperts will preside over the meeting on Thursday, October 14th, 2010 beginning at 7:00 pm. in the main Recreation Room. An item to consider is ratification of volunteer Cheryl Bennett as our Vice President. Please bring other items to present for discussion to benefit of all our neighbors.

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SOCIAL NETWORKS & IDENTITY THEFT

With social networks becoming such an influential part of our culture, it was only a matter of time before identity theft became a major problem for social network users. Remember, identity theft does not discriminate against anyone. If you make yourself an easy target, then you'll become a victim.

An recent article in PC World said that a third of social network users have at least three pieces of information that could lead to identity theft. Your home address, phone number, or even your email address may seem like unimportant bits of information, but they open up various avenues for a thief to use against you.

Remember that social network users are not exempt from phishing scams or any other financial/identity scams. Be alert, be smart, and make good decisions with the information you share and provide about yourself online. It is recommended that you don't include the following information while using social networks:

- * Full legal name (yours or your kids' names)
- * Home address
- * Home/work/cellular phone numbers
- * Social Security Number
- * Specific work organization
- * Names of children/their schools/etc.
- * If you're out of town/on business travel

Most importantly, make your profiles private (*know and use the privacy settings!*). Using someone's identity to create a fake profile has become another form of social networking identity theft. It doesn't take much to create an on-line profile since most social networking sites

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please donate to the KEARNEY LODGE FOOD PROGRAM

No One Should Go Hungry! -FOOD IS AVAILABLE

The San Diego Food Bank distributes nutritious, high-quality food through a range of programs to people in need. The Food Bank also connects the people it serves to a range of health and human service providers. All Food Bank clients are treated with dignity and respect. There are several programs available.

Go online to: <http://sandiegofoodbank.org/programs/>

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SAVE YOUR EYES

That long term exposure to the sun can lead to potentially blinding conditions such as cataracts and macular degeneration.

Reflected sunlight – light that bounces off water or even snow, for example – can be the most dangerous type of UV (ultraviolet) light because it is intensified.

Your eyes can also receive a sunburn known as photokeratitis, which can cause pain, redness and tearing. UV light sources other than the sun, such as welding lamps or tanning booths can also harm your eyes.

Learn and Prevent . . . To ensure that your eyes are protected, wear sun-glasses and a broad-rimmed hat. When selecting sunglasses, make sure they block 99 to 100 % of UV-A and UV-B rays. But don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.

People of all ages are at risk for damage to their eyes from UV rays, including children of all ages. Remember to protect your children's' eyes also, with sunglasses and a hat.

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require only an email address and a name. There are people who will create a fake profile.

Please understand, this is not to say you should not use social networks, just be smart and protect your personally critical information.

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If your kitchen was destroyed,

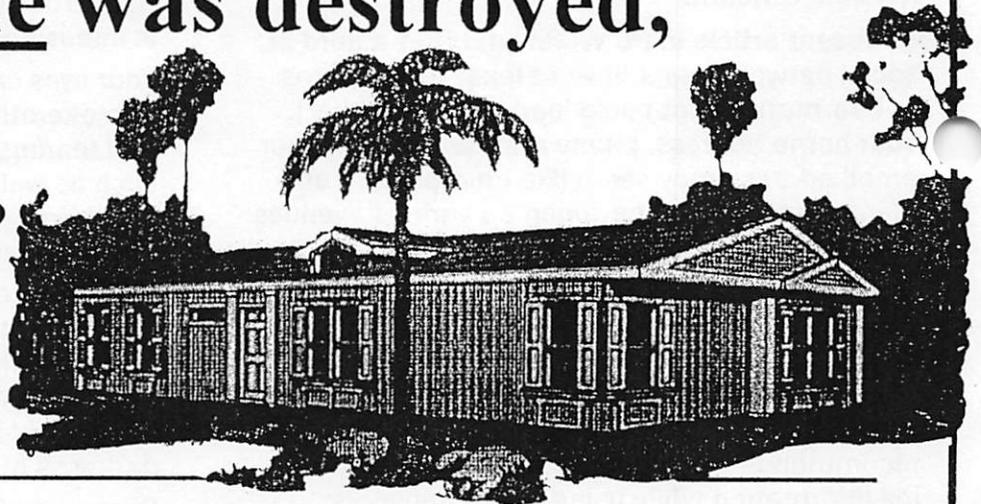


Would you
want a new
kitchen?
You have a choice.

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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Killer whales (Orca) are large, beautiful ocean mammals. (Solution on Page 7.)

QUOTES ~

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.
~ Winston Churchill ~

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

When we get piled upon one another in large cities, as in Europe, we shall become as corrupt as Europe. ~ Thomas Jefferson

The democracy will cease to exist when you take away from those who are willing to work and give to those who would not.
~ Thomas Jefferson ~

To compel a man to subsidize with his taxes the propagation of ideas which he disbelieves and abhors is sinful and tyrannical.
~Thomas Jefferson ~

I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them. ~ Thomas Jefferson

My reading of history convinces me that most bad government results from too much government. ~ Thomas Jefferson

The strongest reason for the people to retain the right to keep and bear arms is, as a last resort, to protect themselves against tyranny in government. ~Thomas Jefferson

I believe that banking institutions are more dangerous to our liberties than standing armies.
~Thomas Jefferson ~

If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property - until their children wake-up homeless on the continent their fathers conquered.
~ Thomas Jefferson, in 1892 ~

No man is a failure who is enjoying life.
~ William Feather ~

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please donate
to the
**KEARNEY LODGE
FOOD PROGRAM**

**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

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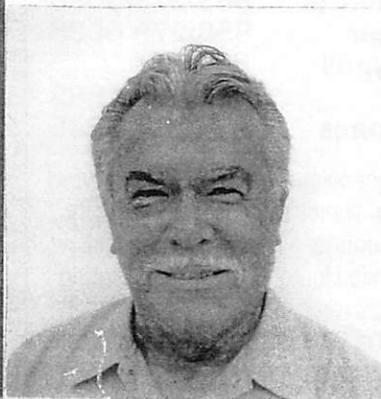
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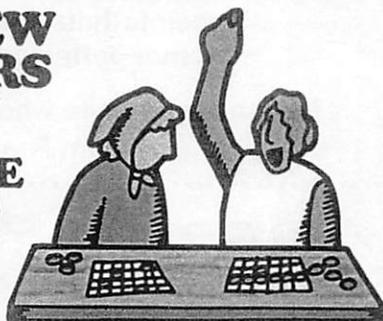
- Buils / Repairs / Paints / Cleans
- Decks – Steps (new rugs)
- Ramps Skirting
- Subflooring repair soft spots
- Power Washing

Local (Park) References Available

~ COUPON ~

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MEDICINAL HERBS TO GROW

It may sound strange, but some of the best remedies on earth may be found in herb gardens rather than on pharmacy shelves. It is possible to make soothing home remedies and rejuvenating treatments at home. All that is needed is some dirt and some "wonder" plants. The following **may** be helpful in your search for remedies. They are all attractive in the garden.

Chamomile (*Matricaria recutita*) - considered soothing for indigestion and colic, eases tension, and good for skin irritations.

Echinacea - may boost the immune system and lessen the severity of colds and flu.

Johnny-jump-up (*Viola tricolor*) - has anti-inflammatory properties; may be good for eczema and skin blemishes, and to loosen phlegm.

Lavender - calms and relaxes, may ease pain, and when applied to cuts and bruises functions as an antiseptic.

Lemon balm - may soothe nervous tension and anxiety, promote sleep, and speed the healing of cold sores.

Marigold (*Calendula officinalis*) - good for sun-burn, acne, and blemishes; may soothe ulcers and digestive problems.

Peppermint - good for digestion, gas, and headaches.

Rosemary - may help memory and concentration, improve mood, and sweeten breath.

Sage - considered good for coughs, colds, congestion, and hot flushes.



ECONOMIZE ON MAKEUP

Try to find the least expensive foundation you want to use. (Maybe the 99Cent Store.) Mix about five (5) parts foundation with one (1) part Petroleum Jelly (Vaseline). This makes the foundation nice and thick. And your skin will be softer - probably in a matter of just days. In addition, your foundation will last much longer.

JOKES: A weed is a plant that has mastered every survival skill except for learning how to grow in rows. ~ Doug Larson

The four seasons are salt, pepper, mustard and vinegar.



Knee: a device for finding rocks in your garden.

USEFUL AND/OR FUN WEBSITES

Please verify the reliability of all sites.

<http://www.usdebtclock.org/>

<http://www.bbb.org/san-diego/accredited-business-listing/BBB-Accredited-Electrical-Contractors/6/>

<http://www.xericworld.com/forums/plant-profiles/2-dy-mondia-margaretae.html>

<http://americanvision.org/3177/when-your-own-propaganda-turns-against-you/>

Sweepstakes - entry is free - groceries, trips:
<http://www.sunset.com/marketplace/sweepstakes-0040000037276/>

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

A website about FREEBIES:

<http://www.allyou.com/budget-home/money-shopping/freebies-online-00400000066392/>

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

<http://customerservicenumbers.com/default.aspx>

<http://www.homemadesimple.com/en-us/pages/home.aspx?TID=9969bd49-5fd8-452b-9864-5f1c0fb87ecf>

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

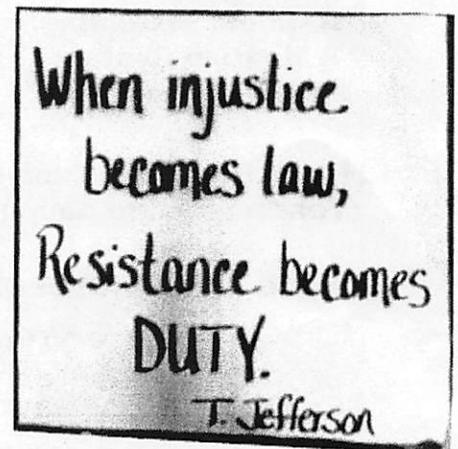
<http://www.theanimalrescuesite.com/clickToGive/home.faces?siteId=3>

<http://www.theanimalrescuesite.com/clickToGive/ars/article/Gun-sniffing-Labrador-retrievers-to-leave-their-mark-on-U-S-Open383>

FAMILY TREE ACTIVITIES:

<http://www.enchantedlearning.com/crafts/familytree/>

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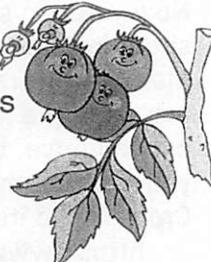
We are committed and confident that Smart Pest Control can take care of all of your Pest Control needs. We know the economy is tough and we are very flexible. We will work with fixed incomes and have programs to fit almost any budget!

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KNOWN TOXIC FOODS FOR DOGS

- | | | |
|---|----------------|---|
| Beverages | Baby food | Salt |
| Cat food | Fat trimmings | |
| Citrus oil extracts | Hops |  |
| Grapes & raisins | Mushrooms | |
| Large amounts of liver | | Sugary foods |
| Raw eggs | Raw fish | |
| Persimmons | Macadamia nuts | |
| Milk & other dairy products | Yeast dough | |
| Onions and garlic (raw, cooked, or powdered) in large amounts | | |
| Chocolate, coffee, tea, and other caffeine | | |
| Table scraps in large amounts | | |

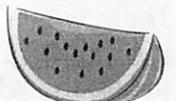
OTHER ITEMS DOGS MAY EAT (but shouldn't)

- | | |
|---|---|
| Bones of fish, poultry, or other meat sources |  |
| Potato, rhubarb, and tomato leaves; potato and tomato stems | |
| Human vitamin supplements containing iron | |
| Marijuana | Tobacco |
| Moldy or spoiled food, garbage | |
| Peach and plum pits | String |

QUOTE: Power is the ability to do good things for others. ~ Brooke Astor



A Riddle Answer: A Watermelon.



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Kearney Lodge Mobile Home Owners Association

AUGUST 2010 ~ Page 7

AUGUST



2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 9 am Quilters	6 7 pm Bingo	7
8	9	10	11	12 9 am Quilters	13 7 pm Bingo	14 K L BAR-B-Q
15	16	17	18	19 9 am Quilters	20 7 pm Bingo	21
22	23	24	25	26 9 am Quilters	27 7 pm Bingo	28
29	30	31	<p>please donate \$1-\$5 to the KEARNEY LODGE FOOD PROGRAM</p>			

KLMHOA MEDICAL LENDING

This is a list of most of the medical items available for you to borrow:

- | | |
|-----------|--------------|
| Commode | Oxygen Tank |
| Walkers | Crutches |
| Canes | Shower Seats |
| Tens Unit | Seat Assist |

Please call Nadine Mein at 858-277-8645 to borrow an item or two; OR to donate something.

A RIDDLE:

What kind of flowers grow in outer space?

Ipomoea alba, Helianthus annuus,

Pentas lanceolata, and Cosmos

[Moonflowers, Sunflowers, Star Clusters, Cosmos]

DID YOU KNOW

That many companies will send coupons when you either make a complaint or compliment about a product? Both phone calls and letters result in a person receiving coupons, and possibly emails would elicit these results, too.

ANOTHER RIDDLE:

There was a green house.

Inside the green house, there was a white house

Inside the white house there was a red house.

Inside the red house, there were lots of babies.

(See Page 7)

HAVE MISMATCHED SILVERWARE?

Repurpose mismatched or old silverware with one of these ideas:

- * Make useful hooks for lightweight items.
- * Make unusual wind chimes from flattened pieces.
- * Frame a setting on dark velvet for wall décor.

QUOTES

Yup, gardening and laughing are two of the best things in life you can do to promote good health and a sense of well being."

~ David Hobson, *The Mad Gardener*

15 FOODS TO NEVER BUY AGAIN

With the rising costs of groceries, we would all love to save a few bucks at the checkout line.

Now you can slash your bill with some clever shopping and Do-It-Yourself recipes.

Manufacturers would like you to think that you are getting a good deal in exchange for convenience, but it's really just eating away at your food budget. Don't be fooled any longer. Cross these items off your list!

<http://www.rd.com/home-garden/15-foods-you-should-never-buy-again/article179928.html?epid=0AEDC96D-94EE-4B35-9F14-6F263BC0B281&trkid=ERDI22938-1>