

THE CONNECTOR

Community News + Information

SEPTEMBER 2023



WE LOVE OUR PETS: Good Food & Oral Hygiene

Even though our furry family members are semi- self-sufficient, they still need our leadership and parental care. They cannot go shopping for healthy food or brush their teeth - cook their own meals or go to the dentist. We do these things for our children to ensure good health and extended lives, so we need to do them for our pets.

Dogs and cats live longer lives when they receive a balanced species appropriate diet. A vet once said to me, "You want to keep your dog out of the vet- especially later in his life when serious problems arise? Feed him right!"

Dr. Karen Becker, a 40-year veterinarian and leading advocate for healthy pet food diets teaches us how to avoid pet obesity, allergies and organ failure due to poor food quality brands filling our big box stores, which have been popularized by advertising. (Watch the 2016 documentary "Pet Fooled" on Netflix, Amazon prime and iTunes.) She recommends raw food diets that are **species appropriate**, teaches how to read ingredients labels and the five things to do in selecting a quality pet food.

Another crucial aspect of pet health is oral hygiene. Your vet will recommend a dental cleaning as a result of a routine examination. The removal of that yellowish-orange tartar buildup, an antibiotic prescription to minimize bacterial growth (which will almost completely remove bad breath) and encouraging dental chews or teeth brushing are all advised concerning oral health. Yes, the pet needs to be sedated under general anesthesia to do the cleaning and possibly extractions costing several hundred dollars, but these preliminary exams and effective procedures are crucial to maintaining overall health and ensuring a longer lasting healthy and happy doggy or cat. Consider setting up a "pet health savings account" for major vet bills if you don't already have pet insurance.

Just as people can die from an untreated abscessed tooth, our dogs & cats can experience organ failure from bacteria build-up. Signs of dental problems might be chewing on one side of their mouth, food falling out as they chew or the reluctance to eat (especially hard food) and weight loss. But this can all be prevented by routine vet care.

After all, if we really love our pets, the decision to spend less money now or more money later is the difference in extending the life and happiness of you and your pets.

(You can learn about pet food ingredient labels by watching "Dr. Becker Discusses Raw Food Diet-part 1" on YouTube, or <http://YouTube.be/Qx2YIlpF4cc>)

Also, www.dogfoodadvisor.com lists the best and worst dog and cat food brands, breaks down ingredients, fat, protein & crude analysis content and so much more. This site is FREE to use as is their subscription to pet food recall email alerts.

Submitted by Amber Bennett





**WE MAY PAY
CASH FOR
YOUR HOME**

**CALL US NOW!
858.486.0771**

* Subject to TLC Management approval



BEST YARD for SEPTEMBER 2023

Our Best Yard winner this month is Unit #132. It is a beautiful double-wide unit, light gray with cream-colored trim.

On the right side is a clean concrete driveway. The front includes a small, raised patio with three hanging flower baskets and many other items. There are many plants, such as a hibiscus bush with bright red flower, a vine with red flowers, four small palms, and a variety of potted plants.

Decorative items include a birdbath, a multi-level fountain with running water, a great looking mailbox, solar lighting, and several South Sea Island human-head planters.

There is also a rock path with patio stones and a wood-chip base. The border is three-level brick.

This home is definitely one of the Park's best.

Submitted by Ron Maurice

* * * * *

FOLLOW YOUR VEHICLE'S MAINTENANCE SCHEDULE

Taking preventative care of your vehicle is money well spent. When you catch problems early on, they are cheaper and easier to fix. Your vehicle will last longer, have higher resale value, and better performance.

In addition to saving money on repairs, a well-maintained car is also more efficient, saving you on fuel costs as well. Additionally, any warranty claims normally request a complete service record.

Look in your car's service manual to learn the proper maintenance schedule (oil changes, for instance), how often you need to service your car, and the expected lifespan for the car's replaceable parts.

Save money on unnecessary maintenance and oil changes by following the recommendations in the vehicle owner's manual. For example, many people waste time and money by following a dealership or mechanic's advice on when to change the oil, or other vehicle fluids. For the most accurate fluid change schedule, always refer to your vehicle's service manual.

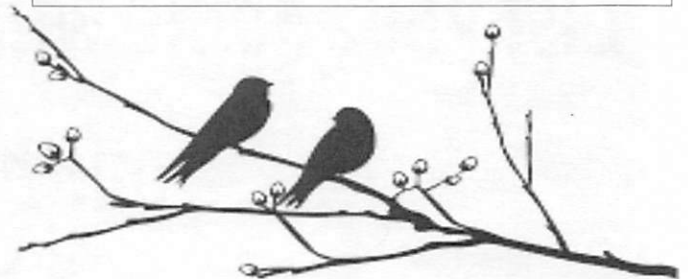
You can also use your car's maintenance schedule to budget car maintenance and repair expenses. Your mechanic won't like that you consulted your owner's manual, but your wallet and peace of mind will.

SOURCE: <https://www.autosimple.com/blog/vehicle-owners-manual/>



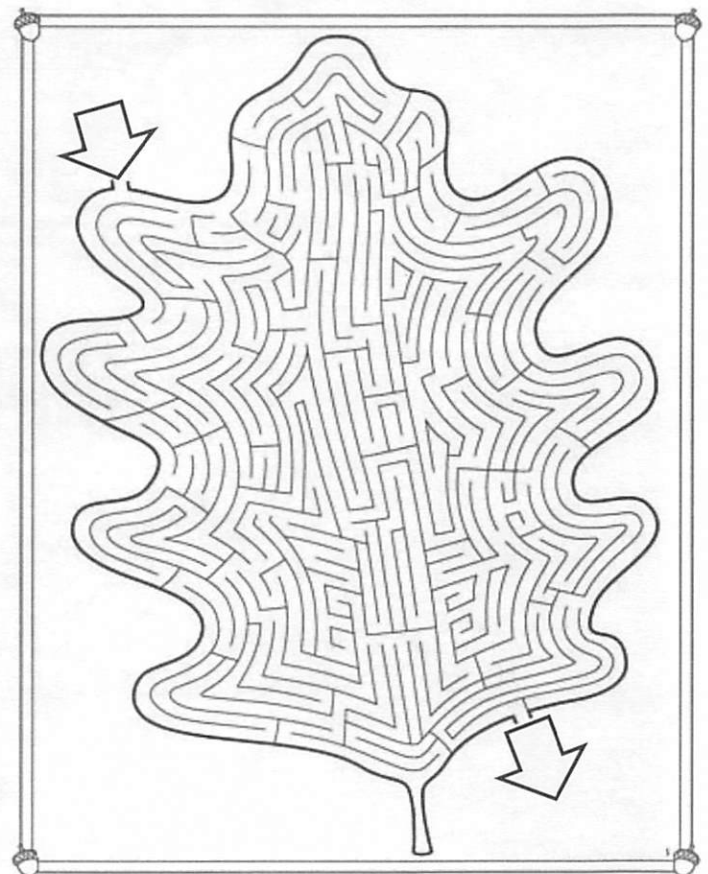
The next
**Kearney Lodge Community
Connection (KLCC) meeting**
is **Saturday,**
SEPTEMBER 9, 2023
at **2:00 pm**
in the **Clubhouse.**

We look forward to seeing you.
Find out if your neighbor
needs a ride or wants to walk
to the meeting with you.



AUTUMN MAZE

(Solution Page 9)



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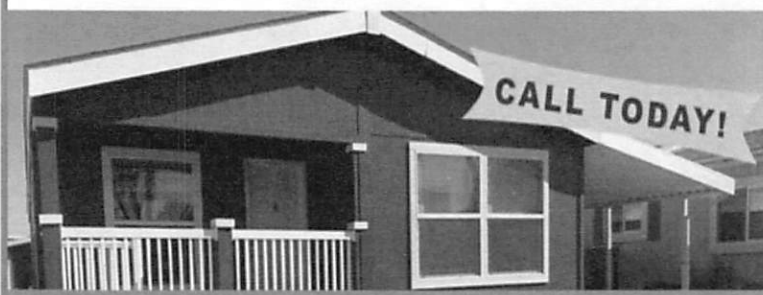
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15 INTERESTING THINGS ABOUT SAN DIEGO

1. Don't listen to Ron Burgundy, San Diego was named for St. Didacus of Alcalá (aka Diego de San Nicolás). He died on Nov. 12, 1463, but his feast day is celebrated on Nov. 13.
2. In 1942, Balboa Park was temporarily closed to the public and renamed "Camp Kidd" during World War II. The space was used for military training, housing, education, and medical needs — and it wasn't the first time — the park was used by the military for WWI.
3. San Diego loves Christmas — until Feb. 2, when it becomes a real Grinch. If homeowners leave lights up past that date, they're subject to a \$250 fine.
4. We all know the City of San Diego doesn't get much snow, but there have been three officially-recorded instances — though there have been at least 10 reported instances. The last time there was measurable snow was on Dec. 13, 1967.
5. Comic-Con was first held in San Diego in 1970 in the basement of the US Grant Hotel with only about 300 attendees. Today, the event brings over 130,000 people to the San Diego Convention Center.

City Editor Mike visited the elephants 17 years later.

6. The first YouTube video ever uploaded was "Me at the zoo," posted on April 23, 2005, by user "jawed." The 19-second clip was filmed at the elephant exhibit at the San Diego Zoo, and has been viewed 246+ million times.
7. In 1965, The Beatles performed at Balboa Stadium, becoming the first rock act to headline the venue. But John Lennon had to imagine a packed show, because 10,001 tickets were left unsold.
8. San Diego may be known as the "Capital of Craft" for its 150+ breweries, but wine is our neighbor. East County has vineyards in Julian, head north and you'll be crushing grapes in Temecula, and slightly south of the border you'll find 20+ wineries in Valle de Guadalupe.
9. Not to be a pest, but San Diego has more fleas than any other city in the country.
10. Yes, the California burrito was invented in San Diego, but that's not the only comida deliciosa born in our city. Legend has it, rolled tacos originated at El Indio in Old Town — if nothing else, its rolled tacos are legendary.
11. You probably know SDSU Aztecs football, but UC San Diego once had a gridiron team too. The Tritons played for a single season in 1968 — lost every game — and was discontinued prior to the 1969 season.
12. San Diego County has 5,000+ farms, more than any other county in the US. That makes a lot of green, and we're not talking about money. The county produces 60% of all California avocados, making it the avocado capital.
13. San Diego may not have an NBA team, but the city has hosted two in the past. The San Diego Rockets played from 1967-1971, eventually becoming the Houston Rockets + the Buffalo Braves became the San Diego Clippers from 1978-1984 before moving to Los Angeles.

A tribute to Bum in Pocket Park in the Gaslamp Quarter.

14. In 1891, San Diego required all dogs to be licensed and issued the first license to a dog named Bum — despite the fact that he had no owner. The beloved St. Bernard + Spaniel mix befriended everyone, so he belonged to the city, and is honored with a statue in the Gaslamp Quarter.
15. Live long and prosper, San Diego. The average life expectancy for a San Diegan is 82.7 years, 3.9 years longer than the US average of 78.8 years. Your turn. Think you can get one over on us? Let us know your favorite local trivia tidbit and you just might make it into the newsletter.



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TWO LINES; AND THEY SAY SO MUCH.

My life has been the poem
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But I could not both live and utter it.

by Henry David Thoreau



**PLEASE LET US KNOW IF YOU
 or SOMEONE YOU KNOW . . .**

- Has a new family member.
- Has lost a family member.
- Got engaged or married or had a special Anniversary
- A Christening, a Bar or Bat Mitzvah, or a Quineañera.
- Got promoted.
- Graduated.
- Need/needs transportation.
- Are/is planning an event in the Park that the public may attend.
- Won something on a game show.
- Needs to borrow medical equipment.
- Have/has some other special occasion.

**ASK THE PERSON/PEOPLE IF IT
 IS OKAY TO SHARE THE NEWS.
 IF SO, THEN PLEASE TELL US.**

BEST YARD OF THE MONTH

Any resident may make a “Best Yard” nomination. Please put nomination(s) in a suggestion box, call a KLCC officer, or email an officer.

1 _____ 2 _____ 3 _____

NEED A HELPY HELPERSON?

Last month Noah included an ad in The Connector to ask if any neighbors needed someone to do small, odd jobs? Going out of town and needing someone to feed your pets? Take your trash cans in or out? Pet walking? Well, we are happy to announce that Noah, your Friendly Park resident middle schooler interested in making money for digital art supplies, travelling and general needs thru helping his community, has been very successful in his quest for community jobs! School has finally started but he would still like to help residents in need of a helping hand! Please email arin.klcc@gmail.com or text 619.920.6808 with needs and dates (if applicable) and we will get back to you with any questions. Noah is a 12-year-old honor student who is very interested in working, helping and saving. Once a task and fee are decided on, Noah (and if we have yet to make your acquaintance, mom) will meet with you for the first visit and plan for any one-time or ongoing helper– tasks. Thanks so much in advance—can’t wait to continue!





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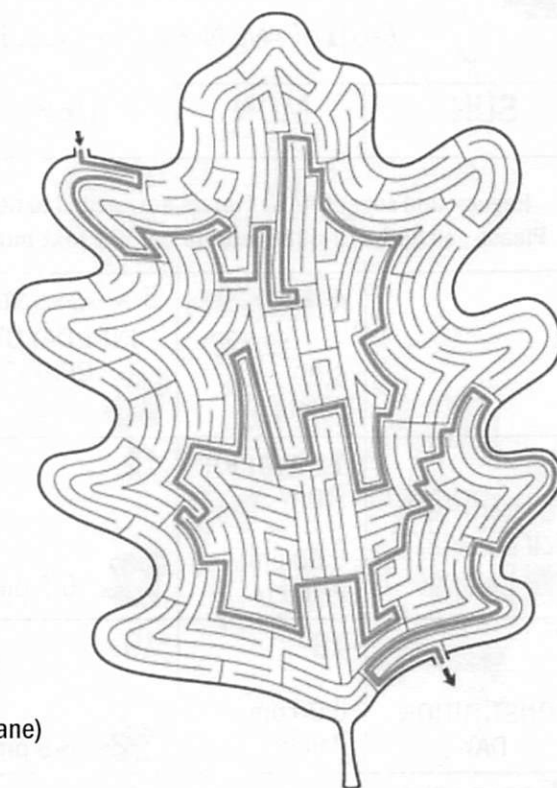
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AIR PURIFYING PLANTS FOR THE HOME

These species will help filter out toxic chemicals.

- | | |
|--|-------------------------------|
| 1. Barberton Daisy | 14. Pineapple plant |
| 2. English Ivy | 15. The Flamingo Lily |
| 3. Snake Plant or Mother-in-Law's Tongue | 16. Kimberly Queen Fern |
| 4. Chrysanthemum | 17. Bamboo Palm |
| 5. Spider Plant | 18. Dracaena |
| 6. Aloe Vera | 19. Peace Lily |
| 7. Broad Lady Palm | 20. Scarlet Star Bromeliad |
| 8. Red-edged Dracaena or Dragon Tree | 22. Calathea |
| 9. Weeping Fig | 23. ZZ plant (Zanzibar gem) |
| 10. Chinese Evergreen | 24. Croton |
| 11. Devil's Ivy or Pothos | 25. Dieffenbachia (Dumb cane) |
| 12. Kentia Palm | 26. Clivia |
| 13. Rubber plant (Ficus elastica) | |



SOURCE: <https://www.countryliving.com/uk/wellbeing/a668/houseplants-to-purify-house-air/>

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PRIVATE ORGANIZATION NOTIFICATION

The KLCC 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" sections of The Connector do not necessarily represent the views of the editorial staff, but are printed to encourage comments and discussion among resident homeowners. **Submissions to The Connector must be received NO LATER THAN THE 20TH OF EACH MONTH.**

The Connector reserves the right to use such discretion as it may consider appropriate in the printing of advertising or other materials submitted for publication. You are encouraged to do your own research prior to utilizing the products and/or services advertised herein. Advertisements of products or services do not imply endorsement in any capacity.

The KLCC is NOT RESPONSIBLE for your use or purchase of them.

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6-8 pm MOVIE NIGHT IN THE CLUBHOUSE



6-8 pm GAME NIGHT IN THE CLUBHOUSE



HAPPY BIRTHDAY

BIRTHSTONE: SAPPHIRE

FLOWER: ASTER *or* MORNING GLORY

SUN	MON	TUES	WED	THURS	FRI	SAT
Regular and substitute deliverers are needed to help deliver "The Connector". Please call 858-279-6088 (phone cannot text but it can record a message.)					1 6-8 pm	2
3	4 LABOR DAY 6:00 pm Painters	5 <i>KINDNESS IS FREE</i> INT'L DAY OF CHARITY 6-8 pm	6 READ A BOOK DAY	7	8 INT'L LITERACY DAY <i>Read</i> 6-8 pm	9 KLCC MEETING at 2:00 pm in Clubhouse.
10 HAPPY GRANDPARENTS DAY	11 PATRIOT DAY 6:00 pm Painters	12 6-8 pm	13	14	15 MIA RECOGNITION DAY Begin ROSH HASHANA 6-8 pm	16
17 CONSTITUTION DAY	18 6:00 pm Painters	19 6-8 pm	20	21 INT'L DAY OF PEACE	22 6-8 pm	23 Begin FALL (Autumnal Equinox)
24 GOLD STAP MOTHERS DAY ★ Begin YOM KIPPER	25 6:00 pm Painters	26 6-8 pm	27	28	29 Begin SUKKOT 6-8 pm	30

MORE USES FOR ALUMINUM FOIL

If you only use aluminum foil to line your cookie sheets and cover containers, consider these other uses.

- **Keep steel wool pads** - To prevent rust and get the most out of a pad, wrap it in foil and put it in the freezer.
- **Protect a mattress** - even if you don't have a plastic protector handy. First, lay out several sheets of aluminum foil across the width of the mattress.
- Then cover it with a large beach towel. Finally, attach the mattress topper and the bottom sheet.
- **Cleaning jewelry** - To clean your jewelry, line a small bowl with aluminum foil. Fill the bowl with hot water and mix in 1 table-spoon of bleach-free powder detergent (not liquid). Place the jewelry in the solution and let it soak for one minute. Rinse well and allow to air dry. This can also be used to clean silverware.
- **Fix loose batteries** - Is your flashlight, game console or child's toy working sporadically? Check the battery compartment. The springs that hold the batteries in place can lose their tension after a while, causing them to come loose. Fold a small piece of aluminum foil until you have a cushion thick enough to fill the gap. Place the cushion between the battery and the spring.



Source: <https://www.brilliantlife hacks.com/965-7-handy-aluminum-foil-hacks.html>