

"Neighbors Serving Neighbors"

The Trails



at Rancho Bernardo Newsletter

Jun-Jul 2008

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Dean Barad

e-mail:

Tom Kaa

e-mail: t_kaa@msn.com

Security

Knight Security 760-745-3604

Newsletter Editor

Anthony Iasi 213-6058

e-mail: Anthony@FlyingAgent.com

Property Mgmt Consultants

Susan Mahorney 485-9811

e-mail: susanm@pmchoa.com

Homeowners Meeting

7:00 PM, Monthly 2nd Thursday

ARC Committee Meeting

7:00 PM, 2nd & 4th Tuesday of the Month

Activity in the Trails

Many homeowners who have lost their homes have decided to rebuild. And, as a result, new homes are popping up where before there were empty lots. This is wonderful news for our community and certainly the level of anticipation for those displaced residents to move back in must be tremendous. We are all eagerly awaiting the moment that we'll be able to welcome back our neighbors!

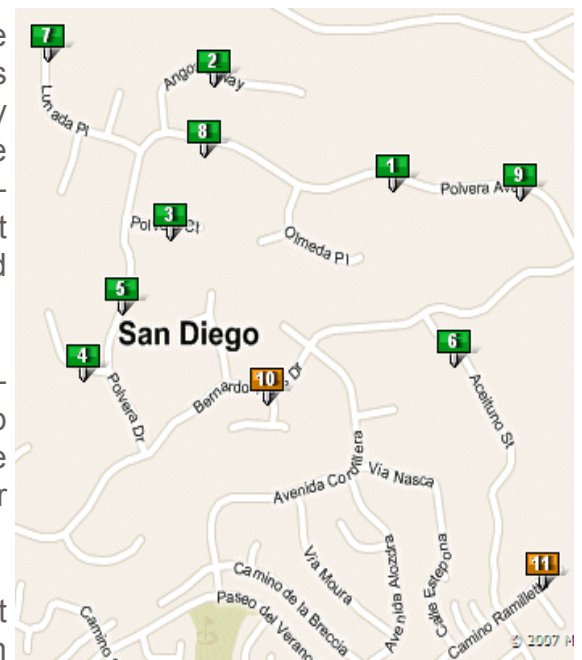
If you have a home that is nearing completion, please call me (Anthony 213-6058) and I'd be happy to take photos and feature your new home on our newsletter. We'd like to do this with as many homes as we can, month after month!

Along with the increased construction activity comes some minor inconveniences. Please be careful and drive slowly as you go by the construction areas. Obviously, these sites are generally crowded with contractor traffic and large trucks. We are seeing some roads being intermittently choked off as heavy equipment attempts to navigate through our narrow roads.

Some homeowners were asking about certain lots that don't seem to have any activity at all. There are about 9 lots that are currently for sale and two that are in escrow as depicted on the map to the right.

Lots are being offered starting at about \$399,000 on up to \$699,000. There is one 6-acre parcel available for \$1,600,000.

While we're on the subject of property, there has been one home sold this year in the Trails, one currently in escrow, and one other for sale. The Trails continues to be an extremely desirable place to live!



A Thought For The Day...

A mother is not a person to lean on, but a person to make leaning unnecessary.

--Dorothy Canfield Fisher

Quote of The Month...

"It is a terrible thing to see and have no vision."

-- Hellen Keller

Interesting Facts

Americans did not commonly use forks until after the Civil War.

The venom of a small scorpion is much more toxic than the venom of a large scorpion.

Halle Berry's stunt double, in the movie "Catwoman", is a man.

By raising your legs slowly and laying on your back, you can't sink in quicksand.

A completely blind chameleon will still take on the colors of its environment.

Food can only be tasted if it is mixed with saliva.

Your heart rate can rise as much as 30% during a yawn.

All clams start out as males; some decide to become females at some point in their lives.

A rat can go without water longer than a camel can.

Items Of Interest

Twilight Concert On the Green: The Rancho Bernardo Historical Society (RBHS) is planning a fund-raising concert at the Bernardo Winery on August 16th at 7pm. They will feature the "Big Daddy Orchestra" which is being promoted as a "high-energy, sophisticated, big band show". Tickets start at \$20 and may be purchased online at www.rbhistoricalsociety.org or call for ticket info at (858) 673-4647. The RBHS has been holding various fundraising events such as this to help build a new History Museum on the grounds of the Winery. Latest word is that construction will begin by year's end and Tony Garczynski has graciously donated his services as the contractor/builder. The Society is always looking for donors and people who can help; see the website for more info.

Trails Website Being Upgraded: Stay tuned! We are working to replace the current website with a much upgraded version that should make it easier for the BOD to distribute documents and communicate more effectively with homeowners.



Did You Know?

An espresso has less caffeine than a cup of coffee!

A cup of drip brewed coffee has about 115 milligrams of caffeine, an espresso (and percolated coffee) about 80mg, while instant coffee has about 65mg of caffeine. Decaffeinated coffee is not totally caffeine free, containing about 3mg of caffeine. A can of Coca-Cola has about 23mg of caffeine, Pepsi Cola 25mg, Mountain Dew 37mg, and TAB 31mg. Tea has about 40mg of caffeine, while an ounce of chocolate contains about 20mg.



The first Espresso machine was introduced in 1822 by the French, but it was the Italians who perfected and distributed it.



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"Scientists now believe that there may be a connection between the recent earthquakes and the record snowfall."

Recipe Of The Month



Cooking Lite With Steve-O

Red Rocker Margarita Chicken

Ingredients

2 jalapenos, thinly sliced rounds
3 tablespoons fresh cilantro leaves
4 tablespoons tequila (recommended: Cabo Wabo Reposado)
1 tablespoon garlic, minced
1 teaspoon red chili flakes
1 teaspoon ground cumin
1 tablespoon dried oregano
2 limes, juiced
2 teaspoons salt, divided
4 boneless skinless chicken breasts
2 red bell peppers, roasted, skinned, seeded, julienne
1 cup all-purpose flour
1 teaspoon granulated garlic
2 cups canola oil
4 Kaiser rolls
4 tablespoons mayonnaise
1/4 green cabbage, thinly sliced
1/4 red onion, thinly sliced
4 ounces provolone cheese, sliced



Instructions

In a medium mixing bowl add jalapenos, cilantro, tequila, garlic, red chili flakes, cumin, oregano, lime juice, and 1 teaspoon salt. Add the chicken breasts and red bell peppers to resealable gallon bag and pour in marinade. Let marinate in refrigerator for 4 to 8 hours.

Heat grill to high. Remove chicken from marinade, and add chicken to the grill.

In a small mixing bowl add flour, remaining 1 teaspoon salt and the granulated garlic.

Heat the canola oil to 350 degrees F.

Remove bell peppers from marinade and dredge in flour and fry until crispy. When done drain on paper towels.

Cook chicken thoroughly on both sides, remove from heat and cover. Let sit for 5 minutes. Remove chicken from the bone and thinly slice or shred.

Lightly toast rolls. Spread mayonnaise evenly among the rolls and then stack evenly with the cabbage, onion, chicken breast, fried peppers, and top with cheese.

Recipe courtesy Guy Fieri

Contractors Who Work in The Trails

Important Phone Numbers

Police, RB Storefront
858-538-8146

Police Dispatch
858-484-3154

Fire
911

Trails Sewer Emergency
858-454-1686 (new)

Knight Security
760-745-3604

Palomar Hospital
760-739-3000

Pomerado Hospital
858-613-4000

Poison Control Center
800-876-4766

Child Abuse Hotline
800-344-6000

Crisis Line (Personal)
800-479-3339

Library
858-538-8163

PUSD
858-748-0010

Swim & Tennis Club
858-487-5002

Post Office, RB
800-275-8777

Better Business Bureau
858-496-2131

RB Chamber of Commerce
858-487-1767

RB Senior Services
858-487-2640

SDG&E, Cust Service
800-411-7343

Street Light Maintenance
619-527-7500

Trash Collection Info
858-492-5060

Recycling/Refuse Center
858-694-7000

Time of Day
858-853-1212

Weather Service (select opt #1)
858-675-8706

ALL EMERGENCIES
POLICE / FIRE / PARAMEDICS

DIAL 911



www.rbtrails.com

Electrical Services

Ralph Hollis Electric, CA#: 598686
858-442-6904 ralphholliselectric@hotmail.com

Electronic Recycling

U-Call We-Haul, Property Clean-Ups and Electronic Recycling
858-525-4213 u-callwe-haul@live.com

Errand Service and Personal Assistant

Rancho Bernardo Errand Service 858-385-7878

Driveway Interlocking Pavers

Signature Paving, Jerry Larimore 760-975-4870

Health Coaching and Fitness Training

In-home fitness consultations and sports therapy by Tim and Sharon Kearin, four year residents of the Trails (858) 485-5021

Mortgages

Tom Kimball Mortgage Company, Tom Kimball
16776 Bernardo Center Drive 858-675-9805

Real Estate

Prudential California Realty, Arleen Gimbel
858-618-5658 (w) / 858-485-7077 (h) - www.arleengimbel.com
See www.thetrailsnews.com for neighborhood news

RE/MAX Of Rancho Bernardo, Libby Saleh -www.libbysaleh.com
Office 858-485-1700 ext. 221, Direct 858-663-6544

Roofing and Repair

Strafford Roofing, Pat Strafford, C-39 649662 619-258-7621

Security

Knight Security, Special Prices for Trails Homeowners
#C-7, C-10, C-61-306628, ACO 574, PPO-11254 760-745-3604

Travel Agent / Cruises

Joiner Travel
16935 W. Bernardo Dr., Ste. 107, San Diego, Ca 92127-1635
joinertravel@sbcglobal.net, 858 673-5700 / Fax: 858 673-5727

Tree Trimming

Parker Tree Service, Trimming and Removal
Certified Arborist #5975, #5976 / Contractor License #763675
Parkertreesvc@aol.com, 858-538-3785

Window Replacement

Joseph LaCurto U.S. Window & Door 760-471-7452

Window Washers

Final Touch Window Cleaning & Screen Repair
Paul Robinson, Owner
Licensed and Insured, 760-751-7018

To place an ad, contact Steve Arnold at 858-518-2002

**The B.O.D. does not make any guaranty of services or work. Always ask for references and get multiple quotes!*