

# The Trails



## Your "B.O.D." (Board of Directors)

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Steve Arnold Vice President 592-0070

Bob Ostler Treasurer 485-8180

Donna Perry Secretary 451-8774

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## Architectural Committee

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e-mail: ChrisW@thectwgroup.com

Jim O'Grady Committee  
e-mail: james.ogrady@baesystems.com

Tom Bell  
e-mail: tombell3@ix.netcom.com

Christine Hartman  
e-mail: Chris@posthastemailing.com

Tom Kaa  
e-mail: t\_kaa@msn.com

## Security

Knight 760-745-3604

## Newsletter Editor

Anthony Iasi 213-6058  
e-mail: Trails@FlyingAgent.com

## Important Meetings

### Homeowners Meeting

7:00 PM, Quarterly 2nd Thursday starting July, October, January, April.

### ARC Committee Meeting

7:00 PM, 2nd Tuesday of the Month

## Curb Appeal in the Trails

Here's a question: Does your house's exterior reflect who you are? Or does it say to the world that you're old, tired, worn down and just don't care?

Try this test. Walk across the street, or far enough down your driveway to get a good, objective look at your house and yard.

Now pretend you're someone else. See your home through their eyes and take note of your first impression. Did that honest glance make you proud of your home? Or did you squirm because (let's be honest here, we're all friends) there are some things that aren't quite up to par?

If your response was the latter, take heart. Few of us have the perfect showcase home. But there are many simple, cost-effective solutions to enhance your abode's curb appeal.

To begin, make a note of the best and worst features of your home and front yard. The objective is to enhance the best features, and downplay - or fix - the worst. Tackle any clean-up and repair chores first. These are going to return the most visual bang for the smallest buck. Then, flush with success, you can move on to larger projects. Here are a few tips:



- *Is the approach clean and tidy? Stow away unnecessary garden implements and tools. Hide the garbage and recycling bins in your garage or side yard.*

- *Check that the landscaping is receiving proper attention. Make sure the bushes are neatly trimmed. If there are brown patches of lawn, or weeds and dead plants, it may be time for a talk with your landscape professional. Or it may be time to hire one. As we head into possible water rationing, make sure your lawn is watered at night, and that your sprinkler system isn't accidentally watering the street.*

- *Inspect your driveway and sidewalks and eliminate any weeds sprouting through the cracks.*

- *Check out your mailbox. If it's battered and bent, retire it and buy a new one.*

- *Look at your house's paint. If it has seen better days, autumn and its cooler days is the perfect time to repaint. Whether you only need to fill in a couple of faded spots, or decide to completely repaint in new colors, it's effort that will reap large curb appeal rewards.*

Once you've made it through your curb-appeal list, pull up a seat in your chaise lounge and bask in the satisfaction of knowing your house looks fabulous.

## Items Of Interest

**The Trails Crimes:** As you may have seen, our front entrance was vandalized and the "T's" were stolen from both sides of the entrance which left only "he rails". Cost to repair the monument and new letters were over \$1600.00.

There has been an ongoing problem in the Rancho Bernardo area involving the theft of property from vehicles. Recently, a Trails resident had her vehicle broken into and the thieves were able to charge more than \$10,000 to her credit cards before she was able to cancel the cards.

They did not take the top credit cards that are used regularly but the ones behind them in an attempt to delay the victim discovering the loss of the cards. It gave them time to run up the credit cards. The thieves also did not disturb other items in the car, again an attempt to delay the discovery of the theft.

The main issue here is that the thieves know that the vast majority of people who live in the Trails will be away from their cars for extended periods of time at night.

For safety, assume you are being watched. Do not leave purses, wallets, laptops, or anything else visible in your car at night. Specifically, do not place your spare key in a so-called hiding spot, such as the top of one of your vehicle tires. You are asking to have your car stolen or property taken.

**Fall Back to Standard Time:** On August 8, 2005, President George W. Bush signed the Energy Policy Act of 2005. This Act changed the time change dates for Daylight Saving Time in the U.S. Beginning in 2007, DST will begin on the second Sunday in March and end the first Sunday in November. So for this year, don't forget to set your clocks back an hour on **November 4th**. Replace the batteries on the smoke detectors too!



**Great Golf:** 18 Holes, dinner plus prizes and all for a good cause! It's time again for the 2nd Annual Rancho Bernardo Rotary Club Foundation Golf Tournament: Monday, November 12 at The Welk Resort on 8860 Lawrence Welk Drive, Escondido, CA . Contact Lou Anna Dickerson @ (858) 613-0180 or register online at: [rbrotarygolftourney.golfregistrations.com](http://rbrotarygolftourney.golfregistrations.com). Golf, golf cart, lunch, and dinner are included in the \$125 registration fee. (Non-golfer dinner: \$30.)

## CC&R Quickies

No farm or wild animals are to be kept on lots, except horses on those lots not excluded from stabling horses.



## Quote Of The Month

It takes courage to push yourself to places that you have never been before...to test your limits...to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

-Anais Nin

## Brain Teaser Of The Month

I know what my job is,  
The point has been made  
You say I have a big head,  
And you're right, I'm afraid.  
Put me in my place,  
And then leave me alone.  
What I need most,  
Is someone to drive me home.  
What am I?

(answer below)

## Let The Sunshine In

Recent research has shown that when students study using natural light they tend to excel on tests and learn the material better. So, if you need to learn a new concept at work or school, try to study during daylight hours near a window.

## Low Fat Alternatives

- Remove the majority of fat from a can of soup by putting it in the freezer for 10 minutes and scooping the fat off the top.

- To flavor your next batch of rice without adding lots of calories, cook it in broth instead of water.

## Animal Friends

A study of married couples shows that when given an unpleasant task, pet owners performed better when their animal companions were near than when their spouse or human friends were around. What's going on here?

Doctors say we try to perceive people are supportive, but instead we think they are evaluating us - causing greater stress during unpleasant tasks. Your pet loves you no matter what!

Answer: A Nail

# Recipe Of The Month



## Cooking Lite With Steve-O

### Cheez-It Fried Chicken



#### *Ingredients*

- " 1 (2 to 3 pound) cut up fryer
- " 1 1/2 cups Cheez-It Original Baked Snack Crackers, crushed
- " 1 teaspoon salt
- " 1/8 teaspoon dried oregano
- " 1/4 teaspoon celery salt (garlic if preferred)
- " 1 egg, beaten
- " 1/4 cup milk
- " 1/2 cup shortening

#### *Cooking Instructions*

Clean, wash and dry chicken.

Roll Cheez-It crackers between two sheets of waxed paper into fine crumbs. Combine crumbs with salt, oregano, and celery salt. Place in shallow pan.

Roll pieces of chicken in crumbs until well coated, then dip chicken in mixture of beaten egg and milk. Roll again in remaining crumbs until well coated.

Brown chicken, a few pieces at a time, in hot fat, removing and keeping warm.

When all pieces are browned, arrange in skillet, cover and cook over low heat until tender, about 30 minutes.

Prep: 20 min.  
Cook: 45 min.  
Ready In 1 hr., 5 min.  
Serves 6

# 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](http://www.rbtrails.com)

## Electrical Services

Ralph Hollis Electric, CA#: 598686  
858-442-6904 [ralphholliselectric@hotmail.com](mailto:ralphholliselectric@hotmail.com)

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

## Errand Service and Personal Assistant

Rancho Bernardo Errand Service  
858-385-7878

## 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

## Pets

Poo Busters, Pet Waste Removal  
619-741-2543 [www.Poobusters.com](http://www.Poobusters.com)  
If you're too pooped to scoop, you came to the right place! YES!  
We scoop the doggies poop, so you don't have to!

## Real Estate

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

RE/MAX Of Rancho Bernardo, Libby Saleh - [www.libbysaleh.com](http://www.libbysaleh.com)  
Office 858-485-1700 ext. 221, Direct 858-663-6544

## Roofing and Repair

Strafford Roofing, Pat Strafford, CA#: C-39 649662  
619-258-7621

## Security

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

## Spa Repair & Pool Cleaning

Aqua Pool & Spa Center, 16588 Bernardo Center Dr., CA#: 783465  
858-385-0837

## Travel Agent / Cruises

Joiner Travel  
16935 W. Bernardo Dr., Ste. 107, San Diego, Ca 92127-1635  
[joinertravel@sbcglobal.net](mailto: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](mailto:Parkertreesvc@aol.com), 858-538-3785

## Window Washers

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

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