



New Frontier Newsletter

May 2006 Edition

Memorial Day

The office will be closed on Monday, May 29th to honor those who gave their life in the service of our country.

Trash pickup will be delayed one day. Trash containers should be at the curb on Thursday, June 1st. Call Waste Management at 596-5100 for additional information.

Safety Reminder

When walking after dusk or before dawn remember to :

- Wear light colored clothing.
- Carry a switched on flashlight.
- Walk near the curb; not in the center of the road.
- Look both ways before entering the street from the green belt.

Disaster Drill

Thank- you to all of the residents that participated in the Search and Rescue Drill in April. Stephen and Linda did a great job as did the entire team.

Senior Health Fair

On Friday, May 19th there will be a Senior Health Fair at Santee Trolley Square Amphitheater beginning at 10:00 AM until 1:00 PM. Free health screening, health information, senior community services, raffle prizes are among the things that will be offered at the fair. The fair is sponsored by East County Senior Service Providers and Sharp Grossmont Hospital, Grossmont Healthcare District and Santee Trolley Square. For more information call 619-464-0505.

And The Winners Are....

Barbara Burnham and Judy Illig were the April winners for the gift certificate. Their name was drawn from the stack of rent receipts of the residents who paid their space rent on or before the 1st of the

Respect



Flying the flag carries with it the responsibility to follow the American Flag Rules and Regulations. There are many of these, but the ones that would apply to most Americans are:

- * If the flag is left up 24 hours a day, it must be illuminated at night.
- * It is not to be flown in inclement weather.
- * It should never touch the ground.
- * When in poor condition, it is to be taken down and properly disposed of by fire. (American Legion posts will take care of the disposal.)

Garden Tips



According to Sunset, now is a good time to fertilize roses, annual flowers, vegetables, container plants, lawn, and other actively growing plants. Also, as the summer heat approaches, remember to deep water your plants. This will keep them healthy and happy.

Swimming Pools

Please shower before using the spas or the pools. Guests must be accompanied by a resident when using any of the facilities including the pools. Children are required to wear age appropriate swim wear including water proof diapers.