

BRIDGEPORT @ 4S NEIGHBORHOOD ASSOCIATION

S E P T E M B E R / O C T O B E R 2 0 0 9

Contact Information

Community Manager

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Maintenance Coordinator

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Assessment Questions
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Board of Directors

Jennifer Corkill
Christi Harrington
Shawn Hester
Amit Chawla
Tami Rudolph

BOARD MEETING

The next board meeting is scheduled for Monday, November 2, at 6:30 p.m. at the Clubhouse.

Open session agendas will be posted on the clubhouse door prior to all open session meetings. Please refer to billing statements for changes/updates in time and/or location.

Pet Guidelines

Remember that there are certain guidelines for pet owners within the community. These guidelines were established to enable pet owners to enjoy the company of their pets and to provide some safety guidelines (many similar to county ordinances) for the residents within the community. Some of the important guidelines to remember are:

- Pets must be on a leash held by someone capable of controlling the animal.
- Owners are responsible for the clean up of any excrement from their pets in the common areas or neighbors' yards.
- Excessive dog barking or other animal noise may be deemed a nuisance.

Keep in mind that, although you may know your pet is harmless, other residents (especially small children) can be quite scared. Leashes are not only a requirement of the association, but of most counties as well. Be a considerate neighbor by being a caring and responsible pet owner. Thank you for your cooperation!

We are all too much inclined to walk through life with our eyes shut. There are things all around us, and right at our very feet, that we have never seen; because we have never really looked.

~ Alexander Graham Bell

**IMPORTANT
NUMBERS TO
KNOW**

Summit Security
(888) 294-1200

*Rancho Del Oro
Towing*
(800) 953-4286

To report barking
dogs or wild
or unattended
animals:
*Animal Control of
San Diego County*
(619) 278-9760

To report loud
parties that extend
past reasonable
hours or after-
hours pool use:
*Police Department
of San Diego
County*
(858) 565-5200

To report the
observation of
mice or rats:
*Vector Control
San Diego County*
(619) 694-2888

*Emergency
(Police, Fire,
Ambulance)*
911

*Police
(non-emergency)*
(858) 484-3154

*San Diego County
Sheriff*
(858) 513-2800

*California Highway
Patrol*
(858) 637-3800

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Water – The Miracle Health and Beauty Secret

You will not believe how inexpensive and accessible the BEST health and beauty secret is! It's everywhere—WATER. Start drinking 64 ounces per day and you will notice dramatic improvement in your complexion, diet and digestion ... actually, your overall wellbeing. Take a moment to read the following data from a study conducted by the University of Washington, then load up on crystal-clear, sparkling clean water.

CONSIDER THIS:

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shutdown midnight hunger pains almost 100% of the time.
- Lack of water is the No. 1 trigger of daytime fatigue.
- Preliminary research indicates that eight to ten glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page.
- Drinking five glasses of water a day decreases the risk of colon cancer by 45%, slashes the likelihood of breast cancer by 79%, and reduces the risk of developing bladder cancer by 50%.
- Drinking one glass of iced cold water is a quick fix to revive tired puffy eyes (apply your favorite eye cream for an added moisture boost!).

To look and feel beautiful—inside and out—drink your daily recommended amount of water.

For more beauty and wellness tips, visit www.spagregories.com. Award-winning Spa Gregorie's is a name synonymous with wellness, relaxation and quality service.

Community Updates

AUGUST MEETING HIGHLIGHTS

- May meeting minutes approved
- Financial Statements from April to June 30, 2009
- Community website

CLUBHOUSE RESERVATIONS

If you are interested in reserving the clubhouse for a day, contact Anastasia Lujan at (858) 657-2167 or alujan@meritpm.com to request forms and reserve your date.

Please note: the Board of Directors has asked that all reservations be made two weeks prior to the event being held.

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