

## For Safety's Sake

### Tips for Avoiding Fraudulent "Anti-Aging" Products

If it sounds too good to be true, it probably is. Watch out for "Secret Formulas" or "Breakthroughs".

Don't be afraid to ask questions about the product. Find out exactly what it should do for you and what it should not do.

Research a product thoroughly before buying it. Call the Better Business Bureau to find out if other people have complained about the product.

Be wary of products that purport to cure a wide variety of illnesses (particularly serious ones) that don't appear to be related.

Testimonials and/or celebrity endorsements are often misleading.

Be very careful of products that are marketed as having no side effects.

Products that are advertised as making visits to a physician unnecessary should be questioned.

Always consult your doctor before taking any dietary or nutritional supplement.

### Telemarketing Fraud

If you're aged 60 or older, you may be a special target for people who sell bogus products and services by phone. Older women living alone are special targets of these scam artists. Telemarketing scams often involve offers of prizes, low-cost vitamins and health care products and travel offers.

There are warning signs to these scams, including promises of "free" or "low cost" vacations and get rich quick schemes. If you hear these - or similar O-"lines" from a telephone salesperson, just say, "No, thank you," and hang up the phone.

You must act 'now' or the offer won't be good.

You've won a 'free gift', vacation or prize. But you have to pay for 'postage and handling' or other charges.

You must send money, give a credit card or bank account number or have a check picked up by courier. You may hear this before you have had a chance to consider the offer carefully.

You don't need to check out the company with anyone. The callers say you do not need to speak to anyone including your family, lawyer, accountant, local Better Business Bureau or consumer protection agency.

You don't need any written information about their company or their references.

You can't afford to miss this 'high-profit, no-risk' offer.

Remember, if you hear the lines above or similar lines from a telephone salesperson, just say, "No, thank you", and hang up the phone.

Happy  
Mother's  
Day!





## From The Manager

The next **potluck** is May 11<sup>th</sup> here in the **clubhouse** from **5:30PM-7:30PM**. We will be celebrating Mother's Day. John Riegel will be preparing the roast beef and providing the mashed potatoes and gravy. If you need special seating or transportation to the clubhouse, please give us a call before noon on that day at 1-760-252-3511 so we may make arrangements for you. Don't forget to bring your side dish, place settings, neighbors and your smile. See you there!

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The **Emergency Team** will be meeting **Monday, May 11<sup>th</sup>** from **1-2PM** in the **clubhouse**. The team is open to all residents in the park who would like to volunteer to help us during an emergency. If you would like to join or just to find out more information, please stop by.

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When using the **Pedestrian Gate**, please make sure that you **close it behind you!** We are finding the gate open at least once a day. Also, if you are using it late at night, **don't let it slam shut**. Your neighbors who live by the pedestrian gate don't like being woken up by the slamming.

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**Lot Inspections** are still going on. Got a slow start but hopefully will be done very soon. I will be looking for weeds, peeling paint, torn screens, broken windows and trash.

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This month's **Mini Health Fair** will be **Thursday, May 14<sup>th</sup>** here in the **clubhouse** from **10AM-11AM**. You can have your **blood pressure taken and blood sugar tested**. You never know what will be offered each month, so come down and check it out.

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**An important message from the office:** Please make sure you make out your rent check to **Riegel Properties** and not Holiday Homes using **blue or black ink** only. Thank you!

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**Rose Nieman** has a **Tai Chi** class in the **clubhouse every Thursday morning** from **8-9AM**. Everyone is invited to take part. Classes are **free**.

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The **pool/spa** is opening **9AM Friday, May 22<sup>nd</sup>**. Hours are from **9AM-11PM** seven days a week. Please make sure that you follow all rules that are posted. A copy of some of the most important rules are included with this newsletter.

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For any resident in the park who refers a new resident that buys a Riegel Property home and signs a 5-year lease, you will receive a one month rent credit valid any month you choose within a one year period.







### Where?

At the Barstow Senior Citizen's Center, located at 555 Melissa Ave. Our lunch service time is from 11:30 am until 12:30 pm. Our phone number is 1-760-256-5023.

This meal is provided through a grant from the Department of Aging and Adult Services of San Bernardino County. All donations are to help offset the cost of staff, utilities and the care of equipment. Without your donation, the program would stop. You can bring a friend but if they are under 60 years of age: their donation will cost \$5.00. (This is still a great meal deal!) We also provide meals to homebound seniors!

For more information, call 1-760-256-9111.

Thank you,  
Jeff Eason

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We are doing our best to keep the park safe but we need your help. If you see someone acting suspiciously or anything suspicious, **PLEASE call the Barstow Police Dept. at 1-760-256-2211.** You can request that the responding officer not show up at your door. If the officer needs to talk to you, they can call you on the phone. With all of us working together, we can help minimize these types of problems.

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**FYI - The cameras in the park are monitored daily.** We do see vehicles that go through stop signs without stopping and vehicles speeding on the streets not only by the cameras but direct observation. Be aware of the speed limit - 15 mph and all stop signs. It might not be such a bad idea to stop even at the corners that do not have stop signs so there won't be any type of accident.

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### From Park Rules & Regulations, revised 6/1/06

V. **OCCUPANCY:** The number of persons allowed to reside in each mobile home shall be no more than two (2) persons per bedroom, plus one (1) additional person. A bedroom is defined as a living space for sleeping and has a closet.

A. **QUIET HOURS:** It will be quiet after 10:00 p.m. to 8:00 a.m. the next morning. Violation of quiet hours by a mobile home, guests or residents may result in termination of occupancy.

VI. **PETS:**

A. **Pet Size:** Only small "house pets" (size to be equivalent or smaller than 20" height at the shoulder at maturity) will be allowed on the premises and shall be limited to one (1) pet per space. Mobile home owners must consult Management before acquiring pets.





A. Maintenance: Pet owners will be held responsible for maintenance of sanitary conditions, loud disturbance and leashing. Owners of any pet that is deemed by Management as a nuisance is subject to eviction. In compliance with the State law, pets must be confined or leashed at all times. All pets, including cats, are not permitted to run at large in the community. Pet area around mobile home must be kept clean of any droppings daily and must be washed down to keep odor at a minimum.

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## Recipes and Other Stuff

If you have a favorite recipe that you would like to share, please bring it to the office for copying and it will be printed in the newsletter.

### The Best Way to Cook Corn on the Cob for a Crowd Cooler Corn

Fill a clean cooler with the number of shucked ears of corn that you desire. Pour boiling water on top of the corn (probably enough to cover corn) and close the top of the cooler. Let it sit for at least 30 minutes. The corn should remain at the perfect level of doneness for a couple of hours right in the cooler.

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## Jokes

### Your Yearly Dementia Test (Only 4 questions)

Some may think it is too easy but the ones with memory problems may have difficulty. Take this test to determine if you're losing it or not.

The answers will be at the end of the newsletter:

1. What do you put in a toaster?
2. Say 'silk' five times. Now spell 'silk'. What do cows drink?
3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a greenhouse made from?
4. Do not use a calculator for this:  
You are driving a bus from New York City to Philadelphia. In Staten Island, 17 people got on the bus.  
In New Brunswick, 6 people get off the bus and 9 people get on.  
In Windsor, 2 people get off and 4 get on.  
In Trenton, 11 people get off and 16 people get on.  
In Bristol, 3 people get off and 5 people get on.  
And in Camden, 6 people get off and 3 get on.