

## Board of Directors

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# Solano Verde Homeowners Association

January 2009

**Ross Morgan & Co., Inc.**  
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Josh Spies, ext. 209

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(818) 907-6622  
Esmeralda Quiroz, ext. 207

### AFTER HOURS EMERGENCY

In the event of an after hours  
emergency, please call (818)  
907-6622, ext. 811 for  
assistance.

### COMPLAINTS, QUESTIONS OR CONCERNS

All complaints, questions or  
request must be in writing.  
Michelle Atkinson is your  
Community Manager and you  
can email her at  
[matkinson@rossmorganco.com](mailto:matkinson@rossmorganco.com)  
or fax a written complaint to  
(818) 363-4477

## How to Keep your New Year's Resolutions

It's a stark irony of the Western calendar that the odometer turns over smack dab in the middle of winter – the one time of the year when most people can't rouse themselves to clean their bedrooms, much less make an ambitious, life-changing, behavioral U-turn. If you're the type who likes to ring in the New Year with an engraved list of resolutions, read on for hints about how best to keep them.

1. **Aim low.** It goes without saying that most New Year's resolutions are easier announced (or written) than done – but if you set the bar too high, you're doomed from the start. Instead of a sweeping declaration like "I will lose 30 pounds by April and finally fit into that dress," target a goal that's more attainable, like losing 10 or 15 pounds.
2. **Don't overload yourself.** It's difficult enough for the average person to follow through on one ambitious New Year's resolution: why on earth would you saddle yourself with three or four? Choose the most pressing issue at hand – losing weight, finding a girlfriend, improving your relationship with your parents – and concentrate on that. Trying to do everything simultaneously practically guarantees failure across the board.
3. **Tell everyone you know.** One school of thought says that New Year's resolutions are best kept to oneself, but look at it this way: the more people to whom you announce your resolution (say, to get out of your dead-end job by spring), the more people there'll be to prod you along if you fall behind. There's no shame in seeking help if you can't accomplish your resolution on your own.
5. **Wait until spring.** Sometimes the best way to accomplish a New Year's Resolution is to make it at a time of year of your choosing, rather than the one dictated by the

calendar. May 1 is a good alternate date, since the change of season will neatly coincide with the change you're hoping to accomplish is yourself.

# January is Earthquake Preparedness Month

It's not a question of "if" but rather of "when" the "big one" will hit. The Emergency Preparedness Department has developed this check list to help your family be prepared during an earthquake

## Your Family Earthquake Plan

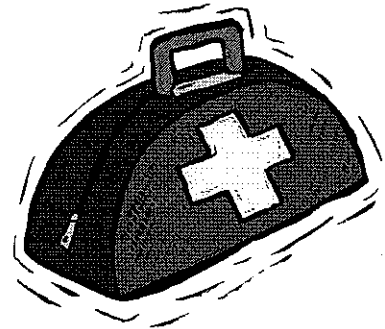
- Choose a safe place in every room where nothing can fall on you.
- Teach your children and practice DUCK, COVER, AND HOLD ON at least twice a year. Duck under a sturdy desk or table. Hold on, and protect your eyes by pressing your face against your arm. If there is not table or desk nearby, sit on the floor against an interior wall away from windows, bookcases or furniture that could fall on you.

- Consider the needs of elderly or disabled family members.
- Choose an out-of-town family contact.
- Bolt the bookcases, china cabinets and other tall furniture to the wall.
- Install strong latches on cupboards.
- Strap the water heater to the wall studs.
- Take a first aid class from your local American Red Cross chapter. Keep your training current.

## Your Disaster Supply Kit

Everyone should have a disaster supply kit. Do you? It should include, but is not limited to the following:

- A first aid kit and essential medications.
- Nonperishable food and a manual can opener.
- At least one gallon of water per person, per day.
- Protective shoes, comfortable clothing, rain wear and sleeping bags.
- Some emergency cash.
- Radio, flashlight and extra batteries.
- Special items for infants, elderly, or family members with disabilities; and supplies for your pet including leash, food, carrier, and medication.
- Copies of vital documents such as insurance policies.
- Written instructions on how to turn off gas, electricity and water if you are advised to do so.



## When Shaking Starts

- DUCK, COVER AND HOLD ON! Move only a few steps to a nearby safe place. Stay indoors until shaking stops and you are sure it's safe to exit.
- Stay away from windows. If you are in bed, hold on and stay there, protect your head with a pillow.
- If you are outdoors, find a clear spot away from buildings, trees, and power lines.
- If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.

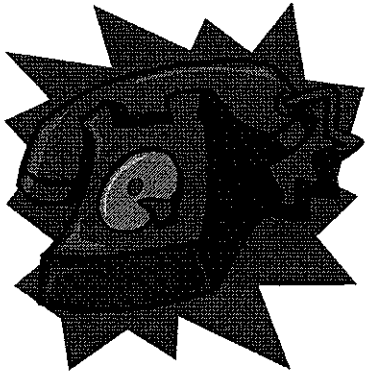
## After the Shaking Stops

- Check yourself for injuries. Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes and work gloves.

- Check others for injuries. Help those who are injured and give first aid if necessary.
- Look for and extinguish small fires. Eliminate fire hazards. Turn off the gas if you smell gas or think it is leaking. (Remember, only a professional should turn it back on.)
- Listen to the radio for emergency instructions.
- Expect aftershocks. Each time that you feel one, DUCK, COVER AND HOLD ON!
- Inspect your home for damage. Get everyone out if your home is unsafe.
- Use the telephone only to report life-threatening emergencies.

For more earthquake preparedness information, please visit:

<http://www.daretoprepare.org> and [www.cisn.org](http://www.cisn.org)



## STOP UNWANTED TELEMARKETING

By Elaine Retz, Staff Accountant, CRTA Contact

Are you pestered by telemarketers who call your home with no regard to the time of day? Do you feel pressured? Harassed? Do you avoid answering your phone, allowing it to go to the answering machine to screen your calls because you don't want to be caught by a telemarketer? Do you want them to STOP?

You can put an end to unwanted telemarketing. It's easy and best of all it's free! You can register your phone number with the National Do Not Call Registry. It literally takes just a minute and your number is added to the /do Not Call Registry within 24 hours. The National Do Not Call Registry is managed by the Federal Trade Communication (FTC), the nation's consumer protection agency. It is enforced by the FTC, the Federal Communications Commission (FCC), and state law enforcement officials. Telemarketers are required to search the registry every 31 days and delete from their call lists phone numbers that are in the registry.

You may register over the phone or on the internet. Registration expires five years from your registration date so you may want to print the web page with your registration date for your records or make a note regarding your telephone registration for your records. Unless your area code splits, you move and receive a new number or your service is disconnected and reconnected you will not need to re-register before the five years has expired.

To register via the internet, go to [www.donotcall.gov](http://www.donotcall.gov). To register via telephone, call 1-888-382-1222.



Be sure to check out the website for Solano Verde at [www.Solanoverde.org](http://www.Solanoverde.org)

