

THE KC REVIEW

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A PUBLICATION OF THE KENSINGTON COURTS COMMUNITY

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We would like to give a special
THANK YOU

to:

MISS DEBBIE

For helping us keep our community clean! You have probably seen Debbie ridding her bike picking up the trash the spots on the ground. Let's give her a hand and help her out.

FROM ALL OF US IN
KENSINGTON COURTS!



If you spot or know someone who is doing their part please email us at: newsletter@kccaelkton.com

CHECK OUT THE NEW KCCA WEBSITE:

WWW.KCCAELKTON.COM

ABOUT THE REVIEW:

The KC Review is the official newsletter of the Kensington Courts Community Association. It is a tool used by the members of the association to keep the residents informed of important matters, events and activities that involve the Kensington Courts Community. If you would like to contribute an article to the KC Review, please email us your article at: newsletter@kccaelkton.com

The KC Review Makes Its' Debut

It is finally here! "The KC Review" is a newsletter of Kensington Courts, serving as a forum for community information. The KC Review will be published with a frequency determined by the need of news-worthy information two to four times per year.

If you have something on your mind that could be newsworthy, and you wish to have an article reviewed for publishing, contact us our Newsletter Committee.

We continue to solicit other residents to get involved with the further development of this committee. We are currently seeking

proofreaders, desktop publishers and editors. If you are interested, please visit our website and click on the about us button and go to "newsletter".

We would like to thank our newsletter sponsors (Neighborhood Notary, Fiber Solutions, Quality Daycare, Annie's Sun Cleaners and Mindy's Sweets) for making it possible for us to provide such a high quality presentation. We invite other residents to support our neighborhood newsletter by buying an ad for only \$20. When you buy an ad in our newsletter, your ad will be featured on our website for three

consecutive months as a KC Review Sponsor.

From the Board of Directors of the Kensington Courts Association, we hope you enjoy reading this publication. We do look for your feedback on our website at: www.kccaelkton.com. In addition, do not forget to sign up for our email list so that you can be the first to receive the newsletter by email.

Spring Yard Sale A Success!

I'm sure that many will agree that the KC Spring Yard Sale was a success. It was a great day with temps over 85 degrees. Shoppers were out and ready for a bargain and some even before 8am. Walking around I noticed many people participated in this event. What a great way to do some spring cleaning, have fun and get some extra cash.

We saw a lot of great deals out there! We want to thank all of you who took part to make this such a great event and hope to see you all next year.

FROM THE CHIEF EDITOR, NICOLE MASCHAL



From An Architectural's View

Please submit an architectural review form prior to scheduling the start of any property improvements. It is a covenanted requirement to do this so that the Architectural Committee can verify that the proposed improvement complies with all community covenants. Then an approval letter can be issued. This approval letter is important as a town building permit, because (similarly) it will protect you from potential future legal complications and expenses.

WANT YOUR ADVERTISEMENT HERE? HAVE AN IDEA FOR AN ARTICLE TO BE PUBLISHED IN THE NEXT NEWSLETTER? IF SO, EMAIL US AT: newsletter@kccaelkton.com FOR DETAILS.



NEIGHBORHOOD NOTARY SERVICES
CALL: (443) 854-4950
LOCATED HERE IN KENSINGTON COURTS

NEXT MEETING NOTICE:

WEDNESDAY, JULY 1ST @ 7:00 PM AT THE ELKTON LIBRARY. BRING YOUR QUESTIONS OR CONCERNS AND LET'S TALK ABOUT IT. WE'LL SEE YOU THERE!

COMING THIS FALL
KENSINGTON COURTS
COMMUNITY DAY!!!

SEPTEMBER 2009

What fun this will be! We can all have a day out with our families without going too far. This day will give us all a chance to enjoy our neighbors, play games; enjoy good food, good friends & make some new ones.



As most of you know, that the decision by the Town of Elkton has been made not to install speed bumps on Highland Drive. However, speed limit signs were posted. Please remember to SLOW DOWN!!

KID'S CORNER



**GOING TO THE BEACH THIS SUMMER?
COLOR IN LITTLE BEAR AT THE BEACH WITH ALL
HIS TOYS.
MAKE SURE HE HAS ON SUNSCREEN, SO HE
DOESN'T GET SUNBURN!!!**

**CAN YOU GUESS THE ANSWER
TO THESE RIDDLES?**

(ANSWERS AT THE BOTTOM OF PAGE)

- Q 1. Why are basketball players sloppy eaters?
- Q 2. What kind of bird can lift heavy things?
- Q 3. Why was the broom late?
- Q 4. What do you call a cow that cuts grass?



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ATTENTION BOATERS!!

As you know, our covenants require that all boats be stored either in a closed garage or in the back yards of residents' properties, on a trailer, and covered with a tarp. However, during our official "boating season" (May 1st - September 30th), the Association accepts the presumption that boats are continuously "in transition" from storage to use. Under this presumption, no resident will be cited with a violation, for boats parked on the "sides" of houses, provided they are located at least 3 feet from the nearest property line & not forward of the front foundation of the house. Please remember that per our covenants AND Town Ordinance, **boats may never be parked in front of houses, including in driveways or on the street.** Your cooperation will avoid complications and will also help to preserve the "uncattered" appearance of our community. Also, please remember to return boats to proper storage, promptly, by September 30th.



SUMMERTIME RECIPE:

- SHAKE WITH A TWIST**
- 1/2 cup milk 2%
 - 2 scoops low-fat chocolate ice cream
 - 3 tablespoons chocolate syrup low-fat
 - 1/8 teaspoon peppermint or orange extract

Combine all ingredients in a blender. Mix on high for 8 seconds or until the ingredients are combined, then pour into a glass. ENJOY!!! Serves 1!

What can you do to lower your Blood Pressure??

More than half of Americans over age 60 and about three-fourths of those 70 years of age and older have high blood pressure. The good news is blood pressure can be controlled in most people. To start, there are many lifestyle changes you can make to lower your risk of high blood pressure, including:

- Keep a healthy weight.** Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight.
- Eat a healthy diet.** A diet rich in fruits, vegetables, whole grains, and low-fat dairy products as well as a low-salt diet might help lower your blood pressure.
- Drink less alcohol.** Drinking alcohol can affect your blood pressure. Most men shouldn't have more than two drinks a day, most women shouldn't drink more than one drink a day.
- Don't smoke.** Smoking increases your risk for high blood pressure and heart disease. If you smoke, quit. If these lifestyle changes don't control your high blood you and your doctor can plan together how to manage your blood pressure.

Trash Dumping

We are still having problems with trash dumping in the wooded area next to the waterfront. Ultimately this is going to force the Association to close it off and have gate access only, but until we can put that project together, we need for the community to help us keep watch and report anyone seen dumping anything to the Association on our website. Photos of vehicles entering and leaving, which show their loads (before & after) with license plates... would be helpful. Remember we all have a vested interest in keeping our community clean and safe."

Apex Status To Residents:
National Cancer Survivors Day (June 7)
National Alzheimer's Health Week (June 8-14)
Egg Day (June 16)
Men's Health/Cancer Awareness (June 21)
Father's Day (June 21)

TRAVEL TIP: Pack as lightly as you can to avoid adding unnecessary load on your tires. This can help save some gas, too! By packing lightly, you'll also avoid blocking the view in your mirrors while driving. Buy an inexpensive camera (with flash) for children old enough to use it. The trip is then photographed from the child's perspective.

Your child will absolutely love doing this. Then they can create a memory book with their photos.



GARDEN TIP:

June is the month to plant dahlias, once all danger of frost has past. Choose a location with fertile, well-drained soil that gets at least six hours of sun a day.

SUN ANNIE'S ALTERATIONS CLEANERS

DRY CLEANING - LAUNDRY
Alterations - Spotting in Formal Wear

Mon - Fri 10:00 a.m. - 4:30 p.m. - Sat 8:00 a.m. - 5:00 p.m.

MARINA PLAZA
210 S. BRIDGE ST
BETHESDA, MD 20814

410-398-7214 or 410-398-7710

A KENSINGTON COURTS COMMUNITY RESIDENT

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