

# Eucalyptus NEWS



## CONSTRUCTION

As you may have noticed, we are currently making a few changes around here to make your community more beautiful. Please excuse the mess and the noise while we go through this process.

## LOCK UP YOUR VEHICLE

What are the top things that attract car thieves? Unlocked doors, rolled-down windows, a key in the ignition, and valuables in plain sight. To protect yourself, always remember to lock up your vehicle and take your keys with you. Don't leave valuables, bags, purses, or backpacks in view. Take these precautions even if you are just away for a few moments.

## THOSE DOGGONE ALLERGIES

Just like humans, dogs can develop allergies. If your dog often gets fits of coughing or sneezing, skin problems, or seems generally uncomfortable, he may be suffering from an allergic reaction. Symptoms include itchy, red or scabbed skin, increased scratching, runny eyes, sneezing, coughing, snoring, and

constant licking. Dogs can be allergic to pollen, dust, cigarette smoke, cleaning products, fabrics, and food. Check with your vet to find out more info and how to remedy potential allergies.

## GOLF PREPAREDNESS

With spring just around the corner, many of us are gearing up for the golfing season. Before you head back out on the course, take time to review some basic preparation steps to ensure that you have a day free of injuries or strains. Remember to warm up before teeing off. Walk for several minutes, swinging your arms to warm up those muscles. After your muscles are beginning to warm up,

do some stretches, concentrating on the muscles that you will use most during your game. Stretch your arms and back, as well as your shoulders and legs. To protect your feet from injury and fatigue, make sure that your golf shoes are properly fitted and are comfortable at all times during your walk on the course.

## A TRICK FOR THE KITCHEN!

Have you ever dug your spoon in an ice cream tub where the ice cream was too hard to scoop? Well here's a neat tip on how to fix that! Store your tub of ice cream in a ziploc bag when you put it in the freezer to keep it from getting too hard. Do this to save yourself from bending a spoon; enjoy your ice cream!

**EUCALYPTUSGROVEISYOURHOME.COM**

67 EAST FLOWER STREET / CHULA VISTA, CA 91910 / 619-585-8616 / EG.OFFICE@NETWASATCH.COM

