

# Kensington 21

Issue V

Pool Opens May 15th

It is that time of year folks, we are preparing to open the pool for the 2021 season. Having been somewhat restricted due to Corona it's refreshing to know that the State of Georgia and the Douglasville Health Dept have again allow us to opening up. I wanted to point out a few that are new/post for the 2021 season.

 This is a **private pool** meant for the use of our homeowners, family, and friends. Any homeowner that has not paid their annual dues will have their FOB deactivated by used are monitored for date and time 24 hours a day by Ambient. **All fobs**



 The common grounds are monitored by cameras 24 hours a day. Anyone entering the parking lot, gate into the pool, restrooms and **Kid-land** areas are captured on the hard drive for up to three months. By having surveillance we get reduced insurance rates.

 **NEW 2021** any incident witnessed or observed by any homeowner on site or captured on camera, the Douglasville Police will be called immediately. Any fob used to enter the pool by unknown individuals/group, underage children not accompanied by an adult will be asked to identify the owner. If objections arise the police will be called from the pool phone (911) to verify correct information. **NOTE: anyone** individual/s caught on camera jumping the fence will be considered trespassing and charges will be filed.

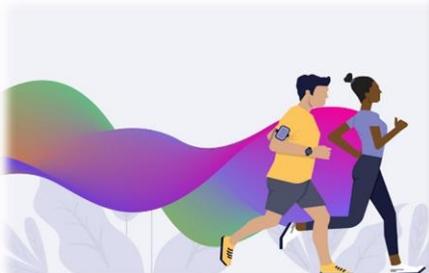
 The parking lot, tennis courts and pool areas are all private property owned by all Kensington Homeowners. We have the right to photograph all car tags or individuals and should the need arise additional motion capture cameras will again be used, and positioned as needed.

 **All police incident reports will be posted on our web page.** Any homeowner that allowed use of their fob in such incident will have their fobs deactivated for the 2021 season if the facts are indeed correct.

## The Centers for Disease Control and Prevention Trusted Source...

suggest this amount of time for generally fit Americans aged 65 and older. Even though this sounds like a lot, **the good news** is that you can break it down into **10- or 15-minute chunks** of exercise two or more times a day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-minute walk x 2	15-minute walk x 2	30 minute cycling, swimming, water aerobics, Zumba, etc.	Rest	30 minute walk (or 15-minute walk x 2)	30 minute cycling, swimming, water aerobics, Zumba, etc.	Rest 
Strength		Strength		Strength		
Balance	Balance	Balance	Balance	Balance	Balance	Balance
Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility

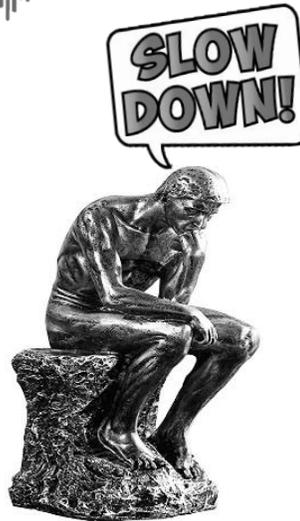


# I'm Just Saying



RESPECT...

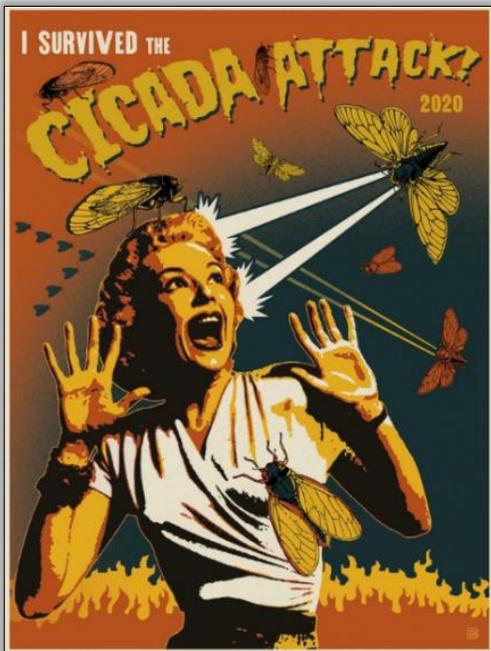
Don't *Lean*



“Think” about Your **“Speed”**



REMEMBER THE LITTLE THINGS



Brood X periodical cicadas, underground for 17 years, ready to reemerge and make some noise. It's an underground movement now, but it will be all the buzz this spring and summer.

The years 2020 & 2021 will mark the reemergence after 17 years of Brood X, or the Great Eastern Brood, of periodical cicadas – those large, winged, kind of scary-looking but mostly harmless flying insects known for their almost deafening buzz. The end of May through June, it can get pretty loud – if you are in an area where they are numerous, there can be hundreds of thousands, or millions, of them.

One of the largest broods of periodical cicadas in the nation, Brood X will emerge this spring in 15 states: Unlike greenish, annual cicadas, periodical cicadas are known for their **black bodies and bold red eyes**. Their mass, in-unison emergence every 17 years is one of nature's great mysteries.

But the bugs haven't been in hibernation since their last mass appearance in 2004. They are always there – that's what people don't realize. The cicadas live underground in wingless nymph form, about a foot or two down, feeding on sap from tree roots – and that's where they feed for 17 years.



*The best and most beautiful things in the world cannot be seen or even touched they must be felt with the heart. Helen Keller*

