LEDGES GOLF & SUMMER PARTY

The Ledges Property Owners Association is not organizing a summer party this year due to less than adult behavior by a number of persons. These individuals were "aggressive and confrontational" to one of our leaders. It was an ugly, unwarranted altercation. Derogatory notes were placed on the windshield of a Gateway Bank official. This was totally uncalled for and we apologize to Gateway Bank. If someone wants to step forward to do a party the LPOA will advise, but not sponsor the event this year.

- We have had a few complaints about Waste Management services and thought you might like the number of a local contact (680-751-4814). The regional number is 888-960-0008
- Some north end Ledges residents have experienced problems with their Charter Internet and have alerted us. If you would call Bruce Carlson (389-7926) he may have answers for you that we don't have.
- The new head grounds keeper at the Ledges Golf Course is doing a great job. If you see Pat Nolan, you might say thanks.
- A resident in the North Ledges first edition notified us that his new copper driveway solar lights were stolen. Although there isn't a whole lot that can be done, we as neighbors need to be watchful and report any suspicious activity to the authorities.
- Please help us be on top of things. Let us know when you have a new neighbor. Call Fern at 389-1632 so we can give them information and a proper welcome from the LPOA.

BOARD MEMBERS NEEDED

The terms of Mark Anderson and Chuck Christiansen will finish at the end of this calendar year. They have served faithfully for the past eight years. We hope there are individuals out there who can "step up" and help keep the LPOA a viable organization. Contact Mark Anderson at 623-6391 or attend the annual meeting which will be sometime in October.

FEATURED ADVERTISER

Hilltop Ministry Center, located at 8301 Mitchell Road, Machesney Park, is one of our newest directory advertisers. The center opened officially in October of 2007 on a 20-acre parcel of land and is a second ministry site of the Roscoe United Methodist Church. On Sunday morning at 9:30 there is a casual, upbeat worship service in the gym, which features a praise team. As a group of believers committed to being Christians on purpose, Hilltop seeks to help individuals grow in their faith by growing closer to God through Jesus Christ so that they will be able to live out Jesus' promise of abundant life.. Holy Grounds, a coffee shop is open mornings from 6:30 - 9:30 AM. Patrons are able to enjoy great coffee and a free WIFI connection. Through the week there are small groups designed for personal growth & fellowship. Your participation is welcomed.

Also included in the 28,800 square foot building is a licensed, state of the art, preschool and day care for up to 150 children. Infants thru age five are accepted. Call 815-885-4214 for questions regarding enrollment. Beloit Memorial Hospital offers individual and group counseling services at the center. Call 815-885-4892 for more information. Harlem Community Center has expanded and opened the Annex at Hilltop where they offer youth sports programs (the gym is especially busy in the winter). For more information, call 815-885-4862.

GOT TOXIC WASTE ?

If you've been collecting old cans of paint, motor oil or other hazardous materials we are setting aside a drop-off day to help you get rid of those items.
You can drop them off at Ledgewood School on South Gate Road Saturday, August 23rd between 9 and 12. The items will be taken to a disposal facility in Rockford.

Aerosols, corrosives, oxidizers, solvents, oil-based and latex paints, waste oils, pesticides, batteries, fluorescent lamps, and insulin disposal service will be accepted. Please make sure each container is marked to show its contents, include your name somewhere on the container, and do not mix materials. If you have questions call Chris Hankins @ 847-331-2756.

SENIORS - INSURANCE DISCOUNTS?

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on

today's roads. AARP has offered the course in the classroom for 25 years and now offers the same course online. Some of the benefits received by taking the course include the following:

- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Get an insurance discount. Auto insurance companies in most states provide a multiyear discount to AARP graduates!

AARP members receive discounts on the AARP Motoring Plan from GE Motor Club. You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time.

The classroom course is taught by AARP-trained volunteers. Most courses are taught in two 4-hour sessions; some one-day courses and weekend courses are also held. Courses are also available in Spanish in certain locations. You must contact the course location or the instructor to pre-register for the course. The course fee is only $10.00. There are two places where the classes are taught locally. Times and dates need to be confirmed by calling.

ROCKFORD PUBLIC LIBRARY

3112 N ROCKTON AVE

ROCKFORD, IL, 61103-2855

WESLEY WILLOWS

4141 N ROCKTON AVE

ROCKFORD, IL, 61103-1524

With AARP's online course you can complete the course at your own pace, whenever it is convenient for you, using state-of-the-art technology. Upon completion of the course you may qualify for an automobile insurance discount mandated by your state or a voluntary discount given by your insurance company. In some states separate rules may apply to online driver improvement courses. For applicability in your particular situation, please consult your insurance agent.

The on-line course has the same valuable information and strategies for safe driving. Self-paced and interactive. Round-the-clock customer support available by phone and email while you take the course. 30-day timeframe in which to complete the course. Simple online registration. Convenient and secure payment transaction via credit card. Certificate mailed directly to your home when you complete the course. The course fee is only $15.95 for AARP members and $19.95 for non-members.

We realize that some seniors are not computer gurus, so let us offer a suggestion. Find a friend that will assist you in your endeavor using their computer, or go to the Roscoe branch library and ask for help! There is much more information on the AARP web site. Here is the link you can use to get more information.
http://www.aarp.org/families/driver_safety/driver_ed/

KNOW YOUR WATER BOTTLES

It is worth paying attention to the type of plastic your water bottle is made of, to ensure that the chemicals in the plastic do not leach into the water. If you taste plastic, you are drinking it, so get yourself another bottle, Check the recycling symbol on your bottle. If it is a #2 HDPE (high density polyethylene), or a #4 LDPE (low density polyethylene), or a #5 PP (polypropylene), your bottle is fine. The type of plastic bottle in which water is usually sold is usually a #1, and is only recommended for one time use. Do not refill it. It is better to use a safe/reusable water bottle, and fill it with your own filtered water from home and keep these single-use bottles out of the landfill.__

Ideally, the best way to drink water on the go would be an aluminum or stainless steel water bottle, as they seem to exhibit the least amount of health concerns out of all the choices. Add in the fact that they can be used over and over again with no degradation and do not need to be recycled each time you use one, they really are the “green” choice. And since upwards of 40% of bottled water is actually just tap water in disguise, buying it seems like not only a health risk due to the plastic leaching possibilities, but also a wallet risk due to wasting money on something you already have at home! Klean Kanteen is a large manufacturer of these type of bottles, and you can get them from a variety of sources including Ebay

If you have internet access, you can view a video special done by NBC at the link below.
http://www.divinecaroline.com/article/22178/47688-video--plastic-water-bottles-safe

Colorful bottles hard plastic lexan bottles made with polycarbonate plastics and identified by the #7 recycling symbol, may leach BPA. Bisphenol A is a xenoestrogen, a known endocrine disruptor, meaning it disturbs the hormonal messaging in our bodies. Synthetic xenoestrogens are linked to breast cancer and uterine cancer in women, decreased testosterone levels in men, and are particularly devastating to babies and young children. BPA has even been linked to insulin resistance and Type 2 Diabetes.

So be a informed consumer, “go green” save landfill space and protect you health at the same time!