



Hello neighbors welcome to our Georgia summer!



I need not tell you about News you may not use, I think you would agree we see enough of that on Cable TV ~ Social Media ~ Local Media etc., quite frankly it's overwhelming at times. In this edition of your quarterly KOA Newsletter I will focus on things that INDEPENDENCE offers; perhaps your chosen lifestyles, your religious freedoms, "free speech", with a dash of humor, enjoy. *Daniel*

Pain in the GRASS



How high to cut Bermuda? Mowing. During its growing period, Bermuda grass lawns should be mowed to 1 or 1 1/2 inches high. As summer gives way to fall, allow the grass to grow to between 2 and 2 1/2 inches tall before mowing again. Cutting it lower than this may increase its susceptibility to cold weather injury. I prefer mine taller but that's a preference. Below is an excellent web site for great information folks.

<http://www.walterreeves.com/lawn-care/bermuda-grass-disease-brown-patch>



Curb Appeal

The **Cherokee Rose (Rosa laevigata)** is the state flower of Georgia. **Cherokee Rose** is a rose native to southern China, Taiwan, Laos and Vietnam. The word Cherokee Rose means Chinese climbing rose with fragrant white blossoms. The **Cherokee Rose plant** is an ornamental plant with scented Cherokee Rose flowers.

<https://www.gardenguides.com/104337-flowers-grow-summer-georgia.html>

SeniorLife

Safe Awesome Day Trip Ideas "Righto"

So, you are a little seasoned, that just means you have more flavor, it's time to sprinkle a little of that flavor around. Ask your neighbor if they would like to go on day trip or perhaps walk in Sweetwater Park nearby. Of course, it *depends* on your capabilities Daddy-O, but sometimes its mind-over-matter. Try it I guarantee you'll come back younger... Ok that's a lie! *Take a look @ these sites below...*

- * <https://www.alltrails.com/trail/us/georgia/raven-cliff-falls-trail>
- * [alltrails.com/trail/us/georgia/raven-cliff-falls-trail](https://www.alltrails.com/trail/us/georgia/raven-cliff-falls-trail)
- * <https://www.onlyinyourstate.com/georgia/day-trips-ga>

Summer YUM time



https://www.simplyrecipes.com/recipes/season/seasonal_favorites_summer

Water Weight? Water on the Knee?



Join me in the pool for a little jazz music, workout with me, no preexisting conditions required! The idea is to move, swim, walk, kick your legs, move your arms, bend you knees, jump up and down or just bob around with other Bobs...

If weather permitting, I usually show up around 7:00 am, you can nap later...

<https://www.seniorlifestyle.com/resources/blog/5-best-water-aerobics-exercises-seniors>



Put Umbrella Down ~ Pick Up All Of Your Trash

Take All Inflatables Toys / Balls With You

Return Chaise Lounge & Chairs to Original Position After Use

