

NEWSLETTER

New HOA Board Members

At the February Annual Meeting, three homeowners were selected to fill vacant At-Large seats on the Board of Directors. They are Russ Craig, Shane Hickey, and Chrysta Thear. ❖

Accomplishments for 2017

At the February Annual Meeting, a summary of the major accomplishments for the past year were presented. They are outlined below:

Architectural Committee

- Projects approved: 1 fence, 1 solar panel project

Landscaping Committee

- The landscape vendor (Estes) continues to do a good job.

Communication Committee

- Three HOA newsletters were published and distributed by email.
- The HOA web site was kept up to date

Archeology Project

- A fireback was unearthed and sent out for restoration.
- Various artifacts were discovered.
- The project will resume in the Spring.

Other

- 2016 calendar year audit of the HOA finances was performed.
- Maintained contract for trash removal ❖

HOA Board Meetings

Regular Board of Directors meetings are held from 7:00PM to 9:00PM on the following dates: Tuesday, April 10 (R. Craig residence); Thursday, June 14 (Stine residence); Thursday, September 13 (Thear residence); and Tuesday, November 13 (Milke residence). All homeowners are welcome to attend. ❖

HOA Web Site

The Brookeville Farms HOA web site is located at www.bfmdhoa.info. This site includes information pertaining to the HOA such as Architectural Review forms, minutes from previous board

meetings, current and previous newsletters, as well as contact information for board members. ❖

Community E-Mail List

The Brookeville Farms community maintains an e-mail distribution list to make it easier to communicate with our neighbors. The e-mail address is "bfneighbors@bfmdhoa.info". This list has been used to find recommendations for service providers, find carpool buddies, and to participate in group purchasing agreements (like, propane and whole-house generators). The Homeowners Association newsletter is also distributed to this list.

To add your e-mail address to the list do the following:

- Using your web browser, go to the HOA web site - www.bfmdhoa.info.
- Select "E-mail List" from the left column.
- Fill in the form at the bottom of the page. ❖

Pick Up Your Dog's Poop

Having a pet is a big responsibility. As a dog owner, do you know of the law about picking up your dog's poop aka "the Pooper Scooper" law. If your dog does his business anywhere other than your yard you have to pick it up or risk getting a \$100 fine. The poop can be placed in a plastic bag. As long as this bag is then placed inside another plastic bag it's acceptable to put it in your regular household trash.

However, risking a fine should not be the primary reason that you pick up after your dog. It's not good for the environment. Consider that dog poop contains harmful bacteria and other pathogens that can make you (and other animals) sick. And it contaminates vulnerable environments like streams and areas of land near water, threatening the health of area birds and other wildlife along with woodlands and other green areas. Dog waste left unattended throws into the environment everything from giardia to Salmonella and E. coli. Furthermore, once it gets pushed into streams, lakes, and ground water during heavy rains, its nitrogen depletes the

water of oxygen that fish, like land species, need to breathe.

That's why for social, ecological, and personal health reasons, everyone who has a dog should pick up their pet's droppings — every single time, no matter how distasteful it may seem and no matter what the weather. It may seem like a pain if there are no trash cans nearby and you have to carry the "evidence" somewhere. But that's a small price to pay for the joy of having a dog in your life. ❖

Healthy Eating & Healthy Aging

Following a nutritious diet is one of the best things you can do for your health as you age. Eating well can help prevent many health problems as you age, such as heart disease, stroke, diabetes, and obesity. It may also keep these conditions from getting worse. For individuals aging with disability, it's important to maintain a healthy diet that also supports any medications you may be taking.

But what is a nutritious diet? Sometimes dietary advice is confusing or overwhelming. These tips may help you evaluate your diet and find healthy changes to make.

Aim for Balance and Variety

Your body needs a variety of nutrients to function at its best, including carbohydrates, proteins, fats, vitamins, and minerals. A healthy diet offers a balance of these nutrients. Each day, try to consume a combination of:

- A variety of vegetables including dark leafy greens like spinach, red-orange vegetables like carrots, and beans or peas
- A variety of fruits like blueberries, raspberries and apples. Try to choose fresh, whole fruits when you can.
- Whole grains such as whole wheat, oats, or brown rice.
- A variety of proteins including fish, lean meat, poultry, or eggs. You can also find good sources of protein in nuts, beans, quinoa or soy products.
- Low-fat dairy, such as low-fat milk, cheese, or yogurt. If you have trouble digesting dairy products, choose soy, rice, or almond substitutes with calcium added.
- Plant oils such as grapeseed or olive oil
- Water. Staying hydrated is an important part of a healthy diet, and your sense of thirst may weaken as you age.

A balanced diet means that you can occasionally enjoy your favorite processed foods or desserts, as long as

your overall diet includes a variety of fresh, nutritious foods. When you buy processed foods, read the nutrition labels and try to limit your consumption of:

- Added sugars – Ingredients like fructose or corn syrup, which are found in many packaged snack foods. It's recommended that men don't eat more than 9 teaspoons a day of added sugar, and women don't eat more than 6 teaspoons.
- Trans fats – Also known as partially hydrogenated oils, which are added to some processed foods to make them last longer.
- Sodium – A little salt is okay, but it is recommended not to eat more than 2,300 milligrams of sodium each day (about a teaspoon). Canned foods, frozen dinners, and snacks like potato chips often contain large amounts of sodium.
- Saturated fats – It is recommended to limit saturated fats found in meat, cream, and butter. Plant-based fats are better for your heart.

Tips for Making Healthy Changes to Your Diet

Small changes can make a big difference when it comes to healthy eating. Consider making some substitutions to foods you consume often. For example:

- Choose a whole orange instead of orange juice.
- Try whole wheat pasta or bread instead of white.
- Add chopped vegetables to casseroles, soups, or even baked goods. As you age, you may need to choose softer vegetables that are easier to chew.
- Purchase low-sodium soups and sauces, or make your own to reduce salt
- Choose lean cuts of meat, such as skinless chicken breast or fish for your protein, or try non-meat substitutes, such as soy products, beans, or nuts.
- Replace soft drinks or other sweetened beverages with unsweetened sparkling water, milk, or tea and/or coffee.

Healthy Eating Habits

Making smart food choices is a great way to follow a healthy diet. You can also improve your diet by following some of these habits.

- As you age, foods may lose some of their flavor, and some medicines can change the way food tastes. Adding spices and herbs, instead of salt, can enhance the flavor in your meals to balance this change. You can also find spice blends at the store that do not contain salt.
- Eating a nutritious diet is more enjoyable when you share a meal with others. Consider inviting a friend over for dinner, or take part in a shared meal at your local senior center or place of worship.

- Do your best to prevent food-related illnesses by keeping your food safe. Throw away food that is spoiled, and avoid foods that may be risky, such as unpasteurized dairy foods. Other foods may be harmful if they are undercooked, like chicken, meat, eggs, or fish.
- Be careful when considering dietary supplements. Usually, food is the best way to get the nutrients you need. Your doctor will know if you need extra vitamins, pills, or powders to supplement your diet.
- Staying hydrated is an important part of a healthy diet. Make sure you drink plenty of water, because you may lose some of your sense of thirst as you age.
- Make sure there is color on your plate. Adding colorful vegetables and fruits not only makes your meal more inviting, but usually improves the nutritional value too.

Other Things to Remember

- Talk to your doctor, or a registered dietician (RD), before making any major changes to your diet. Your doctor may suggest particular changes based on your health and the medications you are taking, and can advise you on whether or not to add vitamins or other supplements to your daily diet.
- A nutritious diet is part of a healthy lifestyle, which also includes physical activity.
- Check out your local library, community center, or grocery store to see if there are nutrition classes or seminars you can attend. ❖

Why Do Dogs Love Stinky Stuff?

The rancid, the putrid, the nasty, the foul - if the smell makes your stomach turn over, your dog probably loves it! A dog's sensitive nose can sniff out cancer, bombs, drugs, food, treats - you name it - so why do they use that powerful sniffer just to find a rotten corpse to roll in or to dig up cat poop? Turns out there might be some science behind a dog's penchant for all things rank.

Scent scientists have a couple of theories as to why dogs seek out anything disgusting and then - ack! - roll around in it until they smell just like it. (i.e. Remember the last time your dog found that skunk carcass?)

The first reason has to do with survival. By rolling around in dead stuff for example, dogs mask their own scent. Covering themselves with the aroma of decay can create a confusing sensory event for predators, throwing them off the trail so to speak, and it can also keep prey from noticing they are roving about the area. Nasty yes, but also effective. But keeping their whereabouts hidden is not the only reason dogs like to smell rather rotten.

Remember the last time you were invited to a formal event? What was the last thing you did before you headed out the door on your way to the party? That's right, you spritzed on a little perfume! What for? So all your friends would notice how great you smell and like you even more! And if you are single, maybe you were thinking about attracting a mate too. Well, that's exactly what your dog is doing! Not only will a little Eau de Squirrel Corpse impress all your dog's buddies, it might even score him a new girlfriend. As far as your dog is concerned, you are likely to be really impressed with his new scent too!

So, gross as it may be, your dog has some pretty good reasons to find, and then cover themselves, in as much stinky stuff as they can dig up. Do them a favor next time they come home smelling like something dead, and at least try to act impressed. ❖

Reduce the Risk for Trash Fires

Materials improperly placed into the trash can be significant fire hazards, capable of starting fires when

- mixed in loads of waste in refuse collection trucks,
- on rail cars on the way to waste processing and disposal facilities, or
- while waste is being processed at Montgomery County's Shady Grove Processing Facility and Transfer Station or Resource Recovery Facility.

To reduce the risk for trash fires, do not place the following materials in your trash:

- [Flammable or combustible liquids](#) (such as gasoline, oil-based paints, or kerosene)
- [Hazardous materials](#) (including items such as ammonia, bleach, pool chemicals, pesticides, paint thinners, etc.)
- [Canisters containing propellants](#) (including butane or propane)
- [Cylinders containing compressed gas](#) (such as propane, helium, oxygen, acetylene or [fire extinguishers](#))
- [Rechargeable batteries](#) (which contain heavy metals, including lithium, nickel cadmium or lead-acid)
- [Ashes](#) (from fireplaces, fire pits or barbecue grills) – more information on proper disposal of ashes from [Montgomery County Fire & Rescue Service](#)
- [Unknown substances](#) (will be managed as Household Hazardous Waste)

The danger is that when these types of items are mixed, or come in contact with, other substances that could be in the trash, the combination can be volatile and catch fire. These items should be properly disposed at the MC Transfer Facility. ❖