

NEWSLETTER

HOA Board Meetings

Regular Board of Directors meetings are held from 7:00PM to 9:00PM. The last meeting of the year will be held on Thursday, November 15 at the Schmidt residence. All homeowners are welcome to attend. ❖

HOA Web Site

The Brookeville Farms HOA web site is located at <http://www.bfmdhoa.org/>. This site includes information pertaining to the HOA such as ARC 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@prstech.com".

This list has been used to find recommendations for service providers, find carpool buddies, and to participate in joint purchasing agreements (like, propane and whole-house generators). The Homeowners Association newsletter is also distributed to this list. ❖

Clothes Dryer Fire Safety Tips

While most home appliances are used without incident, the U.S. Consumer Product Safety Commission (CPSC) estimates that 15,500 fires associated with clothes dryers occur annually. A lack of maintenance, buildup of lint, placing inappropriate items in the dryer and inadequate venting are frequently cited as contributing factors.

Did You Know?

- The CPSC estimates that 15,500 clothes dryer fires occur annually, causing an average of 10 deaths, 310 injuries and more than \$84.4 million in property damage.
- Eighty-percent of American homes have clothes dryers.
- A full load of wet clothes placed in a dryer contains about one half gallon of water. As the clothes dry, lint forms and builds up, reducing airflow in the

dryer's vent, potentially causing the dryer to work improperly or overheat.

Clothes Dryer DOs:

- DO clean the lint screen/filter before or after drying EACH load of clothes.
- DO clean the dryer vent and exhaust duct periodically.
- DO have a certified service technician clean and inspect the dryer and venting system regularly.
- DO replace plastic or vinyl exhaust hoses with rigid or flexible metal venting, which provides maximum airflow.
- DO keep the area around the dryer clean and free from clutter.
- Always use the appropriate electrical outlet for dryers and all major appliances.

Clothes Dryer DON'Ts:

- DON'T place clothing or fabric stained with a flammable substance, such as alcohol, cooking oils, gasoline, spot removers or motor oil, in the dryer. Flammable substances give off vapors that could ignite or explode. Instead, dry the materials outdoors.
- DON'T leave a dryer operating if you are not at home.
- DON'T forget to read the manufacturer warnings in the user manual and on the inside of the dryer door.
- DON'T dry any item containing foam, rubber or plastic, such as bathroom and non-slip rugs and athletic shoes.
- DON'T overload the dryer with wet clothes.
- DON'T dry any item that contains glass fiber materials, such as a blouse or sweater with glass buttons or decorations. ❖

Take This Personality Test To Discover What Drives You

What kind of motivation do you respond to best? The answer can guide you toward the success you're seeking. Here's a simple test that experts in neurolinguistic programming (NLP) frequently use: Imagine that you've just won the lottery and you'll

never have to work again. Which of the following descriptions would apply most closely to you?

A. You feel safe and secure. You have everything you need to be comfortable and free of worries. You don't have to do anything you don't want to. You can make most of your problems go away easily.

B. You can do whatever you want. You can buy your favorite car, live any place, and go anywhere you've ever dreamed of. Any goal you've ever thought about is now within reach.

If "A" feels most accurate, you have what NLP gurus call an "away-from" personality. You're motivated to avoid negative outcomes, which can help you manage obstacles and plan for problems, although you may not be drawn toward grand, challenging goals.

If "B" describes you better, you have a "toward" personality. You're driven by achievement, but you don't necessarily deal effectively with details or organize your campaign well.

Both personality types have pros and cons, and most people have a little bit of both. But knowing which fits best can help you decide what will work best when you're setting goals and striving for success. ❖

Secret To Longevity: Don't Worry, Be Happy

Want to live a good long time? Eating right and getting lots of exercise are essential, but so is the right attitude. At least that's what one study suggests.

Researchers at the Institute for Aging Research at Albert Einstein College of Medicine questioned 243 people age 100 or older. They found that centenarians tend to share certain personality traits (in addition to other factors, like genetics). In general, these long-lived people are:

- Outgoing
- Positive-minded about other people
- Full of laughter
- Open with their emotions
- Conscientious and disciplined
- Unlikely to obsess about anxieties or guilt

The scientists point out that these characteristics don't necessarily represent a cause and effect relationship. They did notice, however, that in many cases the personality traits they observed weren't necessarily lifelong tendencies, but behaviors their subjects learned as they grew older.

Focusing on the good and not worrying about the negatives may have a positive impact on overall life expectancy. ❖

Turn Off The TV – Turn On The Music!

Listening to music may make your children smart, according to many child development experts. Dubbed "the Mozart Effect," thanks to a 1993 study in which college students' scores on spatial and temporal reasoning problems improved after listening to the music of the famous 18th-century composer, the theory is backed up by studies of preschool and kindergarten children.

Hearing is said to be the most developed of the five senses in newborn babies; they often turn their faces to identify where a sound is coming from, and they appear able to recognize the voices of their mothers and other close relatives almost from the beginning. Music may stimulate the development of neural pathways needed for reasoning, as children "organize" the notes in their brains to understand melodies. Here are some other ways music may help children learn and grow mentally:

- Memory. Listening to rhythm, melody, and lyrics can help children discover how to remember and form words and may encourage stronger reading skills.
- Concentration. Musical tunes that catch the child's attention can reinforce the ability to focus on a specific activity or idea for a period of time.
- Coordination. Clapping hands or stomping feet in time can enhance children's muscular performance.

Playing Raffi CDs is just a start. To encourage a love and appreciation of music in your child, try these tactics:

- Get active. Encourage small children to dance, shake toys, stomp, or wave in time to the music. As they start speaking, urge them to sing along.
- Make music. Music lessons can teach patience, concentration, and self-confidence. And just letting your kids tap the keys on your piano can teach them about sounds and rhythm.
- Don't push. Expose your children to a wide range of music, but don't force any particular style on them. Let them discover and explore what they like on their own. ❖

Quote of the Month

"May your home always be too small to hold your friends." -- Irish Saying ❖