

# NEWSLETTER

## HOA Board Meetings

Regular Board of Directors meetings are held from 7:00PM to 9:00PM on the following dates: Thursday, February 15 (Annual Meeting - RE/Max Realty Centre); Tuesday, April 10 (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](http://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](mailto: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, change, or remove your e-mail address to the list do the following:

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

## Trash Pickup

Trash pickup is scheduled for Wednesday and Saturdays. Until recently, the pickup day did not slide if there was a holiday in that week. However, that appears to have changed. If a holiday falls during the week, the pickup day may slide to the next day.

To accurately determine the collection day for a week with a holiday, go to Waste Management's web site at [www.wm.com](http://www.wm.com).

Waste Management observes the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day ❖

## Garage Door Security Tips to Prevent Break-Ins

You have checked all the windows to make sure they are closed and locked, doubled-checked the doors, let the neighbors know you are going out of town, informed the mail and newspaper so they do not pile up and activated all the passive security systems in your home. However, one area is often overlooked as you pull out of your garage and leave: The garage you just left.

A modern-day garage is a prime spot for thieves to gain access to your home.

There are three basic types of garages that your home may have and each one requires its own safety measures. The first two are attached garages, and they can be divided into two categories: The front of the house garage that faces the street and the rear garage, which is out of view from the street.

The third type of garage is the detached garage. It is particularly dangerous if this type of garage is not secured properly because it offers a staging ground for thieves to enter the premises.

Here are a few pieces of advice that will help you protect your home:

**Use Your Garage.** Park your car in the garage when it is not being used or if you are leaving by other means. Many people leave their garage door remote in their car, and all it takes is something like a broken window in your car to give a thief access to your home. To combat this, you can also make sure to remove the remote if you leave your car outside of the garage.

**Disable the Electric Motor.** If you are leaving for an extended period of time, detach your electric garage door opener. This is usually a very simple thing to do. Most electric garage door openers have a rope or chain you pull down to disconnect the electric motor from the chain that operates the door. This protects

you in two ways: First, if a thief used a frequency scanning device to obtain your code, it will be of no use since it is not operable. Second, it would require a thief to physically go to the door, which the neighbors could see.

**Bolt It.** Use a manual sliding bolt-style lock on the inside of your garage door that can only be opened from the inside.

**Keep It In Good Condition.** Make sure the garage door is properly functioning and that there is no damage to the panels through which a thief could access your home.

**Keep It Contained.** Do not leave important items in the garage and make sure to lock the door to your home. If thieves do break into the garage, you want to make sure that is all they can access. Place a deadbolt and anti-kick device on the door that leads to the garage.

**The Same Goes for Detached Garages.** For the detached garage, make sure you follow the same principles as if it was connected to your home. If the garage is out of view from the street where neighbors could spot a break-in, these rules become even more essential. Most importantly, do not keep valuables in your garage. ❖

## Tips to Quit Smoking

Here is some advice to consider if you want to stop smoking.

### 1. Know your reasons for quitting.

For some people, it's their health. Others want to quit for lifestyle or financial reasons, like being able to smell and taste food better, or having more money to spend on stuff besides cigarettes. Whatever motivates you, get clear on it when you decide to quit. And consider making a list so that you can read it when you get the urge to smoke, advises the Centers for Disease Control and Prevention.

If you're health conscious, you may want to remember that cigarette smoking is still the leading cause of preventable disease and death in the United States, causing 480,000 deaths every year. If you quit, not only will you lower your risk of getting various cancers, including lung cancer, you'll also reduce your chances of having heart disease, a stroke, emphysema, and other serious diseases. Quitting also will lower the risk of heart disease and lung cancer in nonsmokers who otherwise would not be exposed to your secondhand smoke.

Also know that no matter how much you smoke—or for how long—quitting will benefit you.

### 2. Be kind to yourself.

Quitting smoking can be hard, especially because of a highly addictive chemical in tobacco products called nicotine. Tobacco

users who are addicted to nicotine are used to having nicotine in their bodies. And because you're used to it, you can go through symptoms of withdrawal (like cravings, trouble sleeping, and anxiety) when you try to stop. These withdrawal symptoms can make it harder to quit, but they also disappear over time as your body readjusts to being nicotine-free.

When you try to quit, you may have to try a few times before you're successful. Just know that you can do it, and don't be too hard on yourself.

### 3. Know that FDA-approved products can help you quit.

You don't have to quit all on your own. FDA-approved smoking cessation products can help.

For instance, nicotine replacement therapy (NRT), which supplies controlled amounts of nicotine, can help you quit by reducing withdrawal symptoms and cravings. The FDA has approved two types of prescription NRT products (a nicotine nasal spray and nicotine inhaler), and three types of over-the-counter nicotine products (a gum, transdermal patch, and lozenges). Most of these products have been approved for at least 20 years. And while their effectiveness can vary by type, these products can double your chances of a successful quit attempt.

Other FDA-approved, prescription drug products that do not contain nicotine also are available. If you do use or are prescribed these products, please always read and follow the labeled directions. Talk to your health care provider if you have questions.

### 4. Take advantage of other FDA resources.

If you're thinking about quitting or have tried to quit in the past without success, check out the FDA's new campaign at [EveryTryCounts.gov](http://EveryTryCounts.gov) to find more support. You can sign up for free resources to help with your next quit attempt. For instance, text message programs can send tips and encouraging words to help you quit. And there's a mobile app that can track your smoking triggers, so you can learn to avoid them.

You also can get access to trained cessation coaches that you can talk to for free via online chats or by phone. Plus, you'll find even more information about FDA-approved cessation medicines. ❖

"For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something." -- Steve Jobs