

NEWSLETTER

HOA Officers

The homeowners association officers are:

President: David Sager
Secretary: Randy Sands
Treasurer: Phil Craig

HOA Board Members

The following are At-Large members of the Board of Directors:

Allen Bell
Valerie Carlson
John Hallen
Chris Milke
John O'Loughlin
Mark Wesolowski

New Neighbor Spotlight

By Rhonda Harris

The year 2020 was challenging for so many of us as we managed concerns regarding the health and well-being of our families in the midst of a pandemic. And looking at the real estate situation, quite a few of us took on the added challenge of buying and selling a house during a time of mask mandates, social distancing and virtual home tours. Perhaps you gained a new neighbor on your street and were unsure if it was a good idea to knock on the door to introduce yourself and provide that friendly welcome to the neighborhood gift! Well, we have invited our new Brookeville Farms neighbors, who managed the challenge of a 2020 move, to introduce themselves and here are those who accepted our invitation.

Allen and Alexa moved in to their new home on Bordly Court! Let us welcome them and their adorable dogs, Archibald (Archie), a Dutch Shepherd, and Ryder, a Belgian Malinois, to Brookeville Farms! Allen is from Waynesville, Missouri and Alexa hails from Severn, Maryland. They both, recently, graduated from the Uniformed Services University and are military physicians in the US Army stationed at Walter Reed. Congratulations Allen and Alexa! When these two are not busy at work, they enjoy hiking, DIY projects, restoring old

vehicles and being occasional home bodies! You can reach Allen at allen.wayne.bell@gmail.com or 573-528-4733 and Alexa at alexakcbell@gmail.com or 410-340-1597.

Lubar Drive has some new residents! Let us welcome Parminder and Lisa along with their children Jasleen (19), Arjun (17), Noor (15) and grandfather, KS, to the Brookeville Farms family! This animal loving crew shares their new home with their dog, Kaal, their two cats, Simon and BooBoo and their two birds, Charlie and Edna. Parminder and Lisa are already familiar with the area as they, previously, resided in Brookeville. If you want to reach out to your new neighbor to say "hello" you can contact Parminder at parminder.sethi@gmail.com or 443-257-0561 and Lisa at sethi.lisa@gmail.com or 301-774-0551.

Stay tuned for future introductions as there have been a few for sale signs going up around the neighborhood and we want to be sure that everyone feels WELCOME! ❖

Items You Should Never Leave in Your Car

There are some people who keep the inside of their car clean, tidy, and organized, and there are others who seem to have a little bit of everything within reach of the driver's seat. No matter which category of vehicle owner you fall into, you should know there are a few things you should never leave in your vehicle.

Whether the reason is safety, stench, or something else, here's a list of eight things you should never leave in your car, and reasons why.

Children. This may seem obvious but is still worth noting. When temperatures outside climb, so does the temperature inside of a vehicle. It's been found that when it's 80 degrees outside, the internal temperature of the car can reach 150 degrees or more. This can be dangerous, even deadly, to babies and children.

Pets. Leaving Fido in the car while you make a quick stop, even after cracking the windows, can be deadly for the animal. The inside of cars can reach over 100 degrees very quickly, especially when parked in the sun. Without a way to cool

themselves down or escape the heat, you could be risking their life.

Valuables and personal belongings. This can include a phone, wallet, purse, important documents, jewelry, expensive clothes, and other valuables. The most obvious reason is that visible valuables can be tempting for a thief.

Bottled water. When left for long periods of time, a typical plastic bottle can contaminate the water inside with BPA, which is the substance used to manufacture water bottles. This could be a potential health risk, so it's best to bring a new bottle with you on each trip.

Medication. Most medications need to be kept at room temperature, so leaving them in a hot or cold vehicle can alter the medication and make it ineffective. Additionally, hot and cold temperatures can cause moisture, which can also negatively affect the drugs. It likely won't make them unsafe, but they may no longer work as expected.

Aerosol cans. This can include air fresheners, deodorants, hair spray, spray paint, etc. When heated to a high enough temperature, aerosol cans are likely to expand and explode, destroying your vehicle's interior and potentially, the exterior.

Electronics. Phones, laptops, tablets, and other electronics that run on batteries can overheat in a hot vehicle, which can affect or damage the overall battery life of the device, and potentially even damage the device itself. Also, visible electronics are attractive to thieves.

Sunscreen. Even though it protects you from the sun, prolonged exposure to heat can break down the ingredients in sunscreen, making it ineffective. Depending on the type of container the sunscreen is in, it could also explode.

Source: AAA ❖

Do These Things to Keep Your Eyes Healthy

Many people are fortunate enough to take good vision for granted, however, there are more than 4.2 million Americans 40 years and older who have low vision or are legally blind. The leading causes of blindness and low vision are these age-related conditions:

Macular degeneration: Disease of the retina – the light-sensitive membrane lining the inner eyeball – resulting in the loss of central vision.

Cataracts: Clouding of the eye lens, the transparent section in the front of the eye.

Diabetic retinopathy: Disease of the retina caused by uncontrolled diabetes.

Glaucoma: Damage to the optic nerve – which connects the eye to the brain – caused by a build-up of fluid in the eye.

Ways to Protect Your Vision

1. Find out if you are at risk for eye disease

Your risk for eye disease is higher if you:

- Are overweight or obese
- Have high blood pressure or diabetes
- Have a family history of eye disease
- Are African American, Hispanic or Native American

Talk to your primary care provider about ways to lower your risk.

2. Take care of your health

Healthy habits like eating well and being active can lower your risk for conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips to support your vision health:

- Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids – like salmon, tuna and halibut – is good for your eyes, too.
- Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions like diabetes, high blood pressure, and high cholesterol, all of which can cause vision problems.
- Quit smoking. Smoking increases your risk of diseases like macular degeneration and cataracts, and it can harm the optic nerve. If you are ready to quit, talk to your primary care provider about methods and support.

3. Protect your eyes

There are ways to protect your eyes from things that may harm them.

- Wear sunglasses. Protect your eyes from the sun by wearing sunglasses, even on cloudy days. Be sure to look for sunglasses that block both UVA and UVB radiation.
- Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs.
- Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a short break from looking at the screen every 20 minutes.
- If you wear contacts, take steps to prevent eye infections. Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.

4. Get an eye exam

Even if your eyes feel healthy, you could have a problem and not know it. That is because many eye diseases do not have any symptoms or warning signs. A complete, dilated eye exam is the only way to detect certain eye diseases early and early diagnosis can often make these diseases easier to treat.

If you are generally healthy, you should have a complete eye exam at age 40. This is the age when some vision changes and

eye diseases are likely to start. If you are 60 or older, have your eyes checked every 1 to 2 years. ❖

Giant Hogweed — Do Not Touch!

Giant hogweed (*Heracleum mantegazzianum*) is a VERY LARGE, invasive plant that can cause painful burns and permanent scarring. Brushing against or breaking the plant releases sap that, combined with sunlight and moisture, can cause a severe burn within 24 to 48 hours. Giant hogweed is a Federally listed noxious weed and some state laws prohibit its possession with the intent to sell, import, purchase, transport, introduce or propagate.



Giant Hogweed

What to do if You Come in Contact With Giant Hogweed

Immediately wash the affected area thoroughly with soap and water and keep the area away from sunlight for 48 hours. This plant poses a serious health threat; see your physician if you think you have been burned by giant hogweed. If you think you have giant hogweed on your property, do NOT touch it.

How to Identify Giant Hogweed

Giant hogweed is a biennial or perennial herb in the carrot family (Apiaceae) which can grow to 14 feet or more. Its hollow, ridged stems grow 2-4 inches in diameter and have dark reddish-purple blotches. Its large compound leaves can grow up to 5 feet wide. Its white flower heads can grow up to 2 1/2 feet in diameter.

Where Giant Hogweed is Found

Giant hogweed is a native of the Caucasus Mountain region between the Black and Caspian Seas. It was introduced to the United States in the early twentieth century as an ornamental garden plant. It has become established in New England, the Mid-Atlantic Region and the Northwest. Giant hogweed grows

along streams and rivers and in fields, forests, yards and roadsides. It prefers open sites with abundant light and moist soil but it can grow in partially shaded habitats, too. ❖



Burns on Hands



Burns on Dog