



# Brook Meadows Messenger

*The Official Publication of the Brook Meadows Homeowner's Association*

Volume 2, Number 7

[www.brookmeadows.org](http://www.brookmeadows.org)

July 2007

## Reaching Out

Our last message from the Board spoke of our mission to “Revitalize our Community”. We take as our charge to do what we can to bring this neighborhood back together, to Reach Out to our neighbors with a welcoming hand and heart. We want our neighborhood to enjoy the serenity and neighborliness that our homes show to the public. We have a beautiful neighborhood with neighbors anxious to improve their properties and maintain an environment that is envied by most communities. It is not so hard to take the next step to pull us all together to build the community we all want. We have a recommendation.

The Board believes that the best method of bringing community together is improved communications between neighbors. Our website, [www.BrookMeadows.org](http://www.BrookMeadows.org), is a great way for you to ‘stay on top’ of what is being done in the management of your neighborhood as well as the financial reports and minutes of our meetings.

Our newsletter, The Brook Meadows Messenger, is another way to we communicate with our neighbors, but the news is necessarily about what has happened, not what is happening in our community. We also send out emails and informational mailers about important issues regarding our neighborhood.

All of this is fine, but it lacks the immediacy and intimacy of neighbor to neighbor communications. The Board is giving the highest priority to this endeavor and awarding select individuals with a most important Block Captain position. Each Block Captain will live in and be responsible for a neighborhood group of approximately eleven of their direct neighbors. The key objective of each Block Captain will be to become the neighbor to neighbor ‘Communicator’ for their neighborhood group (see the neighborhood group map on our website). With this concept in place, the neighbors can direct any issues to the Block Captain who will then pass the comment or request along to the Board or responsible committee. The Block Captains will also be responsible to assist the Board and committees in communicating messages to their neighborhood group. Also, the Block Captains will have frequent neighborly contact with their neighborhood group to keep us all updated on the “life-events” and import personal information which will be shared so that the information, as appropriate, may be included in our Messenger newsletter. The Block Captain is the most important link to our neighbor to neighbor communications and will allow each neighbor to have somebody to assist in resolving their issues and reporting their accomplishments. That is the backbone of a neighborhood and

it is time for every neighbor in Brook Meadows to embrace this great concept.

Now we need your help to make this work. We are “Reaching Out” and asking you to “Reach Back” with your thoughts, concerns, ideas and opinions to assist in the implementation of the Block Captain program. We not only need individuals to help us by being Block Captains, but ideas on how you feel the Block Captain program can be most effective. The Board is looking for twelve individuals who would be willing to give back a couple hours a month to their neighbors. The position requires no selling, collecting or badgering, only a deep concern for the well being of Brook Meadows and your neighbors. You will have the most important job in this neighborhood and will be directly responsible for the revitalization of our community spirit. All we ask is that you step forward and be an integral part of your neighborhood, and make Brook Meadows a better place to live. We will have a meeting very soon with those good neighbors who are willing to help make the objectives and goals of the Block Captain Committee a reality. Please email us at [Directors@brookmeadows.org](mailto:Directors@brookmeadows.org) and let us know that you are interested in revitalizing our neighborhood. We will take it from there.

Another way to get to know your community is to participate in the many social events that bring us together. The “Last Tuesday” of each month will give each of you an opportunity to meet and greet the neighbor down the street. Do not miss any of the events... they are surprisingly fun and full of good spirit... don’t believe me, just show up at 6:30 pm on the last Tuesday of any month at the place listed in the Social Committee article in this newsletter.

It’s great to be your neighbor,  
Your Board

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# Brook Meadows

## Brook Meadows Homeowners Association, Inc.

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*If you have any ideas to make our newsletter better, please contact the editor. We want your input, ideas, and even your articles.*

### Trash Pickup Rules

Have you been to New York City lately? If you walk down virtually any street on any evening, the major problem you will have is dodging the garbage bags on the sidewalks. We do not want the streets of Brook Meadows looking like the sidewalks of Brooklyn. The Board has received numerous comments, bordering on complaints, from homeowners that some of our neighbors are not following the Colleyville rules on Trash Pickup. Please open the attached file and review the rules... Two important items that have been requested by your neighbors and the City of Colleyville:

- Trash to curb NO SOONER than 24 hours before pickup.
- Trash containers removed from street ASAP after pickup.
- If you have any questions about the rules and pickup schedule you can contact IESI at (817) 222-2221 or go to the Colleyville website for a list of the rules:  
<http://www.colleyville.com/content/view/298/0/>  
Thank you for your attention to this matter.

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### Brook Meadows Rocks!

Now that I have your attention...ahem...thanx to all of you that have attended the "Last Tuesday" events, held the last Tuesday of each month at a nearby establishment. Our May 29th event was on the patio at Duke's, with good and increasing attendance, good period music, and just a wee bit of festivity to accompany the good conversation. C'mon out, meet your neighbors - we really don't bite! The trigger - look for the yellow signs stating that it is Last Tuesday Week, and refer to the schedule below for the location; starting times are now standard at 6:30PM. Yes, this is a compromise toward "structure" but otherwise it is come as you are, leave when you need to, and forget all the rules!

Our neighborhood band, The Grateful Dads, appeared on the deck at Scott's Landing Marina, on Saturday night, June 2nd, to rave reviews. Without a cover, and BYOB, it was a fun evening for the price of a hamburger. A few of our neighborhood gals showed their stuff during Mustang Sally, worth the drive to see in itself. All you want to do is ride around Sally... let's go see their next gig folks! And if you are interested in hosting a backyard party featuring the band, call me and I'll assist in the arrangement and setup, at (817) 540-1501, as well as let you know their schedule.

Upcoming Last Tuesday Schedule:

July 31 -- Cantina Laredo's (bar area)

Aug 28 -- Lonnegan's

Sep 25 -- Costa Vida (new, on 26 near Starbucks)

Your Shy Social Team,

Brett Flournoy, Ana Hinajosa, Angie Wixson

## Sudoku

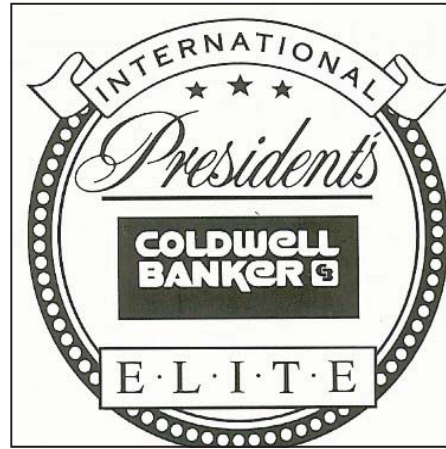
The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

	9			4				
	8						2	4
		2		6			5	
		8	9					
		4	2			9	1	
			5				8	
				2		3		
9		7		8				
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## Watering: How Often, How Long

At the end of a hot, dry summer the most asked question is how often and how long to water the landscape. There are two issues about landscape water; quality and conservation. The water providers in Tarrant County clean the lake water and provide all of us with very clean safe drinking water. Runoff occurs when water is applied faster than the ground can absorb the water. As the water quality in the lakes deteriorates, the cost to clean the water goes higher and therefore our water bills increase. Proper water application will reduce water contamination and conserve water.

There is nothing worse than reading about an issue that you as an individual cannot do anything about it. Everyone with a home landscape can do something about these issues by using water, fertilizers and pesticides properly.

Here is what you can do:

- Plant native and adapted plants. These plants do not require as much water pesticides and fertilizer.
- Use irrigation water as efficiently as possible. Only water when necessary. Make sure all water lands on soil.
- Only apply pesticides when necessary.
- Fertilize according to a soil test.
- Mulch all shrubs, flower and vegetables gardens.

For lists, pictures and descriptions of native and adapted plants go to <http://www.txsmartscape.com>. The Texas SmartScape web site also includes landscape design and maintenance instructions.

How Often?

Research shows lawns will survive and stay green with water every 5 to 7 days during the summer and every 15 to 20 days during the winter. An irrigation audit will identify how long you need to run the sprinkler but how often is the next question. Infrequent deep watering makes plants grow deep roots. Plant roots are opportunistic. Roots grow where there is water. Shallow frequent watering creates short roots, under six inches long. As water evaporates from the soil surface, short rooted plants need more water. Deep-rooted plants, six inch roots or longer, still have water available to absorb from the deeper soil. For lawn areas, try to stay on a five-day watering cycle during the summer and a 15 to 20 day cycle during the winter. The length of the watering cycle will depend on your type of grass, soil and time of year. Learn to adjust the sprinkler controller. The longer you stretch the watering cycle, the deeper the grass roots will grow. Water between 8:00 p.m. and 10:00 a.m. to reduce water loss due to evaporation and wind.

How Long?

Every sprinkler method applies water at different rates. Audit your watering method to find out how long your method must run to apply

the correct amount of water, make sure no runoff occurs, all water is applied to the ground and the water pattern covers the area. The average lawns requires one inch of water on clay soil and one and a half inches on sandy soil. Run the sprinkler with tuna or cat food cans on the lawn to collect water. Time how long the sprinkler must run to fill up the cans with one inch of water. Make sure all water is applied to the soil. Water applied to hard surfaces is wasted. If runoff occurs before you have applied one inch of water, you need to adjust the sprinkler. If water is landing on a hard surface, turn the sprinkler head so the water only lands on soil.

Mulch is an important water conservation technique. Add mulch throughout the summer. Mulch will help break the surface tension so water will penetrate the soil faster. Mulch will cut down on water evaporating from the soil. Mulch will eventually decompose and become part of the soil allowing the soil to hold more water. Use 2 to 4 inches of mulch under shrubs, flower and in the garden.

Flowers, shrubs and vegetable gardens require different watering schedules from a lawn. Zone your sprinkler system and water cycle to meet these requirements or use a drip irrigation system for flowers, shrubs and vegetable garden. Drip irrigation applies water at a slow rate and places the water right where the water is required. There is very little waste with a drip system. Most hardware warehouses and some garden centers carry easy to install drip irrigation systems.

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## Homeowner's Guide to Dealing with Service Companies

Oftentimes homeowners are forced to request service for problems which they have little understanding, i.e. Air Conditioning, Plumbing, Electricity or Appliances. Due to this lack of understanding, the homeowner attempts to obtain assurance by establishing a maximum price for service over the telephone. This approach could actually lead to more expense for the homeowner over the long run. Here are some points to consider.

1. If you don't understand how something should work it is highly unlikely that you will adequately describe the scope of the problem to the service company to cover all possible issues.
2. Most reputable service companies have the homeowner's best interest at heart and would not risk their business' reputation to secure a repair job.
3. Not all repair components are of the same quality. Seeking definitive pricing prior to a qualified assessment may lead to a "patch job" instead of a repair to satisfy price quotes.
4. Generally, the individual overseeing the phone is not a qualified repair technician. Attempting to confirm definitive pricing from the scheduling employees may be no more productive then asking your neighbor.
5. Be involved with your service technician. Reputable technicians want you to understand and appreciate their expertise. Ask questions, explore options and make an informed decision.
6. Make sure there is an employment contract between the technician and the company. Many companies use sub-contractors, which potentially compromise your rights and their obligations for liability.
7. Remember, it is not the technician's fault that you have to repair or replace a product. Don't shoot the messenger!
8. Make sure you understand warranties and representation. Reputable companies are upfront, thorough, and willing to provide written support of warranties. Ask about "hidden" preventative maintenance required to preserve warranties
9. Remember, most reputable companies will work to satisfy customers. Stuff happens! Work with companies to resolve issues.
10. It is generally a safe bet that you get what you pay for. There is a reason for discounted services as all companies intend to make a profit for their services.

## Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Brook Meadows residents, limit 30 words, please e-mail [hwixson@tx.rr.com](mailto:hwixson@tx.rr.com)

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You can get information about your service or products to every home in Brook Meadows, by running a business classified in the Brook Meadows Community Newsletter. It is a great way to get your name and contact information to many potential customers in your neighborhood. The cost is \$50 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The deadline is the 20th of each month for the upcoming month's newsletter.

## Architectural Control Committee

Per the newly filed Covenants, Conditions & Restrictions, in effect since June 13th, we have an approved Architectural Review Committee (ARC). The ARC was put in place to protect our property values by ensuring that all visible new construction, maintenance, and landscaping is in concert with the look and feel of the neighborhood. It is required for each of us, BEFORE making any visible exterior changes, to make contact with the ARC for plan approval. General maintenance or replacement of exterior features with 'like kind and color' does not require ARC approval. The ARC is currently working on a procedure for reporting your proposed changes. Once the procedures are finished and approved, we will post them on the website and in our newsletter. Until that time, please send notice to:

ARC  
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## Cartoon Corner



"You told him he was getting a bath, right?"



## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

### Summer Skin

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

#### Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

#### Creating a Barrier

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more

effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

#### Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.
- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

*Source: American Academy of Dermatology*

#### Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is

to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

#### Everyone Needs a Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

#### What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).

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## How coffee raises cholesterol

Baylor College of Medicine

HOUSTON -- (June 13, 2007) -- Drinking your coffee black or decaffeinated to keep cholesterol in check? Think again.

Cafestol, a compound found in coffee, elevates cholesterol by hijacking a receptor in an intestinal pathway critical to its regulation, said researchers from Baylor College of Medicine in a report that appears in the July issue of the journal *Molecular Endocrinology*.

In fact, cafestol is the most potent dietary cholesterol-elevating agent known, said Dr. David Moore, professor of molecular and cellular biology at BCM, and Dr. Marie-Louise Ricketts, a postdoctoral student and first author of the report. Cafetiere, or French press coffee, boiled Scandinavian brew and espresso contain the highest levels of the compound, which is removed by paper filters used in most other brewing processes. Removing caffeine does not remove cafestol, however.

Studies by a co-author – Dr. Martijn B. Katan of Vrije Universiteit Amsterdam, Institute for Health Sciences, The Netherlands – indicate that consuming five cups of French press coffee per day (30 milligrams of cafestol) for four weeks raises cholesterol in the blood 6 to 8 percent.

However, while the cholesterol increase associated with cafestol had been identified previously, mainly through the work of Katan and his colleagues, the mechanism by which it acted remained a mystery. It was a mystery that Moore and Ricketts decided to address in the laboratory.

For a long time, Ricketts said she was stymied because of paradoxical effects of cafestol in the liver. However, the discovery of a gene called fibroblast growth factor 15 or FGF 15 opened the door to understanding how cafestol affects farnesoid receptor X or FXR in the intestine. FXR was first identified as a bile acid receptor in studies in several laboratories, including Moore's.

"It is part of the body's own way of regulating levels of

cholesterol," said Ricketts.

Through research in the test tube and in mice, she and Moore found that in the intestine, cafestol activates FXR and induces FGF15, which reduces the effects of three liver genes that regulate cholesterol levels. While it is still unclear whether cafestol itself reaches the liver, the finding does confirm that the effect of the compound is in the intestine, which is directly involved in the transport of bile acids.

Moore's interest in cafestol began several years ago when his wife read an article on coffee's effect on cholesterol. She suggested that he might change his brewing method, which involved a permanent coffee filter. The paper filters, the article suggested, removed the coffee oils, which contain cafestol.

Moore researched the problem, and found papers by co-author Katan. He was already working on FXR, and began to think about whether cafestol might be affecting that signal in the cholesterol pathway.

Others who took part in the work include: Mark V. Boekschoten, Guido J.E.J. Hooiveld and Michael Müller of Wageningen University, Division of Human Nutrition, The Netherlands; Arja J. Kreeft, Corina J.A. Moen, Rune R. Frants of Center for Human and Clinical Genetics, LUMC, Leiden, The Netherlands; Soemini Kasanmoentalib of the Department of Medical Statistics, LUMC, Leiden, The Netherlands; Sabine M. Post and Hans MG Princen of TNO Pharma in Leiden, The Netherlands; J. Gordon Porter of Incyte Corporation, Palo Alto, CA.; and Marten H. Hofker of the Department of Pathology and Laboratory Medicine, University Medical Center in Groningen, The Netherlands.

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## Did You Know?

*The albatross sometimes follows a ship for days, but is seldom seen resting. It feeds on scraps of food thrown from the ship, or on fish and squid.*



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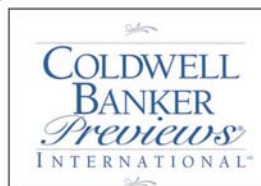


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