

# The Gobbler

The official NewsLetter of Farmington Village

VOLUME 1, ISSUE 1

OCTOBER 2006

## EVENT REMINDERS:

- October 28th at 10 am is the Fall Fest (located at the club house) Raindate October 29th at 1pm.
- November 11th is the Christmas Vendor Show from 1-4 pm
- December 2nd from 10am to noon is pictures with Santa

## INSIDE THIS ISSUE:

- Recreation Committee 2
- Recipe 2
- Swim Team Update 3
- Cold and Flu 3
- Website 4
- Future Ideas 4
- Halloween Safety 4

## Welcome Back!

After a brief sabbatical, the official Farmington Village Newsletter is back. Under a new editor and staff with lots of input from the community, we hope to keep the publication running for as long as there are things to talk about and news to spread.

In an attempt to save money the printer will be delivering them to my house and I will be delivering them throughout the neighborhood.

## Fall Foliage

This time of year, as we all know, the days get shorter and cooler. I, myself, am a huge fan of autumn and its brilliant colors of red, gold, yellow and orange. This time of year always makes me think of home in upstate New York and taking rides to the mountains to see the colors in the peak of their metamorphosis, before they wither and fall to the ground, fulfilling their part of the cycle of life.

Speaking of trees, have you ever been to the National Arbor Day ([www.arborday.org](http://www.arborday.org)) website?

We are trying out a new name, *The Gobbler*, seems appropriate since our great community used to be turkey farm. There is more on the name later in this issue. This month we shall hear from Dr. Bond regarding the change in seasons and the ailments that come to follow. We also have the year end score card for the swim team and other

interesting items of note. Hope you enjoy it!!!

In the future, if budgets allow we will add color issues.

Jamie Colomb  
Editor



The site is very useful and allows you to see what the trees and bushes allowed in the by-laws will look like when they mature. It also has tips on planting and care. Seeing as we do have a rather large selection of approved trees, maybe now is the

time to start planning for the spring and planting a new tree. After all, the more color in the fall, the better the background.

# Recreation Committee

The Recreation Committee is back in full swing! Two events were successfully held this summer and many more are planned for the fall.

The 4th of July bike parade was held the morning of the 4th, and many, many kids came out in the heat to the clubhouse parking lot and paraded with pride! Prizes were given out to the most patriotic bikers. The parade was followed by hamburgers and hotdogs cooked under our newly-opened pool pavilion.

After being rained-out on Saturday, September 2nd, our annual pool party was held on Sunday, September 3rd. Fifty-six families were in attendance. The food was yummy, the music was great and the ice cream served by Bruster's was delicious, too. Thanks to all of the families who came out and supported our first two

events.

By the time you read this, Family Movie Night, featuring Disney's "The Wild," hopefully went off without a hitch. We hope to continue this event in the future. Our next event planned is our Annual Fall Fest on Saturday, October 28th at 10 a.m. at the Clubhouse. Please see the front page of the website for more information on that fun-filled event.

A One-stop Christmas Vendor show is planned for Saturday, November 11th, from 1-4 p.m. at the Clubhouse. Representatives from many home-based businesses will be on-hand. How convenient to do all of your holiday shopping in one place! If you own your own business and are interested in participating, please contact Jenn Santiago at [gjhms2002@comcast.net](mailto:gjhms2002@comcast.net) ASAP as space is limited.

Bring your children and your camera to the Clubhouse on Saturday, December 2nd from 10 a.m. to 12 noon and have their picture taken with Santa! Donuts and juice will be served. We ask that you also bring a new, unwrapped toy to be donated to Toys for Tots. More information will follow as this event approaches.

The annual bus trip to New York City scheduled for Friday, December 8th is **SOLD OUT!** Thanks to all of you who are coming with us. It will definitely be a great time!

The Recreation Committee meets the fourth Tuesday of each month, 7:30 at the Clubhouse. We can be reached through the Farmington Village website; we are always looking for new members and fresh ideas.

"December 2nd –  
Pictures with  
Santa at the  
Clubhouse"

## Recipe

### Farmington Village Snappers "No-Mess - Taco in a Bag"

#### Ingredients

1 lb. Ground Beef  
Taco Seasoning Packet  
Snack Size Packs of Doritos or Fritos  
Shredded Lettuce  
Shredded Cheddar Cheese  
Salsa

Brown ground beef, add seasoning, and follow directions on the package. Add 3 tablespoons of ground beef to Doritos or Fritos in the bag. Then layer Lettuce, Cheddar

Cheese and Salsa. Enjoy!

Future recipe submissions should be emailed to [Newsletter@Farmingtononline.org](mailto:Newsletter@Farmingtononline.org) with recipe in the subject line.



# Swim Team News

Maybe you heard the sounds of cheering as you walked passed the Farmington Village Community Center on Saturday mornings during the months of June and July. What you heard were the sounds of proud parents cheering for their children on the Farmington Village Swim Team (FVST). The Farmington Village Snappers had a great summer! The team consisted of a total of 42 children, all residents of Farmington Village. The age groups ranged from 6 & under, 8 & under, 9-10, 11-12, 13-14, and 15-17. Swimmers received ribbons and trophies for their participation and accomplishments this season.

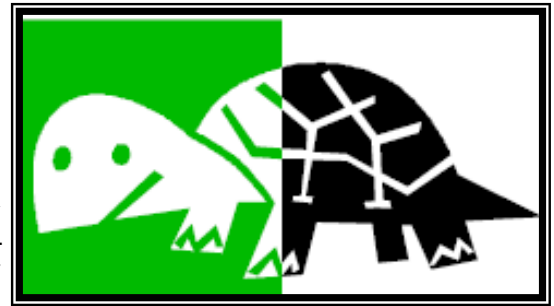
There were a total of four home meets held at our pool. Teams in Division IX were Piney Orchard,

Taylor Village, Four Seasons, Swan Lake, and Farmington Village. Farmington Village was the proud host of the Division IX Central Maryland Swim League Championships in late July, which consisted of five teams from across Maryland. The season was a great success and could not have been accomplished without the dedication and support of the Snappers' parents.

Our beautiful new pavilion housed concessions which consisted of beverages, breakfast items, hot dogs, hamburgers, snacks, and assorted candy. The concession stand was famous for the "Taco in a Bag." Thanks to all residents that were involved in making 2006 a successful season! The Snappers are looking to expand the team next sea-

son, especially in the 13-14, 15-17 age groups. Sign-ups for next year will take place in the spring. Signs will be posted at both entrances of our community advertising the FVST sign-ups.

(Submitted by Michele Rebstock)



## Cold and Flu Session

Everybody has suffered from the "sniffing, sneezing, aching, coughing, stuffy-head, [and] fever" made famous by the Nyquil® ads.

Most common colds last 1-2 weeks, and though their symptoms are typically mild; the common cold is still the leading cause of doctor visits and missed days from work and school in the United States.

Contrary to popular belief you are not going to "catch a cold" or flu from:

- Exposure to cold weather or from getting chilled or overheated.
- Going outside with wet hair
- Exercising
- Dieting

On the other hand, research suggests that psychological stress and allergic diseases affecting your nose or throat may have an impact on your chances of getting infected by cold viruses. You can get infected by cold viruses by either of these methods:

Touching your skin or environmental surfaces, such as telephones, stair rails, and door knobs, that have cold germs on them and then touching your eyes or nose.

Inhaling drops of mucus full of cold germs from the air

### SELF TREATMENT

There is no cure for the common cold. Antibiotics have no affect on viruses and their use for treating colds is strongly discouraged. Antibiotics should only be used for the rare bacterial complication, such as sinusitis or ear infections, that can occur. In addition, you should not use antibiotics "just in case" because they will not prevent bacterial infections. Instead you will help the bacteria develop resistance to the antibiotic you took "just in case" making it ineffective in the future.



- You can get relief from your cold symptoms by:
- Drinking plenty of fluids
  - Ensuring that you are getting a proper night sleep and eating a well balanced diet.
  - Gargling with warm salt water or using throat sprays or lozenges for a scratchy or sore throat
  - Taking ibuprofen, Motrin, or acetaminophen (Tylenol) for headache or fever or body aches
- Using over the counter decongestants (Sudafed) or anti-histamines (Benadryl).
- This will treat the symptoms but not shorten the length of your cold. Aspirin should be avoided in children, due to the risk of Reye's syndrome in children recovering from flu or chickenpox.

### PREVENTION

There are several ways you can keep yourself from getting a cold or passing one on to others.

(Continued on Back)

# Newsletter Name Halloween Safety Announcements

This is **YOUR** newsletter, I only type it. When it came to the naming of it, I looked back at the old ones. The "Farmington Villager" seemed kind of predictable. I was looking for a new name that was as unique as our community. After much pondering, I came up with "The Gobbler"; we were a turkey farm after all. But I thought we should have a vote. Email your suggestions to me at [newsletter@farmingtononline.org](mailto:newsletter@farmingtononline.org) and be sure to put "Newsletter name" in the subject box. I will then gather them all and have the Board pick five. From there, we can poll on the website and have our new name.

Before we know it the streets of the Village will be packed with ghosts and goblins. Everyone needs to do their part to ensure that the kids (and adults too) have a fun and safe night of trick or treating. The National Safety Council has a host of ideas and tips for not only parents but for drivers as well on All Hallows Eve. Check them out as [www.NSC.org](http://www.NSC.org).

Please feel free to email me at [Newsletter@farmingtononline.org](mailto:Newsletter@farmingtononline.org) with announcements like births, yard sales, birthdays, etc. Also keep in mind that if you own your own business, you can advertise for free with a simple ad emailed to me. I am not sure about the rest of you, but I am more inclined to give work to a trusted friend and/or neighbor than a stranger.

---

Anyone interested in joining the Newsletter Committee please send an email to the [Newsletter@farmingtononline.org](mailto:Newsletter@farmingtononline.org) with Newsletter Committee in the subject line

---

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

## Cold and Flu (Continued)

- Avoid others with colds, and limit your contact with others when you have a cold.
- Wash your hands frequently with soap and water. Alcohol-based hand sanitizers also do a great job in killing the viruses on your hands.
- Avoid touching our mouth, nose or eyes.
- Cover your mouth and nose when you sneeze or cough.

**INFLUENZA** is the proper name for the Flu. Though the Flu and the common cold have common symptoms, the Flu can sometimes lead to other problems like pneumonia, ear and sinus problems, dehydration, and worsening of asthma. The flu can be extremely deadly as seen in the 1918 Spanish Flu pandemic that was responsible for between 20-40 million deaths in the world.

The flu vaccine can help prevent a reoccurrence of a flu pandemic. The shot prevents the flu in 70% to 90% of young, healthy adults, but does not do as well in older adults and people

with certain medical problems. The shot does reduce the number of older adults who die or need a hospital stay because of the flu. People who are allergic to eggs or who have had a reaction to the flu shot or vaccine should not be given the flu shot or nasal flu spray.

The flu vaccine does not cause the flu, nor does it prevent you from getting any flu symptoms or the common cold. It is not uncommon for people to develop cold symptoms around the time of the flu vaccine as it is given during the height of the cold season where you are likely to get a cold anyway. If you do think you have gotten the flu you should see your physician as there are prescription medications that can lessen your symptoms or the time you are sick. These medications need to be started within 48 hours of the onset of your symptoms to be effective.

## Future Ideas for Articles

- Pool Committee
- Architectural Committee
- From the President
- Neighborhood watch
- Recipes
- Anything else the neighborhood wants in here

In the spirit of lessening the burden of area landfills, please recycle this newsletter. Also, if you wish to have it emailed to you, please send me an email at [newsletter@farmingtononline.org](mailto:newsletter@farmingtononline.org) with your address in the subject line. I will then add you to the electronic distribution list and my kids will have less weight to pull in the wagon. Also recent changes in Anne Arundel County now allow you to place all your recyclables into one bin, no more separating.

## Web Site

We had some issues with the old website and it is now being revamped. Check out [www.Farmingtononline.org](http://www.Farmingtononline.org). Go into the forum section and register, your account will usually be activated within a day, and then you can participate in the current online debates and discussions. The website also has a community calendar, Photo Gallery, recent Board of Director Minutes, and electronic versions of our community documents. It also has current weather conditions from Royal Star Court. Check it out!!!!