

Happy holidays! Merry Christmas and Happy New Year! Wishing everyone a safe and happy holiday season and prosperous new year.



Oh Christmas Tree DIAMOND DOTZ®

**Friendly Reminders:**

**Dues - Annual dues of \$300.00 are now payable through 02/29/2020 covering the period from 01/01/2020 to 12/31/2020. The dues notice is attached to the newsletter.**

**Next Meeting - Monday, January 13, 2020.**

**Street Tree Maintenance - Please ensure street trees are trimmed to no lower than 7 ft. above the road.**

**Drains - If you are a homeowner with drains in front of or on the side of your home, please clear the leaves from the drains. This ensures the continuous flow of water into the drains.**

**HOA Meetings - Meetings are held every second Monday of the month, unless otherwise announced, in the Administration Bldg. at Canton Center and Civic Center.**

**NOTE: For proper delivery of the newsletter, please ensure your house number is prominently displayed on your mailbox.**

**NEW ONLINE RENEWAL PROCESS FOR DOG LICENSE/ DOG PARK MEMBERSHIP**

Dog licenses and Dog Park Memberships will expire December 31, 2019, and Dog Park key fobs will deactivate if a membership is not renewed by January 15, 2020. This year, to increase access and reduce taxpayer costs, the Clerk’s Office has provided a new online renewal process.

Residents can now go to [cantonclerk.typeform.com/to/Bgo2f0](http://cantonclerk.typeform.com/to/Bgo2f0) and follow the prompts to renew their license and membership online. Each dog must be renewed separately. No internet access, stop by the Clerk’s Office. (©2019 Canton Focus, December 2019 Volume 31—Issue 12. All rights reserved.)

**DID YOU KNOW . . . A Canton Fun Fact!**

**CANTON’S HISTORICAL SCHOOLS**

The first schools built in Canton were primitive log structures, one of the first being in Cherry Hill. Later, brick or frame schools replaced them. The schools were often used as community centers for the surrounding area for religious services and non-profit shows. Today, three of the original nine schools remain: Cherry Hill - Cherry Hill and Ridge, Sheldon School - Michigan and Sheldon, Hough School - Old Haggerty and Warren. (©2006-2019 Canton Township, MI and its representatives. All rights reserved.)

**12 HOME IMPROVEMENT GOALS TO MAKE THIS YEAR**

**January: Change Your HVAC Filter** - Change your filter every 4-6 weeks to help your HVAC system run efficiently.

**February: Wash the inside of your windows** - Use glass cleaner or distilled white vinegar on the glass.

**March: Change the batteries in your smoke detectors** - Do this at least once each year and test smoke detectors monthly.

**April: Inspect your indoor plumbing** - Check for dripping faucets, leaks under sinks and water spots on the ceilings.

**May: Paint a room** - Use canvas drop cloths to protect floors and furniture.

**June: Examine your home’s exterior** - Look for cracks in driveways and holes in siding.

**July: Wash the outside of your house** - Use a siding cleaning kit attached to a regular garden hose.

**August: Treat for pests** - Hire an exterminator to treat for termites, spiders and other pests.

**September: Clean the gutters** - Clear out leaves and debris.

**October: Inspect the chimney** - Hire a chimney sweep to clean and inspect your chimney.

**November: Get organized** - Clean out kitchen cabinets and organize overflowing closets.

**December: Deep clean the floors** - Shampoo all carpets and give wood floors a good cleaning. Repair raised boards.

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**ROASTED WINTER VEGETABLE**

**Ingredients:**

- 2 medium sweet potatoes
- 1 lb. carrots
- 3-4 beets
- 3 tablespoons balsamic vinegar
- 1 tablespoon avocado oil
- 2 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Fresh thyme



**Directions:**

Preheat oven to 375° F and coat a 9x13-inch baking dish with nonstick spray. Peel potatoes, carrots and beets. Cut into 1-inch chunks and place in a large bowl. In a medium bowl, whisk together all remaining ingredients except fresh thyme. Reserve 2 Tbsps. of vinegar mixture and pour the rest over vegetables. Toss to coat. Spoon vegetables into baking dish and spread evenly. Roast for 45-60 minutes or until tender, stirring occasionally. Before the final 10 minutes of roasting, pour remaining 2 Tbsps. of mixture over vegetables and stir. Garnish with fresh thyme. (©2019 The Personal Marketing Co. (TPMC). All rights reserved.)

## MONTHLY HEALTH TIP

### Diet and Your Mental Well-Being

Feeling depressed, anxious or stressed? A self-prescribed medication for a bad day often consists of a pint of ice cream and a single spoon. While dessert and the corresponding sugar high may seem to temporarily cure your blues, turning to sweets can actually exacerbate anxiety and depression.

From candy and cupcakes to bagels and white bread, the sugar found in sweets and refined carbohydrates causes your blood sugar levels to spike and fall. This fluctuation releases an excess amount of cortisol, the stress hormone.

The effects of increased cortisol can include:

- boosts of energy that prevent sleep
- increased anxiety
- higher stress levels
- disturbed sleep patterns
- mood swings
- symptoms that mimic panic attacks in some severe cases

These side effects can heighten existing depression and anxiety as well as mimic their symptoms in people who are not already suffering from mental illnesses. Sugar also releases dopamine, an addictive feel-good chemical in the brain, which makes consuming sweets a hard-to-break habit. (©2019 The Personal Marketing Co. (TPMC). All rights reserved.)

## HELPFUL COMPUTER ADVICE



### 1. Install Antivirus Software

To catch viruses in spammy downloads and fishy websites

### 2. Perform Regular Software Updates

To fix bugs and glitches as well as enhance security

### 3. Run Computer Maintenance

Defragment your computer regularly and clean the registry

### 4. Backup Files

Backup photos, videos and other files to prevent loss

### 5. Keep Your Keyboard Crumb Free

Crumbs can damage the internal parts of the keyboard

### 6. Clean the Screen

Use a soft cloth or wipes specifically made for electronics

### 7. Remove Dust from Vents and Fans

Clean the fan and vents yourself or take to a computer shop

### 8. Use a Surge Protector

One power surge can fry your computer while it's plugged in

### 9. Avoid Extreme Temperatures

68-71 degrees Fahrenheit are ideal temperatures for computers

### 10. Carry Laptops in Cases

Protect against scratches, dents, dust and debris

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### New Neighbors:

Welcome our new neighbors on Shagbark!  
Paul Yoon-Lee and Min Yoon-Lee

# NEWSLETTER

## SOME HOME SAFETY ADVICE

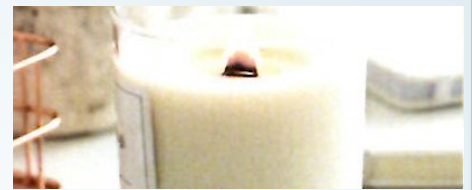
Carbon Monoxide (CO) is an odorless, colorless gas that can enter the home through furnaces, stoves, water heaters and fireplaces. CO poisoning may seem a lot like having the flu because symptoms include headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. Be sure to install a CO detector in your home, especially in a location where you can hear it when you're asleep. Go to <https://www.cdc.gov/co/> for more information. (©2019 Hudson, Ink. All rights reserved.)

### FAST FIX

For easy microwave cleaning, fill a microwave safe bowl or measuring cup about halfway with water. Add squeezed lemon juice and lemon slices. Run the microwave on high for a couple of minutes to loosen up the grime. Let stand for five minutes. Carefully remove from microwave. Wipe surface, turntable and door clean. (©2019 Hudson, Ink. All rights reserved.)

## HOME ADVICE: CANDLES

Choosing healthy candles for your home. Whether you're relaxing in the bathtub or curled up on the couch, a few lit candles can create a calm, serene atmosphere. However, candles are often made



from toxic products such as petroleum or lead, which can result in health problems over time. Choose wax wisely. Look for candles made from 100% soy wax or beeswax, and avoid any with paraffin, which is a petroleum by-product. When burned, paraffin emits toxic fumes like benzene and toluene. Skip the fragrance. While a popular allure for candles is their heavenly scent, it can be risky. Most scents are made from combinations of chemicals that are often undisclosed and not proven to be safe. If you prefer a scented candle, look for options containing 100% pure essential oils. (©2019 The Personal Marketing Co. (TPMC). All rights reserved.)

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Missed or Misdirected Mail - Call Lee Thompson—313-226-8607

Road Complaints: [www.waynecounty.com/servicerequest20/](http://www.waynecounty.com/servicerequest20/) or call: 888-762-3273

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