



## 14 Invest In Yourself & Your Community

I now realize that I must Believe and have Confidence in my ability to “do what must be done” in order to succeed in my overall quality of life.



## 12 Perk Up: Boost Mood

How am I feeling, Now? Is it possible to create a better mood for yourself? Can you do it for others?

## 02 Your Best Year Ever Message from President

Greetings Friends, Neighbors and Supporters,

Can you believe we are now into 2019. We are looking forward to a year of anticipated projects, programs and initiatives to enhance the Randallwood community. We have dedicated officers that are eager to bring growth into the community. I know you want the BEST for Randallwood and we have a great team to help make that happen. They are:

- President, Joanie James
- Vice President, Rick Beatty
- Treasurer, Betty Tucker
- Secretary, Deloris Mack
- Sargent-at Arms, Tom Vrhovac and Ed Smith

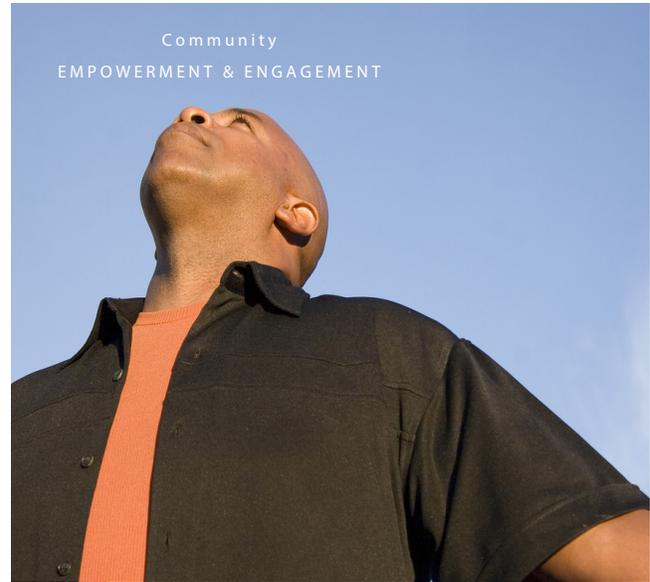
Coordination is underway to implement our first community project thanks to Life Bridge Small Community Grant. The Randallwood Landmark Project will revitalize our landmark at Elmcroft Rd and Church Lane and will be our first opportunity come together and have fun. We will provide full details as we progress. We encourage each of you to participate in making this event one to remember.

The Randallwood Community is excited about the upcoming year, and the opportunities for networking, growth and development of a neighborhood that seems to have been over looked for some time now. Don't forget, it is your participation and feedback that will make this an excellent organization.  
Joanie James

### THE PURPOSE

The purpose of the Randallwood Improvement Association is to maintain the vitality, promote the health, safety and general welfare of Randallwood. The Association will encourage good fellowship and feelings of neighborhood identity within the community. The Association shall be non-political and non-sectarian.

## 08 It May Be Time to Shift Your Mindset It will empower your mind, body & spirit



## 04 Are you stress or overwhelmed? Coping With Anxiety



## 07 Learning to Say No

People come up to you and ask for your help all the time. There are ways to say no that won't make you seem like the bad person. One great way to do this is to let people know you have other tasks and that you can get to their tasks after you complete yours.



## 11 SMILE & STAY CALM

It's important never to get angry when others approach you with more work. Smile and find out why they are hitting you up for the extra work. It could be they are not aware of your schedule. You can produce your to-do list if this is the case.



# HEALTH INVESTMENT CREATE A BETTER MOOD

Is it possible to create a better mood for yourself? Can you do it for others? If it is possible, why isn't everyone always happy? It seems being happy is preferable to being in a bad mood.

Studies have shown it is possible to improve your mood. It can be as simple as thinking you're in a good mood. If you believe it, your attitude will change. In fact, even when you aren't in a good mood, the simple act of smiling can perk you up.

One reason why people don't improve their mood more often is that they don't know they can. From early childhood, we understand that we have different feelings. Sometimes we will be in a good mood and other times we won't. Parents and teachers told us it's just the way it is.

If you want to better your mood, start hanging out with upbeat people. There's nothing like a sourpuss to bring down a group. These cranky people seem to go out of their way to make sure everyone is miserable. By avoiding these people, you have less chance of being in a bad mood

at the start.

Next, create an environment for yourself that lifts your spirits. If a certain type of music gets you pumped, play that music more often. Some people like to burn incense as they feel it can positively alter their moods.

You should reflect on your life and be grateful for what you have. You have a lot to be thankful for if you're in good health. If your family is in good health, you should also be grateful. Your mood will naturally increase towards the positive when you appreciate such things.

Try not to worry about the mundane issues in your life. They are going to happen whether you worry or not. Just take care of them so that they aren't hanging over your head. Don't let things build to the point that they become a major matter.

It may seem obvious, but do more things that make you happy and less that don't. It's not always possible to avoid adverse situations, but you do have control



## CODE VIOLATIONS

- **Trash cans without lids**
- **Trash, junk and debris**
- **Grass and weeds over 123 inches**
- **Recreation vehicles-improperly parked, unlicensed or too many**
- **Rat harborage**
- **Animal feces**
- **Rooming and boarding issues**
- **Unlicensed or inoperable motor vehicles**
- **Junkyard conditions**
- **Illegal business from a residence**
- **exterior repairs**
- **Commercial site plan violations**
- **non permitted signs**

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### It May Be Time to Shift Your Mindset

If you are experiencing low energy, or are not in good spirits, you may want to consider altering your mindset. When you are down, it can be due to negative thoughts. You start to dwell on everything that is going wrong. You reflect that you aren't where you thought you would be and it gives you a sinking feeling.

When you start to have negative thoughts, you are setting the stage to beat yourself down. What's worse is this situation continues to grow. Negativity feeds on itself. When you put yourself down, you will eventually put others down.

# **Crime Alert**

1/14/2019

**Baltimore County Police Department**



"INTEGRITY...FAIRMESS.. SERVICE"

Community Outreach Team  
Pikesville Precinct #4  
215 Milford Mill Road  
Baltimore, MD 21208  
410-887-6775

Dear Community Members,

During the morning hours of 1/13/2019, the Pikesville Precinct experienced multiple thefts from motor vehicles and multiple attempted thefts from motor vehicles. In the thirty-two hundred block of Midfield Road, there were three vehicles entered and rummaged through. There were also three attempted thefts from vehicles **but these vehicles were locked and no entry was gained**. In the seventy-four hundred block of Crossland Road, there were two attempted thefts from vehicles but **no entry was gained because the vehicles were locked**. In the seventy-nine hundred block of Park Heights Avenue, one car was entered and rummaged through and items were stolen. Finally, in the thirty-three hundred block of Lightfoot Drive, an **unlocked** vehicle was entered and rummaged through.

**Please lock your vehicles and remove all valuables from your vehicle. This includes vehicle keys, house keys, and garage door openers.**

Keep your residences secured at all times. Lock your windows, doors, and use your residential alarm system if available. The Pikesville Precinct Community Outreach Team offers free residential security surveys, where a uniformed officer will respond to your home and provide ideas to better secure your residence. Officers from the Pikesville Precinct are actively patrolling your neighborhood. If you have any questions or would like to schedule a security survey, please contact the Pikesville Community Outreach Team at 410-887-6775.

Please be vigilant of suspicious subjects or vehicles roaming through the neighborhoods. If you notice any suspicious activity, safely get a good description of the subjects and contact 911.

**REMEMBER, YOU ARE THE EYES AND EARS OF THE COMMUNITY.**