



THE MOUNTAIN MEMO

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FIRE DANGER SEASON

Spring is a time when the danger of fire is high. This is sometimes not as obvious as it is in the fall when everything is dried out. The Spring danger season is just that much worse because the rains make the surface of the ground look saturated, where in reality there are very dry leaves and twigs under the surface ready to feed any flame that may appear. Please be careful during the danger season, March 1 through May 31, but don't forget good fire safety habits the rest of the year. Also, the Great Cacapon Volunteer Fire Department's annual fund raising campaign is presently under way. Try to remember when you are solicited, that this fire company is the closest fire fighting team to our development and they are roughly eight miles away. Any help you can give will increase the peace of mind of all of the property owners. Remember, a fire on the mountain would be a disaster to all the properties involved.

LITTER ON THE MOUNTAIN

During the fall there were several sightings of trash and junk thrown along Ridge Road. We're not talking about an isolated bottle or can, but materials that should not be dumped on your neighbor's property. These materials included rugs, steel doors, and bags of garbage. Besides being quite inconsiderate to the property owners in Cacapon Highlands, it is also quite unsightly. Furthermore, there is absolutely no need to dump trash along the road since there is a dump within five (5) minutes of the development.

Therefore, in an effort to keep the mountain in as natural a state as possible, let's keep the properties and roads free of litter and garbage. If each property owner takes care of his own trash, this problem will be eliminated.

A SPOONFUL OF SUGAR

According to health education specialists with the West Virginia University Cooperative Extension Service, altering the form of pill medications may alter the effect of the drug.

Some tablets are coated to conceal their unpleasant taste, prevent irritation of the mouth or esophagus, or to delay release of the drug until it reaches the intestine.

Crushing a coated tablet immediately releases the medication. The result, the WVU specialists caution, can be a bitter taste, reduced drug effectiveness, gastric irritation, nausea, vomiting, or drug overdose.

Drug overdose results because some medications are designed with multiple coatings, or beads, that permit gradual release of the drug and its slow absorption. So, crushing or mixing time-release capsules, for example, releases medication exceeding the normal dose. That can result in an overdose and possibly, intense side effects.

Mixing medication with milk or fruit juice is not always safe. These liquids can alter the solubility and absorption of some drugs.

WVU Extension health specialists say the first question to ask the pharmacist or doctor is whether altering a medication will be safe. Other questions to ask are: Can or should this drug be taken with fluid? If so, how much? With what food or fluid can this drug be safely mixed?



BOARD AND COMMITTEE ACTIVITIES

FROM THE TOP

The winter months have not been uneventful on our mountain. I'm sorry to report that there were four more break-ins in January. I know that this has to be frustrating for the victims. Unfortunately, there doesn't seem to be a whole lot we can do to prevent the thieves from coming into the subdivision. The Morgan Messenger had an article in one of their recent issues stating that there had been at least 22 thefts in the area. The sheriff's department is not equipped to handle the problem. Hopefully, with the special tax levy they are trying to get approved, the sheriff's department will get additional funds to help the situation.

Shannon Whitacre, our security guard, has done an excellent job of checking the cabins and campsites. He makes regular reports to us and notifies us when the need exists. He has been particularly helpful in reporting the break-ins and letting us know when different problems have come up. Remember, he will be on duty only through March. Several things need to be considered before we can make the decision to extend the security program through April.

I am happy to report that anyone seeking electric service in our area will not have to pay up-front charges as some of us have in the past. The Public Service Commission ruled in our favor and our advance payment has been refunded to us. We will now pay the charges over a five year period of time. If anyone needs more information about electric service please contact me and I will be glad to go into more detail with you.

Might also remind you that if you are still serious about telephone service you must apply to the company that serves your location. If you apply to C&P there should be no delays in getting service. General Telephone has no facilities in the area and I'm sure they will not extend a line to us unless there are enough applications for service. Boundary lines are confusing on our map, if you have any questions perhaps I can help you determine the correct company to call.

We are still working on the problem with Firetower Rd. We do have a temporary agreement with our neighbors which seems to be working out well. Firetower Rd. has been an orphaned road for many years. We are presently seeking advice from our attorney. Hopefully the end result will be a mutual agreement between the two POS's as far as use and maintenance is concerned. We will keep you posted on the results.

Plans are now under way for our annual meeting. You will be notified of the time and place in a separate mailing as soon as all the arrangements are made.

Comments, concerns and suggestions are always welcome. We need your input in order to make this coming year a successful and productive one. I feel that this past year has been a good one for accomplishments but we still have a long way to go.

See you after the spring thaw!!!

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IS THERE A CABIN IN YOUR FUTURE?

As I recall, the reason for purchasing our little section of the mountain was to have a cozy retreat which would shelter us from the hubbub of the everyday city life. The thought of a cabin on the mountain, either in the hot summer where the mountain would moderate or even cool one's psyche, or in the winter, where you could sit by the window surveying a snow scene while a wood stove radiated warmth and peace of mind, was the dream from the beginning.

The first couple of years, we sketched plan after plan, knowing that the cost was out of range, but still dreaming. After the first couple of break-ins the other half of the partnership cooled, and the fire began to flicker some. Still there were times when the old feeling was strong, particularly after visiting the mountain. Since I have been active with the organization since the beginning, I pushed a little here and a little there to keep "our" dream alive. Each time a new plan was drawn and feelings were high, the cost of the dream became too much to handle with all of the other priorities. As the break-ins decreased and the realization that these things happen in any environment, the mood began to change and the dream began to take some shape again. Finally, a decision to go with a compromise between a large customized manor house and a self-constructed out-house was agreed upon. The cost was weighed and re-weighed and trimmed and deboned and a figure was settled upon. Then the choice of a model was next. It was decided to go with the simple rectangular cabin that is popular on the mountain, it was relatively inexpensive and it represented at least part of the dream.

After pulling out all the old brochures and going over those contractors offering this type of cabin, we decided on a particular builder. The next step was to visit a model of the style house we had chosen. There were models of about about six different styles available to the prospective buyer. We had the time and the inclination to look around, so we visited the model that we had come to inspect. As we had anticipated, it was big enough, but somehow did not fit into our picture. But this was what our budget called

for so it was make do and maybe good things could be accomplished.

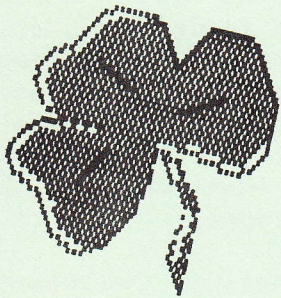
Nearby was a model of a design which had popped up in our plans many times but, we always had grandiose designs and never considered a small cozy version like this one. After stepping inside and taking a look, we knew THIS WAS IT. It was a chalet type with a loft, a large window wall in the front and the price was not out of the picture.

Now, our little piece of the mountain had no improvements except a shaled drive and a cleared area that was to be the site of the dream. This meant contracting for a septic system, a well, excavation for the cabin and some other small improvements that had been considered in previous plans. We talked to a well driller but he wanted an arm and a leg to drill a well and would not install a pump. The well was put off until after the cabin was erected. Since Hook's Excavation has been almost exclusively used on the mountain, he was contacted and a meeting on the site was arranged. Bernie listened to what I had in mind and made a bid that was acceptable. In the following two or three days it took to get liquid funds together, Mother Nature had enough time to mess up the mountain and the valley and the county and the state. Our decision to start right away with ground-breaking was two days ahead of the great flood of '85. That wasn't far enough ahead to make any headway.

The date is about the first of November, it's getting colder and by the time I get the cabin delivered it could be snowing. The original target date to have the cabin delivered was the 21st of November. With the flood causing all kinds of havoc at the foot of the mountain you would think that the drainage from the top would be bad for those at the bottom but good for someone like me on the top. Well that's not the way it was. There was a one week delay before any excavation could be started. Then during the digging it became apparent that the mountain does not drain as well nor as quickly as was presumed.

(TO BE CONTINUED)

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FIRST CLASS



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