



THE MOUNTAIN MEMO

VOL. 5, NO. 3

SEP 1989

THIS FALL TRY FITNESS, FIRE SAFETY AND FESTIVAL FROLICKING

FITNESS

Physical fitness can decrease the risk factors associated with heart disease, enhance the ability to do physical work, release tension, help control weight, and encourage a feeling of well-being. However, many myths exist regarding exercise and nutrition. Test your knowledge on the subject with these true or false questions:

1. Active people require more protein to improve their ability to exercise.
2. Exercise significantly increases a person's vitamin and mineral requirements.
3. Restricting fluid intake is recommended during training.
4. Salt tablets help to replace sodium lost in sweat.
5. Commercial drinks are excellent sources of fluids.
6. Eating foods high in sugar before exercising is a source of quick energy.
7. A steak or large hamburger is a nutritious pre-game meal.
8. Exercise significantly increases appetite and is not beneficial for weight control.

As some of you may have guessed the answers are all false. There will be more on this subject in future articles.

GOOD REASONS TO GET INTO HIKING

Walking is a lifetime exercise. "It builds strength in youth, maintains it in old age," says Dr. David Fouts, SSA Medical Officer. "It is available to people at low fitness levels and exercise more muscles than most other activities."

If you have been thinking about starting an exercise program, here are some of the reasons to consider walking:

1. The shock impact of walking - particularly the stress on knees - is minimal compared to running (1.5 times the body's weight with each step compared to 3-4 times with jogging).
2. Walking is inexpensive; you don't need special equipment or facilities.
3. Walking improves circulation by increasing blood demand to active muscles and by contractions of leg muscles that force blood back to the heart.
4. Walking is aerobic. "It causes increased oxygen consumption," Dr. Fouts explains, "which improves cardiopulmonary fitness. The increased demand of the heart increases cardiac efficiency, slows the resting heart rate and may reduce blood pressure and increase the 'good' - HDL - cholesterol level."

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BOARD AND COMMITTEE ACTIVITIES

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THE MOUNTAIN MEMO is published four times a year (March, June, Sept and Dec) and is the Cacapon Highlands Property Owners official newsletter. All material for publication must be submitted by the 15th of the month prior to publication.

1. New Board of Directors

Effective November 1989, the CHPOAs Board of Directors will be as follows:

Chairperson - Kay Roach
Co-chairperson - Bud Wyman
Treasurer - Shirley DePaolis
Secretary - Karen Day
Trustee-at-Large - Barbara Skillman

Once again, the Board consists of people who are genuinely interested in the development and maintenance of the Mountain. Kay, Bud, Shirley, Karen and Barbara will do an excellent job with the various Board activities. However, they also welcome new ideas and comments from other property owners. If you have an item that needs the Boards attention, feel free to give one of the members a call.

2. Let's Clean Up Our Act

The Board has received complaints concerning the unsightly appearance of some of the properties on the mountain. The complaints have resulted from garbage, debris and junk that has been allowed to accumulate. The CHPOA covenants clearly state that each property owner is responsible for maintaining his/her lot in a clean state which is free of garbage and other litter. Please take the time and effort to clean up your lot. Your efforts will be greatly appreciated.

3. Gypsy Moths

The West Virginia Department of Agriculture will soon be visiting the mountain to perform a visual inspection and egg mass count as a post review of this springs spraying. The results will be provided as soon as they become available.

MORE ON THE GYPSY MOTH

A virus called Abby shows promise of being an effective killer of foliage-eating gypsy moths, the U.S. Department of Agriculture said.

Once the virus is applied, it is transmitted to each new generation of moths, said entomologist Martin Shapiro of the department's Agricultural Research Service.

The agency and the Forest Service plan to field-test the Abby virus this summer in Western Maryland. Scientists will count the number of dead moth larvae and measure the amount of foliage that was protected.

Mr. Shapiro said if Abby passes the tests, the virus could become an alternative to either *Bacillus thuringiensis* or difluzenuron, a chemical currently used against the moths that keeps them from reaching adulthood.

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5. Walking strenghtens muscles of the legs, arms, shoulders and abdomen because all these muscles are used in vigorous walking.

6. Bone density is increased with walking, and the demineralization that occurs with aging is reduced.

7. Walking helps reduce weight and body fat. "walking reduces the appetite by redirecting blood away from the digestive tract and to the muscles," Dr. Fouts points out. "Dieting should always be accompanied by whole body exercise - like walking - to avoid loss of lean body mass. Dieting without exercise usually results in a rebound effect in which the dieter quickly regains lost pounds."

8. Walking relieves stress and enhances creativity. According to Dr. Fouts, it helps you forget problems by focusing on physical exertion and your environment. And it improves creativity and problem-solving ability by increasing the oxygen supply to the brain.

9. Walking is easier to stick with than other exercises. "Studies show that dropout rates among walkers are less than those for joggers - probably because walking is less boring," Dr. Fouts says. "Walking can be done on varied terrain and while talking to other people.

10. Walking prevents the weakness of aging and reduces the risk of developing arthritis.
Tips for walking Right

Before any long walk, spend a few minutes warming up with these exercises:

* Stand up, then slowly let your upper body fall forward until your hands hang to your toes. Hold for 30 seconds and then slowly straighten up. Repeat five times.

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Mr. Shapiro, who has worked on the virus strain for about seven years at the agency's insect pathology laboratory in Beltsville, named the new virus Abby after the town where it was found-Abington, Mass.

The Abby virus showed up early in the studies as one of the most effective of 19 different strains of nuclear polyhdrosis virus (NPV) around the world. The NPV strains infect gypsy caterpillars but may not always prevent them from defoliating the trees.

Mr. Shapiro said the Abby virus demonstrated in laboratory tests that it can kill caterpillars 10 times faster than the standard NPV, which has been used by the National Park Service in selected areas of Rock Creek Park in Washington.

Park officials said that wherever NPV was sprayed there was "little or no defoliation" to the trees. "And that was the natural strain, not Abby," Mr. Shapiro said.

Gypsy moths in the caterpillar or larvae stage are voracious eaters of foliage. They have gradually spread from Massachusetts, where they were imported in 1869 by a French biologist to breed them with native American silkworms.



CLASSIFIED

For Sale
Lot 1-D, 5.1 Acres w/stream
\$11,500. Joe Brockmayer, 301-437-4861

* Do push-aways from a wall. Stand with your feet 16-18 inches away from the wall. Keeping your heels flat on the floor at all times, alternately straighten and bend your elbows to push away and approach the wall. Repeat 10 times.

* Holding on to the back of a chair with one hand, lift the opposite leg off the floor by grasping your ankle. Bend your upper body forward, stretching your thigh muscle in the leg that's off the floor. Hold for ten seconds, then release. Repeat five times with each leg.

* A good walking style begins with good posture. Hold your head up, pull in your stomach and straighten your back. Keep your toes pointed straight ahead, with your weight resting chiefly on the balls of your feet.

* Concentrate on rhythm as you walk. A good arm swing will help improve your gait by equalizing your balance and eliminating waste-motion. You'll be surprised to discover how much more strenuous walking can be with added arm movement.

* Walk at least 30 minutes every other day, and try to maintain a speed of about 3 1/3 miles per hour (1 mile in 18 minutes).

NOTE: Trembling muscles, labored breathing or headaches indicate overexertion. Slow down or rest, and walk a shorter distance until your body develops more stamina. If symptoms persist, see your physician. (This article submitted by Ken Kisling)

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Forwarding and Address
Correction Requested



FIRST CLASS

