

THE MANOR MONITOR

August 2009

A Monthly Publication of The Vint Hill Manor Homeowners Association

www.VintHillManor.org



Board of Directors' Monthly Meeting

The July meeting of the Board of Directors (BOD) of the Homeowners Association (HOA) was held on Tuesday, July 7, 2009, in the Conference Room at the Vint Hill Conservancy/ EDA offices at 4263 Aiken Drive. The regular, monthly BOD meetings are open and all members are invited to attend.

At the beginning of each monthly meeting, there is an opportunity for members to make comments and/or present questions for the BOD's consideration, as well as advise concerns, or offer ideas. Minutes of the previous meeting, as well as current financial statements, are made available to all attendees. Significant items addressed at the meeting are covered in the *Monitor*.

Available Positions

Chair, Common Grounds Committee

POC, Frank Fuerst, 341-1473, or send him an e-mail at – fafuerst@earthlink.net. See the Common Grounds Initiatives article.

Recording Secretary Position

The only requirement is a commitment to attend the monthly BOD and Annual Membership Meetings, record what takes place, and provide a draft copy to Stan Manvell, the HOA Secretary. Stan will be responsible for developing and providing the 'official' minutes. Anyone willing to help out in this capacity, please contact Stan at 341-2886, or send him an e-mail at – stanvell@comcast.net.

Common Grounds Initiatives

Quality Control Areas In response to the article in the July issue of the *Manor Monitor* seeking volunteers, Frank Fuerst, Acting Chair of the Common Grounds Committee (CGC), advised that volunteers have agreed to fill 8 of the 9 quality control areas. A volunteer is still needed for Lots 1-6. Alternates are needed for all lots except 62-71.

Grounds Inspection On July 9, 2009, Frank, along with Smitty Allnutt, accompanied representatives from the EDA/ Conservancy quality control contractor, OLM, and the new maintenance contractor, Ruppert, on a walk-through and inspection of Land Bay G to assess how well the area is being maintained under the new contract.

Frank also reported that the missing rocks from the entranceway had been replaced by Ruppert.

Drainage Issues Some efforts are underway to help alleviate the drainage situation in the area adjacent to Averbach Ct. A proposal was made by Ruppert to regrade the swale downstream from the concrete drainage culvert, and install filter fabric and riverjack rock. In addition, Mark Mellancon offered to go down to the area and use a large level that he has to check the slope of the drainage culvert to ensure it is adequate to carry off the water.

Mauchley/Shugart Slope Regarding the sloped area next to the wall in the common area

between Mauchley and Shugart Cts., Ruppert has provided an initial estimate for plantings that exceeded \$20,000. Action is being delayed pending the appointment of a Chair for the CGC and membership approval of the expense.

CGC Needs Chair Anyone interested in finding out more about the CGC Chair position is encouraged to give Frank a call at 341-1473.

Architectural Review Committee Activity

Steve Chronister, ARC Chair, reported on the June ARC meeting. Steve advised that the committee reviewed and approved applications from five homeowners. There are still 5 lots (6 unapproved modifications) that are in a non-compliant status. The committee started developing approval guidelines for homeowner requests to install rain barrels. In the current draft, the guidelines address such requirements as: a top cover to prevent mosquito development, the location to be at the rear corner(s) of a home, screening relative to the style, color, and overall appearance, and the use of an overflow control device.

The ARC meetings are usually held on the last Tuesday of the month and, like the BOD meetings, are open to the members of the community. The location of the next meeting is determined at each current monthly meeting. The July ARC meeting was scheduled for the 28th, at 7:00PM, at the home of Steve Chronister, 6828 Averbach Court.

The ARC is always ready and more than willing to meet with any homeowner to provide guidance and/or assistance with the necessary application(s) which are required for exterior modifications to our homes. In a spirit of cooperation, please help the ARC reach its goal of Complete Compliance!

Manor Pride!

Planning some changes? – Give Steve a call at 428-1828

New Proposed Programs

On the heels of the very successful Driveway Sealing project – 45 homes – Mark Melancon, Chair of the Programs Committee, announced two new proposed projects:

Cleaning of Gutters and

Power Washing of Homes. As is the custom, our initial step is to determine the level of interest. If you think you might be interested in either or both of these services, contact Mark Melancon at 341-4177, or send him an e-mail at melanconmjf@comcast.net by August 15, 2009. There is no commitment required at this time, just an expression of interest. Mark needs a rough idea before proceeding at all, or proceeding in getting some quotes.

Trash and Recycling

There have been a number of requests to publish some reminders regarding this subject. Regarding Trash, please do not put trash out prior to the **evening** before the pickup day, which is Tuesday. If you miss the pickup, please retain trash in the container or elsewhere out of sight until the next pickup day. Except on collection day, the containers are required to be kept out of sight – preferably in the garage, or behind approved screening. On pickup day, both the trash and the recycling containers should be removed from the curbside as soon as is reasonably possible after pickup.

Regarding Recycling, which is picked up the same day, please do not mix trash in with the recyclable materials, and please separate the various categories: paper, cardboard, coded plastics, aluminum and glass. Manor Pride!

To ensure pickup of both Trash and Recyclables, have the containers curbside by 7 AM.

Chartering Documents Web Project

Frank Fuerst, Chair of the Chartering Documents Review Committee (CDRC) advises that Stan Manvell has completed the first phase of the project that will eventually result in getting all our documents ready to be put on our website. The final product will have all changes incorporated and be easier to read and understand.

Clean Up Indoor Air With Plants

Certain plants, such as philodendrons, spider plants, and ivy are natural air allies and can be obtained from a local nursery. And those are just a few of the green friends that can help scrub harmful compounds from household air. Just one plant per 100 square feet of living space will help absorb volatile organic compounds (VOCs), which are everywhere.

Carpeting, paint foam insulation, household cleaners, air fresheners,

and even cosmetics contain VOCs. And exposure to VOCs has been cited for causing fatigue, headaches, asthma, and allergies in certain people.

People need to appreciate all their lungs do for them and take care of them.

Here are a few things that are beneficial to lungs:

Sunshine: Okay, the sun can't really shine on lungs; but, they do love the sunshine vitamin. Vitamin D may do more than help build strong bones and defend against certain cancers. It also may help put out the fire of inflammation that leads to chronic obstructive pulmonary disease (COPD). Along with drinking D-fortified milk and orange juice, try D-rich recipes like simple, savory Asian Salmon. The recommended daily dose of Vitamin D is 400 international units (IU).

Cabbage: There's nothing like some good old sauerkraut as far as lungs are concerned, and for extra

Vint Hill Manor Homeowners' Association Board of Directors Meeting Agenda August 4, 2009

1. Call to Order
2. Membership Comment Period
3. Minutes of July BOD Meeting
4. Financial Report
5. Committee Reports
 - a. Architectural Review and Covenants
 - b. Chartering Documents Review
 - c. Common Grounds
 - d. Communications
 - e. Programs
6. Adjournment

flavonoids, opt for red cabbage, which contains 28 times more flavonoids than green cabbage. Like its cruciferous cousins – broccoli, cauliflower, Brussels sprouts, bok choy, and kale – cabbage is high in flavonoids that protect against cellular damage and aging. That’s why it is touted as a lung cancer thwarter, a brain booster, and a prostate cancer stopper.

Peanut Butter: A creamy treat for “Lungevity” is a tablespoon of Vitamin E rich peanut butter. Although many studies have suggested that taking high-dose Vitamin E supplements may cause lung cancer, one new study bucks the trend. It revealed a possible lung benefit from dietary E – the kind found in peanut butter, nuts, and seeds. It presents another argument for getting needed nutrients from food not pills. Clinical trials involving Vitamin E supplements tend to use the synthetic form of alpha-tocopherol; so, it may be that there is something unique to natural alpha-tocopherol that produces a health benefit. Or something else in tocopherol-rich food may be helpful for lungs. Vitamin E also has been credited for reducing the risk of Alzheimer’s, contributing to a strong body, and having younger eyes.

ARMI

The Austin Realty Management and Investment Company (ARMI), as part of its service under contract to the Vint Hill Manor HOA, is positioned to serve as a liaison between the community and the BOD and/or the ARC members. Fred Austin, owner of ARMI, advises that direct contact with his company results in all BOD and ARC members, as the case may dictate, being advised.

ARMI’s address, where our monthly HOA assessments are sent, is: PO Box 3413, Warrenton, VA 20188. Phone: 540-347-1901, Fax: 540-347-1900

Website: www.ARMIVA.com.

Speaking Of Lungs

For the most part, breathing is one of those things that is taken for granted and not even given a thought except, perhaps, when it may be odorous (think garlic shrimp), when it’s in imminent danger (think boa constrictor), or when it is labored (think heavy workout). In addition, many, if not most, people don’t even realize they are not breathing correctly because they are inclined to take very short, shallow breaths.

To really improve lung function, it is necessary to consciously practice taking deep, whole breaths. Following are three simple steps that illustrate proper breathing techniques:

1. Lie flat on the floor, with one hand on the belly and one hand on the chest. Take a deep breath – slowly. Lying on the floor, at first, when practicing is important, because when in a standing position, it is more likely that a fake deep breath will be taken which is exhibited by an exaggerated chest extension, rather than allowing the lungs to fill up naturally.

2. Imagine/visualize the lungs filling up with air – it should take about five seconds to inhale and fully inflate the lungs. As the

diaphragm pulls the chest cavity down, the belly button should rise moving away from the spine. The chest also will widen – and maybe rise slightly – during the inhaling process.

3. When the lungs feel completely full, begin to exhale slowly – taking about seven seconds to let all the air out.

What are the benefits of better, deeper breathing? For one, it helps transport nitric oxide – a very potent lung and blood vessel dilator (expander) that resides in the nasal passages – to the lungs. It makes the lungs and blood vessels function better. Taking deep breaths also gets more oxygen into the lungs.

Deeper breathing also helps improve the drainage of the lymphatic system, which removes toxins from the body. And, it also helps in stress relief. Slow, rhythmic, deep breathing acts as a mini meditation. Shifting to slower breathing in times of tension can help restore/maintain calmness and allow performance – mental or physical – at higher levels.

In Chinese medicine, lungs are considered the orchestra conductor of the entire body – they set the rhythm that everything else follows. That’s why yoga instructors spend so much time teaching proper ways to breathe – to put the whole body in balance.

Most people think that as long as they don’t pollute their bodies with such toxins as nicotine or factory smoke, their lungs will function smoothly throughout their lives. Although smoking and other environmental toxins are obvious, potent attackers of the airways, there are many other things that can effect how easily the lungs bring oxygen in and push carbon dioxide out. One of the most common is severe snoring – the kind that leaves the sleeper choking and gasping for breath.

Excessive snoring indicates that there’s some kind of obstruction in the throat – and it may be



linked to sleep apnea which is a common – and serious – respiratory disorder. Almost 50% of adults snore occasionally, while about 25% snore regularly. When something in the throat obstructs the free flow of air, the snoring sound is produced by the trapped air vibrating against the lining of the throat. While snoring can damage the ears (and possibly a relationship), it isn't necessarily a health problem by itself – unless it's a sign of sleep apnea, a condition that affects millions of Americans.

Almost 10% of people who snore have sleep apnea, which is defined as any period during sleep in which breathing is stopped for more than 10 seconds at a time. Technically speaking, sleep apnea isn't really snoring – actually it's a stoppage in snoring. It occurs when the blockage that causes snoring completely stops the flow of air and leaves the sleeper gasping for breath.

How does that happen? With age, the tissue in the throat gets softer, fatter, and saggy. When asleep, the muscles fully relax and the fatty tissue collapses and acts like a cover on a manhole so that no air can get in and/or out of the throat. That's obstructive sleep apnea.

The interruption of breathing is not the only danger with sleep apnea. When breathing is stopped, the body actually wakes up – the sleeper is just not conscious of it. The effect, however, is that the sleeper doesn't get to fall into a rejuvenating deep sleep. And the body needs two kinds of sleep during the night: REM (rapid eye movement) sleep and slow-wave sleep. To get into deep REM sleep, it requires about 90 minutes of consistent sleep. If a sleeper is 'waking' up to 10 times an hour, which is typical for people with sleep apnea, they are never getting into REM, and won't wake up refreshed.

If the sleep apnea disorder is allowed to progress, it can lead to more serious issues. Episodes of breathing cessation cause the

lungs to hold onto some carbon dioxide, which can lead to high blood pressure. Poor sleep quality can cause excessive fatigue throughout the day, memory loss, and morning headaches. Over time, it also can increase the risk of stroke, and, in some cases, it may trigger abnormal heartbeats and other cardiovascular problems.

Asthma is another common respiratory condition – and its implications for aging are important. In some ways, the final pathway for many diseases is in the lungs. Asthma is a complex disease that can be caused by a mix of factors, including everything from dust mites and local toxin levels to genetics (children have at least a 25% chance of developing asthma if their parents have allergies). Fortunately, even if asthma is inherited, a person can go a long way toward controlling its symptoms and the disabling effects of chronic inflammation caused by frequent acute attacks.

Asthma starts when pollen or another allergen works its way down the airway, sneaks past the cilia, and sticks to the lungs. In response to the foreign matter, the body sends immune cells to the area. When they attach to the pollen, they explode like grenades and call in more white blood cells to investigate. That migration of white blood cells to the area causes inflammation and mucus to accumulate in the lungs. When that happens, the muscles in the area become red, swollen, and more likely to go into spasm – which constricts the bronchi which traps air in the alveoli, which, in turn, causes the wheezing, kazoo-like sound of trying to force air through the small openings. Of course, the scariest part of asthma is an attack – a period of time when it's extremely difficult to breathe. An attack may last for minutes or even days. Severe attacks can be fatal; but, many treatments help asthma patients perform normal activities and enjoy life.

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How to minimize asthma's effects on the lungs:

Avoid the things that trigger the attacks. Benefits also can be realized from medications that open the airways during an attack, such as a bronchodilator which is inhaled medication that relaxes the muscles in the airway so that that passage becomes larger, making room for more air to get through.

Another common treatment is steroid inhalation. Steroids are the librarians of the respiratory system in that they tell the airways to be quiet by reducing the inflammation in the area, and that can prevent the aging that inflammation causes. Medications should be taken as prescribed – even though a person may feel well without the drugs, the purpose of taking them is to avoid chronic inflammation, and, thus, the lung-tissue aging associated with inflammation.

Source: *RealAge – Tips of the Week, July 16-17, 2009*
(www.realage.com)