



Merifield Acres Landowner's Association

JUNE 1, 2016

VOLUME 3, NUMBER 3

Upcoming MALA Board Mtg:

Mark your calendar now for the upcoming 2016 MALA Board Meetings!

Until further notice, meetings will be held in the Hensley's garage on Occoneechee (2nd right past the tennis courts).

All meetings are scheduled on the 2nd Tuesday of every even numbered month and start promptly at 7 pm.

June 14

August 9

Oct – picnic will be held on a Saturday. Date TBD

Dec 13

Contact info:

**MALA
PRESIDENT:**

Butch Cheatham

juliancheatham@gmail.com

919-618-1917 (C)

email:
malaisues@gmail.com

SECRETARY:

*Sue Warren -
Borgh*

slwarren1962@gmail.com

NEWSLETTER:

Cindy Meadows

cindymeadows62@gmail.com

Minutes from our last meeting:

Merifield Acres Landowners' Association

April 12, 2016

Board of Directors' Meeting Minutes

The meeting was Called to Order at 7:00 PM.

Attendees: BoD Members: Rick Baldwin, Butch Cheatham, Chris Crouse, Cindy Meadows, Annie Hensley, Kevin Hensley, John Stinson, FJ Hale, Scott Jeffrey, Susan Warren, Paul Starzynski, Emilie Howie, David Hammer, Kent Galvin, Alan Weyman, Dewitt Vanarsdale.

Guests: Hal Norman, Richard Wilke, Joe Doherty, Ken Catlett, Art Edsall, Coleen Edsall, Pam Evans.

Approval of Minutes from the February 9, 2016 Meeting was presented with one change noted in the minutes. Nola Adler is not doing the directory any longer. This was noted in the minutes and they were passed without dissent after a motion that was seconded.

Treasurer's Report: - Chair Annie Hensley reported the Bank of America checking account has \$127,148.79, the Merrill Edge investment account has \$142,157.74, and also provided the latest P&L statement. A motion was made, seconded and passed without dissent to accept the report.

Old Business

President's Comments – President Butch Cheatham mentioned there was one item of old business that had been tabled and needed to be discussed. The Executive Committee's recommendation regarding the tabled issue was that it was not Board business, and that it

should be removed from the Board's agenda. A motion was made, seconded and passed without dissent to accept this recommendation.

Committee Reports

Appearance and Beautification

Chip Overton was not present. Litter continues to be a problem. Thanks to our residents who help by picking up litter around their properties.

Architectural Committee Report

Chair Kevin Hensley reported that no requests have been approved at this time. There is one request under review for a shed on Meriweather Drive. No complaints or issues are currently being investigated.

Aviation

Chair FJ Hale reported that the runway is soggy but has been cut well. No debris reported on the runway at this time.

Common Areas and Facilities

Chair Alan Weyman had nothing to report at this time.

Deer Control

Chair Scott Diamond was not present and did not provide a report.

Roads and Maintenance

Chair Mike Gupton was unable to attend due to health issues. During the meeting, Kent Galvin (540-842-8902) volunteered to stand in for Mike during his absence. Please keep Mike in your prayers.

Butch contacted Adam and Eve Tree Service to cut trees endangering our roads. They cut or limbed trees on Ridge, Lewis and Merifield Roads, as well as the dangerous trees in Oak Park. Our budget does not allow for the commercial removal of those trees, so we encourage our residents who burn firewood to take what they need from the downed trees. Mike Hite will push any downed trees, where possible, away from the road.

We requested VDOT to remove the trees endangering the road and the school bus top at the MALA front entrance, which was done.

Mike Hite's Report was presented: Mike cleaned several road pipes, cleaned up several small trees that had fallen, and cut the grass at the main entrance, Oak Park, tennis court, the front field, and along the main roads where needed.

Security

Chair David Hammer had nothing to report.

Communication

Welcoming / Email

Chair Cindy Meadows mentioned she would be working on a "Welcome Flyer/Packet" for the new residents. There was a request to have the newsletter also available as a pdf.

Directory

Chair Susan Warren had nothing to report.

Website

Butch mentioned that we owe Hal Norman a huge thank you for his ongoing work on repairing and updating our website. Susan Warren will send the two missing meeting minutes, as well as an updated Directory to Hal to post to the website. We need a volunteer to help maintain the website once Hal has completed his work. Anyone who is interested in helping should contact Susan.

New Business

Clarksville Community Players:

<http://www.clarksvilleplayers.webs.com/>

MALA WEBSITE:

<http://merifieldacres.org/>

Town of Clarksville:

<http://www.clarksvilleva.org/>

**Virginia's
Lake
Region:**

<http://www.virginiaslakeregion.com/>

**Mecklenburg
County, VA
– The
Official
Visitors
Guide:**

<http://www.myvirtualpaper.com/doc/visitmeckvaguide/mecklenburgcountryvisitorsguide/2014071601/#0>

Lake Map:

<http://www.kerrlake.com/map/map.htm>

President Butch Cheatham suggested some basic rules on having more productive and professional meetings. We need everyone's cooperation to accomplish this.

1. Our Board meetings are not an open forum, and only Board business is to be discussed.
2. Any resident issues with other residents should not be discussed at Board meetings unless there is a specific covenant or by-law violation reported that needs to be discussed. Violators of this rule may be ruled out of order.
3. Repetitious complaints that have been previously addressed by the Board may be ruled out of order.
4. Personal attacks on other residents will be ruled out of order.
5. The proper procedure is to make a motion first, then open for discussion.
6. The only time motions can be made is during old business and new business.
7. In order to maintain control in our meetings, we need to cut down the cross talk and speaking out of turn.

A motion was made, seconded and passed without dissent to accept and adhere by these rules in the future.

Butch contacted the Corps of Engineers to verify that MALA is current on all permits, and discovered that there are four permits, one for the front entrance that has expired, one that will expire this year, and a requirement for 4 new easements where our roads cross Corps property. He found nothing in the MALA files regarding any existing easements. Each easement site will incur costs for a survey and Corps fees. He has not been able to get an estimate for the Corps costs, but it is expected to be several thousand dollars. We will need approval from the Board to move forward. It was tabled until the Board can do more research on the issue and will be discussed at the next Board meeting.

Hal Norman began a discussion about liens being issued to residents that have not paid their dues. After a lengthy discussion, it was decided that the Board needs time to gather more intel. It was tabled until the next Board meeting.

Cindy Meadows mentioned that we should have a "Litter Pick-Up" Day for those residents that might want to participate in picking up trash for the day and then possibly have a barbeque at Oak Park as an appreciation for their participation. Susan Warren and Cindy will plan and coordinate for some time in June.

Adjournment was at 8:10 PM.

**Parents raise awareness about
ELECTRICAL SHOCK DROWNING**

HARTSELLE, AL (WBRC) -

One month ago [Carmen Johnson, 15, died while swimming](#) with friends in Smith Lake in Winston County. Her parents, Casey and Jimmy, say her death was caused by electrical shock drowning.

The parents said April 16 started out like any other day. Carmen and her friends had been out on the lake riding jet skis. They had come back to the boat dock and were laying out in the sun.

Jimmy was working on the dock when he heard Carmen jump into the water. He heard her laughing and trying to convince her friends to jump in as well.

After a few minutes, another friend jumped in. About that same time Jimmy lowered the metal ladder into the lake so the girls would have a way to climb out of the lake.

**Lake
Country
Regional
Airport:**

<http://lakecountryregionalaairport.org/>

**Lake
Country
SPCA:**

<http://www.lakecountryspca.org/Home.html>

**Mecklenburg's
Veteran's
Memorial:**

<http://www.kerrlake.com/memorial/>

Jimmy said when the ladder hit the water, it sent an electrical current through the water. He heard Carmen's friend scream for help. When he peered over the dock, he could see Carmen's friend clinging to the ladder and Carmen underwater around her friend's knees.

Jimmy said he jumped in the water to try to save the girls and that's when he immediately felt the electric current. Before he blacked out, he yelled to his wife Casey, "Cut off the power to the boat dock."

Ironically, the weekend before, Jimmy had shown Casey where the power cut off switch was located near the back door. Jimmy said if Casey had gone all the way to the other side of the house to the breakers, everyone in the water would have likely died, including himself.

Jimmy said he was able to help Carmen's friend get out of the water, but Carmen had already sunk to the bottom. He tried himself to dive and find Carmen, but wasn't successful.

The Johnsons say it took divers about two hours to recover Carmen's body.

Through their investigation, the Johnsons believe water filled an electrical box on the boat dock sending the electrical charge through the metal on the dock. When the metal ladder went into the water, it transferred the electrical current from the dock into the water. The family isn't sure if the electrical box filled with water over time or if it happened during flooding on Christmas Day. April 16 was the first time they had been in the water since Christmas Day.

[Carmen was a varsity cheerleader](#) at Priceville High School. Her mom says she had dreams of becoming a cheerleader at the University of Alabama.

The Johnsons are using Carmen's death to raise awareness about electrical shock drowning.

In the past month, they have found a piece of equipment called Dock Lifeguard. Once installed, it will detect an electrical current in the metal on a boat dock and in the water up to a 40 foot radius.

The Johnsons said Dock Lifeguard was created by a man in Missouri after someone he knew lost her two sons due to electrical shock drowning.

Jimmy Johnson plans to sell Dock Lifeguard in conjunction with his audio/visual business in Decatur.

For more information about Dock Lifeguard visit <http://www.docklifeguard.org>

For more information about Carmen, you can visit her memorial Facebook page [here](#).

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For SALE!

Have 3 gift certificates for sale

**\$35 at Ace Hardware
will sell for \$25 each**

Contact Ken Catlett 434-374-2413

LONE STAR TICK BITES & ALPHA-GAL ALLERGY:

UNC doctor calls Alpha-gal meat allergy 'tremendously underdiagnosed'

CHAPEL HILL, N.C. (WNCN) — It's an allergy that's "tremendously underdiagnosed," according to one University of North Carolina doctor, and one many physicians aren't even aware of.

Maureen Powell and her 6-year-old son, Will, have Alpha-gal, which means they're allergic to meat.

Will was diagnosed first after months of agonizing gastrointestinal problems three years ago.

"He would have horrible GI symptoms. He would vomit in the middle of the night, always around midnight and we couldn't figure it out for about three months," Maureen Powell recalled.

Doctors thought it was a stomach bug or a virus.

Powell continued, "We were at cancer doctors, pediatric neurologists, gastroenterologists. It was three months of a nightmare trying to figure out what was wrong with him."

After a seventh or eighth visit to the pediatrician, they finally got answers.

Powell said, "We went back to the pediatrician probably the seventh or eighth time and our pediatrician's nurse was just newly diagnosed with Alpha-gal and she said I want you to take Will to an allergist and get him tested for [Celiac disease] and Alpha-gal."

Will tested positive for Alpha-gal, an allergy to the sugars found in meat from mammals and believed to be caused by a tick bite.

Dr. Maya Jereth is Will's allergist and a member of UNC's Thurston Arthritis Research Center. She is studying the allergy, making UNC one of the few institutions in the U.S. researching Alpha-gal.

"We have really only become aware of this allergy over these past 10 years," she told CBS North Carolina, adding, "We don't know definitively what causes it or more importantly how the tick would cause it, but the association seems to be quite strong."

Dr. Jereth says symptoms take hours to show up, and the allergy can cause everything from hives to abdominal discomfort to the most serious: a drop in blood pressure.

Clarksville Government

:

<http://www.clarksvilleva.org/government/>

LIVE WEBCAM FOR CLARKSVILLE:

<http://clarksvilleva.com/live-webcam/webcams-large-view/>

“This reaction can be life-threatening if it’s not reversed in time,” she said, adding patients must treat it as an emergency and use an EpiPen.

At the time of Will’s diagnosis, the family lived on a four-acre farm. They’ve since moved to a less rural Chapel Hill address to hopefully reduce their chances of encountering ticks.

They’ve also eliminated all mammalian meat products from their house but it goes beyond just beef and pork.

The sugars found in meat from mammals is also in toothpaste, lotions, sunscreens, antibiotics and in some cases, vaccines. The flu shot, for instance, has gelatin in it, which comes from mammals.

“We have to order a special flu vaccine,” Powell explained. “I just had to get permission from the state to have Will immune from having to take a booster immunization shot because it had a pork product in it.”

“If you’re sensitive enough, yes, you potentially have to be careful about the flu vaccine,” Dr. Jerath explained. “I do want to state though that it’s a small minority of patients who are that sensitive. The vast majority of my patients do fine just avoiding eating beef and pork.”

The sugar is also in candy.

“Being a mother and watching your son have to not be able to eat gummy candies or go have Halloween and say, ‘Sorry, honey, you can’t eat that.’ You know, everyone’s having s’mores around a campfire and he can’t do that. It’s one of those things that you just say, ‘Just give it to me. Please. Just let him be okay,’” Powell said.

Powell discovered she has Alpha-gal almost by mistake. She’s already eliminated beef and pork from her diet because of Will but then one day she had beef by accident.

“They had inadvertently given me beef instead of chicken and about three and a half hours later at the park I couldn’t breathe,” she recalled, adding, “I remember my tick bite and I didn’t get reactions until about a year later, but we were avoiding mammalian products entirely.”

Dr. Jerath’s is examining how many people are actually impacted and so far she has found as many as one in five people could have the ability to develop the allergy.

Partially because the reaction comes hours later and may not seem to be associated with eating meat and because so few people know about the allergy.

“I do know that in my clinic routinely every week, I see several patients coming in with this allergy. I do believe it’s tremendously underdiagnosed,” she said, adding, “A lot of physicians are not aware of it.”

There is some good news. Over time, Dr. Jerath has seen that the body can clear the allergy.

“The tendency of the body is to actually clear it. To clear the allergy. For people to essentially outgrow the allergy over time,” she said, adding, “It is not a life sentence, but it also tells me it’s rare because only three out of 300 have cleared it.”

Maureen and Will just learned in recent weeks that they are close to being completely clear, making this year’s Easter the sweetest in years. Will can now eat marshmallows and rice crispy treats.

The Powell family hopes sharing their story will help others.

“If I can save a parent going through three months of thinking the absolute worst of what’s going on with their child, then maybe that’s why I have Alpha-gal or Will has Alpha-gal,” Maureen Powell said.

ANOTHER ARTICLE.....ONE OF **OUR OWN MALA RESIDENTS** **AFFECTED:**

Tick Bites Linked to Red Meat Allergy

WebMD News from HealthDay
[WebMD News Archive](#)

Aug. 13, 2014 -- Bites from a certain type of tick can make people allergic to red meat, according to experts.

As Lone Star ticks have spread from the Southwest to the East Coast of the United States, the number of people suffering an allergic reaction after eating red meat has increased, *CBS News* reported.

However, many doctors and patients are unaware of this growing problem.

"Why would someone think they're allergic to meat when they've been eating it their whole life?" Dr. Erin McGintee told *CBS News*. She's an allergist who has reportedly seen 200 cases of this type of red meat allergy among people on New York's Long Island.

Lone Star ticks carry a sugar called alpha-gal, which is also found in red meat, but not in people. Normally, alpha-gal in meat poses no problems for people. But when a Lone Star tick bites a person, it transfers alpha-gal into the bloodstream.

As a result, the person's body produces antibodies to fight the sugar. The next time that person eats red meat, their immune system responds to the alpha-gal in the meat and they suffer an

allergic reaction that can include itching, burning, hives and even throat swelling, *CBS News* reported.

In cases of mild allergic reactions, the symptoms can be treated with antihistamines, but severe allergic reactions (anaphylactic shock) require epinephrine. Some people with the red meat allergy carry EpiPens that deliver a shot of epinephrine.

Most allergic reactions to foods occur almost immediately, but red meat allergic reactions can occur up to eight hours after a person eats meat, *CBS News* reported.

It's not yet known if red meat allergy is permanent. While some people show indications of recovery, others do not.

INSECT REPELLANT

RECOMMENDATIONS:

ConsumerReports

Sign In Subscribe Donate

Insect repellent

Recommended insect repellent

Insect repellent

All recommended models are at least Very Good for overall performance against *Aedes* and *Culex* mosquitoes and deer tick nymphs.

Compare Select up to 5 models to compare detailed Ratings and features & specs. You can add models from other types to your chart. [Learn more.](#)

Recommended Insect repellent

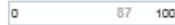
- | | | |
|--------------------------|---|--|
| <input type="checkbox"/> |  | <input checked="" type="checkbox"/> |
| | <p>Sawyer Picaridin
Price as tested:
\$8.25</p> <p>Overall score
0 50 100</p> <p>Price & Shop</p> | <p>Recommended. Mild corn-chip aroma mixed with citrus. Slightly oily. Pump spray. Active ingredient is: picaridin 20%. Our tests found more than 8 hours of protection against <i>Aedes</i> and <i>Culex</i> mosquitoes and deer tick nymphs.</p> <p>See Ratings</p> |
| <input type="checkbox"/> |  | <input checked="" type="checkbox"/> |
| | <p>Ben's 30% Deet Tick & Insect Wilderness Formula
Price as tested:
\$8.00</p> <p>Overall score
0 50 100</p> <p>Price & Shop</p> | <p>CR Best Buy. Aerosol spray. Wet with a moderate chemical aroma reminiscent of rubber cement after application. After 10 minutes, odor remains unchanged and leaves an oily residual. Active ingredient is: deet 30%. Our tests found seven and a half hours of protection against <i>Aedes</i> and <i>Culex</i> mosquitoes and more than 8 hours against deer tick nymphs.</p> <p>See Ratings</p> |



Repel Lemon
Eucalyptus

Price as tested:
\$7.50

Overall score



[Price & Shop](#)

Recommended. Pump spray. Mostly eucalyptus with a hint of lemon. Slightly oily. Active ingredient is: oil of lemon eucalyptus 30% [Approximately 65% p-menthane-3,8-diol]. Our tests found 7 hours of protection against Aedes mosquitoes and deer tick nymphs, and more than 8 hours of protection against Culex mosquitoes.

[See Ratings](#)



Repel Scented
Family

Price as tested:
\$7.00

Overall score



[Price & Shop](#)

CR Best Buy. Aerosol spray. Mostly chemical aroma with some lemon notes. Leaves a thin, dry coating. Active ingredient is: deet 15%. Our tests found 5 hours of protection against Aedes mosquitoes, 8 hours against Culex mosquitoes, and more than 8 hours against deer tick nymphs.

[See Ratings](#)

<http://www.consumerreports.org/cro/health/beauty-personal-care/insect-repellent/insect-repellent-recommendations/insect-repellent.htm>

4/27/2016

Insect repellent Recommendations



Natrapel 8 Hour

Price as tested:
\$9.00

Overall score



[Price & Shop](#)

Recommended. Aerosol spray. Floral perfume aroma. Oily. Active ingredient is: picaridin 20%. Our tests found 8 hours of protection against Aedes and Culex mosquitoes and 6 hours against deer tick nymphs.

[See Ratings](#)



Off! Deepwoods VII

Price as tested:
\$6.50

Overall score



[Price & Shop](#)

Recommended. Aerosol spray. A mild aroma that is mostly floral with some fruity notes. Leaves a thin, dry coating. Active ingredient is: deet 25%. Our tests found more than 8 hours of protection against Aedes and Culex mosquitoes and about 5 hours against deer tick nymphs.

[See Ratings](#)

[Compare](#) Select up to 5 models to compare detailed Ratings and features & specs. You can add models from other types to your chart. [Learn more.](#)

LIFETIME PARK PASSES FOR SENIOR CITIZENS:

Lifetime passes for senior citizens to U.S. national parks and other federal recreational areas are available for a low fee. The interagency pass allows entry to over 2,000 places managed by federal agencies. [Learn more about costs and get your pass today!](#)

Need a few ideas to start trip planning? Find several recreational areas across the country on [USA.gov](#).

Senior Pass

\$10 Lifetime pass

For U.S. citizens or permanent residents age 62 or over.

May be obtained in person at a federal recreation site or through the mail using this application form. The cost of obtaining a Senior Pass through the mail is twenty dollars (\$20). Ten (\$10) for the Senior Pass and ten (\$10) for processing the application. Applicants must provide documentation of age and residency or citizenship.

May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.

Generally does NOT cover or reduce special recreation permit fees or fees charged by concessioners.

ANNUAL TRASH PICKUP MONTH - JUNE

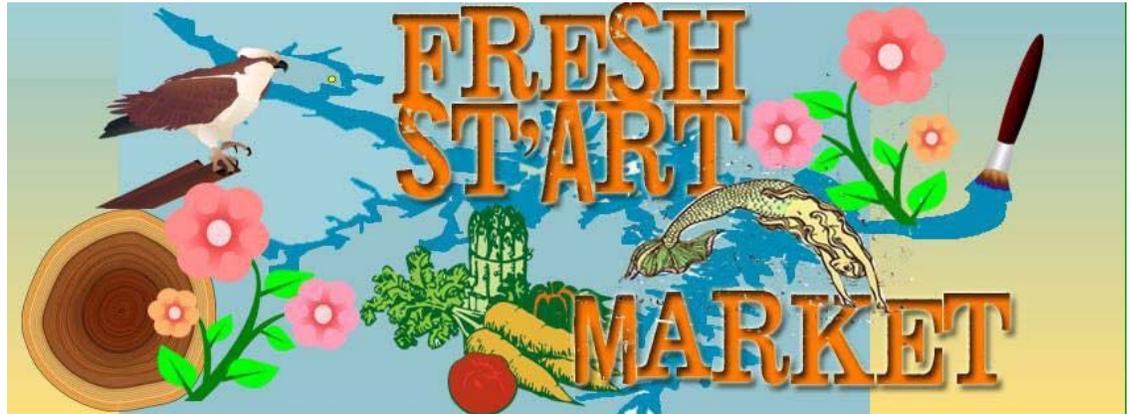
If you are like me, I love Merifield and our quaint little community! It saddens me greatly to see so much litter lining our streets. I'm sure you have noticed as well. Whether inadvertently flying out of the back of trucks or purposely littering, it is a disgrace and continues to be an issue. We would like to ask each resident to focus on their own street for the month of June. Use the opportunity to get out and walk, get great exercise and take a trash bag with you! If you need help throwing bags away after collecting trash, drop them off at the tennis courts then email me and I will come and pick them up!

Let's all work together to keep our neighborhood beautiful!!!!

Something new in Clarksville at 2 Mermaids Cottage,

203 Virginia Ave.

Fresh Veggies!



UPCOMING EVENTS IN CLARKSVILLE:

May 30 – Memorial Day Observance at Meck Co Veterans Memorial Monument. Ceremony begins at 10:30 am.

June 14 – MALA Board Meeting

July 4 – 4th of July Parade @ 11 am

July 14-16 – 39th Annual Virginia Lake Festival

Aug 9 – MALA Board Meeting

Date TBA – Oktoberfest Beer Garden – 7pm – 10pm

October Date TBA – MALA Picnic

Oct 1 – Harvest Days Festival

Oct 31 – Trick or Treat the Streets of Clarksville

Nov 11 – Veterans Day Observance at Meck Co Veterans Memorial Monument @ 11 am

Nov 20 – Christmas Holiday Open House

Dec 2 – Clarksville’s Christmas Parade @ 6:30 pm

Dec 13 – MALA Board Meeting

MALA BOARD MEETINGS:

Board Meetings are held the 2nd Tuesday of every EVEN month. All meetings are held in the Hensley’s garage: Left at tennis courts, 2nd drive on the right on Occoneechee.

Weekly/Monthly events:

Friday Night Dance – Clarksville Ruritan’s Thrift Shop – Every Friday Night! 7pm. \$5.00 admission.

Clarksville Ruritan’s Bingo – EVERY Tuesday night 7pm – 9 pm at the center.

Lake Country Cruisers Cruise In – 1st Saturday of each month April – Oct. 4pm.

Occonechee State Park calendar

Occonechee State Park

1192 Occonechee Park Rd., Clarksville, VA 23927

Phone: 434-374-2210 Email Address: Occonechee@dcr.virginia.gov

Web Site: <http://www.dcr.virginia.gov/state-parks/occonechee.shtml>

Listing of events:

<http://www.dcr.virginia.gov/state-parks/park-events-list?srchloc=OC&eventtype=all&BDate=01/28/2016&EDate=12/31/2016>