



The Spring Mills Bulletin

"A planned community...A great place to live!"

Volume 6 – Issue 4

September 2011

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Upcoming Events

Please see expanded [list of upcoming events on P. 2](#) and [calendars for September and October on P.6](#).

If anyone has ideas for the development, please call the Association main number and leave a message for Kim: 304-274-3086

For additional information on upcoming events please see the Bulletin board at the pool or the Website at www.springmills.org.

From the Desk of the President

It has been a great and exciting summer. Maybe a little to hot for some but the heat sure brought the crowds to the swimming pool. Our thanks need to go to Ed Flake, Erin Schenzel, Tammy Catlett and the other committee members for all of their hard work and commitment to once again making the pool a center piece of our community. What is next for our community? How about a Halloween Party and Trick or Treating for the youngsters. As usual we will need community support for this so please volunteer your time and talents to Board Member Kimberley Crockett who now heads up our community programs. Kimberly may be reached by sending an email message to info@springmills.org or calling 304-274-3086 and leaving a voice message.

We are looking to upgrade the recreation area with new Play Equipment, Volleyball Court, Horseshoe Pit and additional parking near the Tennis Courts. The Tennis Courts will be repaired this fall with new surfacing and nets.

On the business side of your association we have had meetings with the Prosecuting Attorney and Sherriff to state our position on vandalism and collection of dues and the legal processes that we need to follow. These meetings have been productive and we will follow the legal process to control vandalism and collection. A note to parents - you are responsible for the damages caused by your children even if they are minors and this association will pursue all legal avenues available to us. Continuing on the laws of WV we are asking all drivers to exercise additional caution as school has started and the children are near the streets and do not always look before running. I can attest having been in the volunteer fire service for 25 plus years that the worst and most heart breaking call that you can respond to is that of a child being hit by a car. Please use extra caution.

Watch your next water/sewer bills as they seem to be going up without explanation. We need to follow this situation and maybe take action at a later date. **Editor's note:** See the article titled "[Cutting Your Energy Costs](#)" on page 4 for more on reducing usage of water and other energy types.

I want to thank all residents for the excellent care that they have shown with the upkeep of their properties. We all can be proud that we are one of the nicest and most well kept sub divisions in Berkeley County. Our Community is one of the most sought after in the area and we all will benefit from that.

Chuck Hydorn, President

UPCOMING EVENTS IN OUR AREA

Here are a few events that will be happening in our area in the next few months. Plan to get out and enjoy the events and history.

- September 9th – 11th – Pickin' in the Panhandle - WV State BBQ & Bluegrass Festival. For more details visit www.panhandlepickin.com.
- September 10th – 11th – Fall Tour of Homes - Berkeley County Historical Society's Fall Tour of Homes. This year's tour focuses on the Civil War in the Eastern Panhandle. For more information visit www.bchs.org
- September 17th – 18th – Fall Farm Fun Day – Old fashioned fun on the farm with bluegrass bands, raffle prizes, fall decorations, apple cider, baked goods, and BBQ. For more information visit www.orrsofarmmarket.com
- September 17th & 18th – Thunder Over the Blue Ridge Open House and Air Show 2011. To be held at the 167th Airlift Wing. For more information visit www.martinsburgairshow.com
- Sept 23rd – 25th – West Virginia's Mountain Heritage Arts & Crafts Festival – Jefferson County. For more information visit www.jeffersoncountywvchamber.org/festival
- October 1st - 7th Annual Chili Cook Off - Main Street Martinsburg. For more information visit www.mainstreetmartinsburg.com
- October 1st – 2nd – Trails & Trees Studio Tour - See how it's done during this free self-guided adventure! Artists and artisans throughout the county will open their studios and workshops, where you'll have the chance to visit their unique working environments and see how they create works of art. Travel at your own pace through the colorful rural countryside of Berkeley County. For more information visit www.studiotourwv.com
- October 8th – 9th – 38th Annual Apple Butter Festival in Berkeley Springs – for more information visit www.berkeleysprings.com/apple/
- October 13th – 16th – The 32nd annual Mountain State Apple Harvest Festival. Visit www.msahf.com for more information
- December 2nd – 4th and December 10th – 11th – Old Tyme Christmas – Harpers Ferry

There is a theory which states that if anybody ever discovers exactly what the Universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another theory which states that this has already happened.

(D. Adams, The Hitchhiker's Guide to the Galaxy)

CUTTING YOUR ENERGY COSTS - ENERGY SAVING TIPS

These tips are designed to help you choose effective ways to reduce your energy bills. Some measures may not be relevant depending on climate, the age of your home and appliances, and past improvements made to your home. The savings numbers are based on your total summer electric bill. Equipment mentioned must be electric powered for estimates to be accurate.

FAST AND FREE

The average home spends about \$1,900 a year on energy costs. But you can lower your energy bills and help save the environment at the same time!

1. **Be a speedy chef** - Nothing is more energy efficient for cooking than your microwave. It uses two-thirds less energy than your stove.
2. **Push a button to wash your dishes** - Surprise! Your dishwasher uses less water than washing dishes by hand. Then let dishes air-dry to save even more!
3. **Fill up the fridge** - Having lots of food in your fridge keeps it from warming up too fast when the door is open. So your fridge doesn't have to work as hard to stay cool. Cutting back unnecessary energy use is an easy way to reduce energy consumption while saving money.

Here are some additional suggestions you can do at home, at absolutely no cost to you.

1. **Turn up your thermostat** - Set your thermostat to 78 degrees when you are home and 85 degrees or off when you are away. Using ceiling or room fans allows you to set the thermostat higher because the air movement will cool the room. Always take into account health

considerations and be sure to drink plenty of fluids in warm weather. (Save: 1 – 3 percent per degree, for each degree the thermostat is set above 72 degrees)

2. **Use your appliances wisely** - To help prevent electricity outages, avoid running your appliances during peak hours, -- from 4 p.m. to 6 p.m. -- or anytime an electricity emergency is declared.
 - Do your laundry efficiently by using the warm or cold water setting for washing your clothes. Always use cold water to rinse clothes. (Save: 4 percent)
 - Line dry clothes whenever you can. (Save up to 5 percent)
 - When you need to use the dryer, run full loads, use the moisture-sensing setting, and clean the clothes dryer lint trap after each use. (Save: 0.5 percent)
 - Conserve energy by running your dishwasher only when it is fully loaded, and turn off the dry cycle and air-dry dishes instead. (Save: 1 percent)
3. **Eliminate wasted energy** - Turn off appliances, lights and equipment when not in use. (Save: 2%)
 - Unplug electronic devices and chargers when they aren't in use-- most new electronics use electricity even when switched "off." Turn computers and printers off at the power strip. (Save: 1-2 percent)
 - Unplug or recycle that spare refrigerator in the garage if you don't really need it. This will save you up to \$150 per year! (Save: 10-20 percent)

[\(Continued on P5, "Energy"\)](#)

The Way Your Community Is Built Could Be Affecting Your Family's Weight



(NAPS)—Take a look around your city and neighborhood. Are there sidewalks? Where is the closest grocery store? Can you get there, or anywhere, without a car?

Does your hometown or neighborhood make it easy for you and your children to be active in your daily lives? In countless communities across the nation, the answer is no. And with one in every three children considered overweight or obese—a figure that has more than doubled in the last 30 years—the need to change this situation is great.

Research shows that the way our communities are constructed contributes to weight gain in our society. Known as the Obuilt environment it includes the way everything from your home, your neighborhood and your community to roads, travel and work space are laid out.

Experts say built environments don't just affect physical activity—they also affect the foods we choose and the time we spend inside (likely in front of a television or computer screen), both major influencers of weight.

For example, many communities don't have grocery stores, which can mean reduced access to fresh and nutritious foods. In many places, convenience stores and corner markets offering packaged, processed snack foods are the only choices available.

Some neighborhoods do not have safe playgrounds or sidewalks, so children are forced to spend their free time indoors. Sitting instead of moving makes it much harder to maintain a healthy weight.

So what can you do to change this?

Start by making a list of the improvements you could make in your community, and then get together with your neighbors and local leaders to discuss how you can make those ideas a reality.

Many communities have started by improving access to and maintenance of local parks; requesting safe and usable bike paths and sidewalks; asking for healthier meals and more physical activity at school; and exploring how to address a lack of nutritious food options and grocery stores.

For other tips on how to live a healthier lifestyle, go to the We Can! (Ways to Enhance Children's Activity and Nutrition) Website: <http://wecan.nhlbi.nih.gov>. We Can! Is a science-based program developed by the National Institutes of Health to provide tools and strategies for parents, caregivers and entire communities to help children—and whole families—maintain a healthy weight?

So open your eyes to the possibilities of how even small steps—establishing a communitywide walk-to-school program, for example—can make a big difference in your family's and your community's health.

Editor's note: Spring Mills is a very walker-friendly development! Although we don't have traditional sidewalks, lots of Spring Mills residents love to walk through our neighborhoods. The nature trail provides a safe and pleasant opportunity for walking. When walking along the streets, please remember to keep to the side facing oncoming traffic, and wear light-colored clothing after sunset in order to be seen easily, especially with the days now getting shorter. Drivers, please keep to the speed limits (15 miles per hour on the residential streets, 35 on TJ Jackson Drive) and be on the lookout for walkers.

Research shows that children get more exercise in communities with usable sidewalks.

"Energy" continued from P. 3

INEXPENSIVE ENERGY SOLUTIONS

Make a quick trip to your local hardware store to purchase inexpensive energy saving tools and equipment.

1. **Replace air conditioner filters** - Dirty filters restrict airflow and can cause the system to run longer, increasing energy use. Replace filters monthly for maximum benefit. (Save: 1-2 percent)
2. **Plug your home's leaks** - Weather-strip, seal, and caulk leaky doors and windows and install foam gaskets behind outlet covers. (Save: up to 2 percent)

GOOD ENERGY SAVING INVESTMENTS

Planning to do some remodeling soon? Time to replace old appliances? Consider these energy efficiency suggestions when you make purchases.

1. **Install a whole house fan** - A whole house fan is permanently installed in your attic and draws cool air into your home through the windows while forcing hot air out through your attic vents. Use after sundown when the outside temperature drops below 80 degrees, and in the early morning to cool your house and help reduce your air conditioning use. (Save: up to 5 percent)
2. **Install window shading** - Install patio covers, awnings, and solar window screens to shade your home from the sun. For additional future savings, use strategically planted trees, shrubs and vines to shade your home. (Save: 5 percent)

Solar control window films applied to existing glass in windows and doors are an effective method to reduce peak demand during hot months and conserve energy anytime air conditioning might be required. In addition to the energy management benefits, the use of these films can also reduce exposure to ultraviolet radiation and reduce glare. Visit the

International Window Film

Association at www.iwfa.com for more information. (Save 5-10 percent)

3. **Invest in a new air-conditioning unit** - If your air conditioner is on the way out, buy an ENERGY STAR® air conditioner. (Save: up to 10 percent)
4. **Seal your ducts** - Leaking ductwork accounts for 25 percent of cooling costs in an average home, so have your ducts tested and have any leaks or restrictions repaired by a qualified contractor. *Note:* duct cleaning is not the same as duct sealing. As of October 1, 2005, if you install a new central air conditioner or furnace, your ducts will have to be inspected. (Save: 10 -20 percent)
5. **Replace your refrigerator with an ENERGY STAR® model** - Refrigerators with a top or bottom freezer design can save you an additional 2-3% on your bill compared to a side-by-side design. (Save: 10 percent)
6. **Increase attic insulation** - If existing insulation level is R-19 or less, consider insulating your attic to at least R-30. (Save: 10 percent)
7. **Install ENERGY STAR® windows** - If your windows are due for replacement, ENERGY STAR® windows can make your house more comfortable year-round. (Save: up to 10 percent)

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9 Pickin' in Panhandle	10 Pickin' in Panhandle Fall Tour of Homes
11 Patriot Day Pickin' in Panhandle Fall Tour of Homes	12	13	14	15	16	17 Fall Farm Fun Day Thunder Over Blue Ridge Air Show
18 Fall Farm Fun Day Thunder Over Blue Ridge Air Show	19	20	21	22	23 WV Mountain Heritage Festival	24 WV Mountain Heritage Festival
25 WV Mountain Heritage Festival	26	27	28	29	30	

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chili Cook Off Martinsburg Trails & Trees Studio Tour
2	3	4	5	6	7	8 Apple Butter Festival - Berkeley Springs
9 Apple Butter Festival - Berkeley Springs	10 Columbus Day	11	12	13 Mountain State Harvest Festival	14 Mountain State Harvest Festival	15 Mountain State Harvest Festival
16 Mountain State Harvest Festival	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					

North Berkeley Library News

The drive-thru window is now open at the North Berkeley Library from 3pm to closing each day. Patrons may call the library at least 2 hours before using the drive-thru service. They must leave a contact number to be notified by phone if items are not available. The patron's card must be clear of charges and overdue library materials. Library materials will be checked out on the patron's card before his/her arrival; items will be held for 2 days then returned to the shelf if not picked up. For more information call 304-274-3443.

Library hours

- Monday, Wednesday, Friday, and Saturday - 10am to 5pm
- Tuesday & Thursday - 10am to 7pm
- Sunday - Closed

QUESTIONS ????

Call Jim Today

304-754-5317

Or

240-401-3273 (Cell)

Return Calls Within 24 Hrs.

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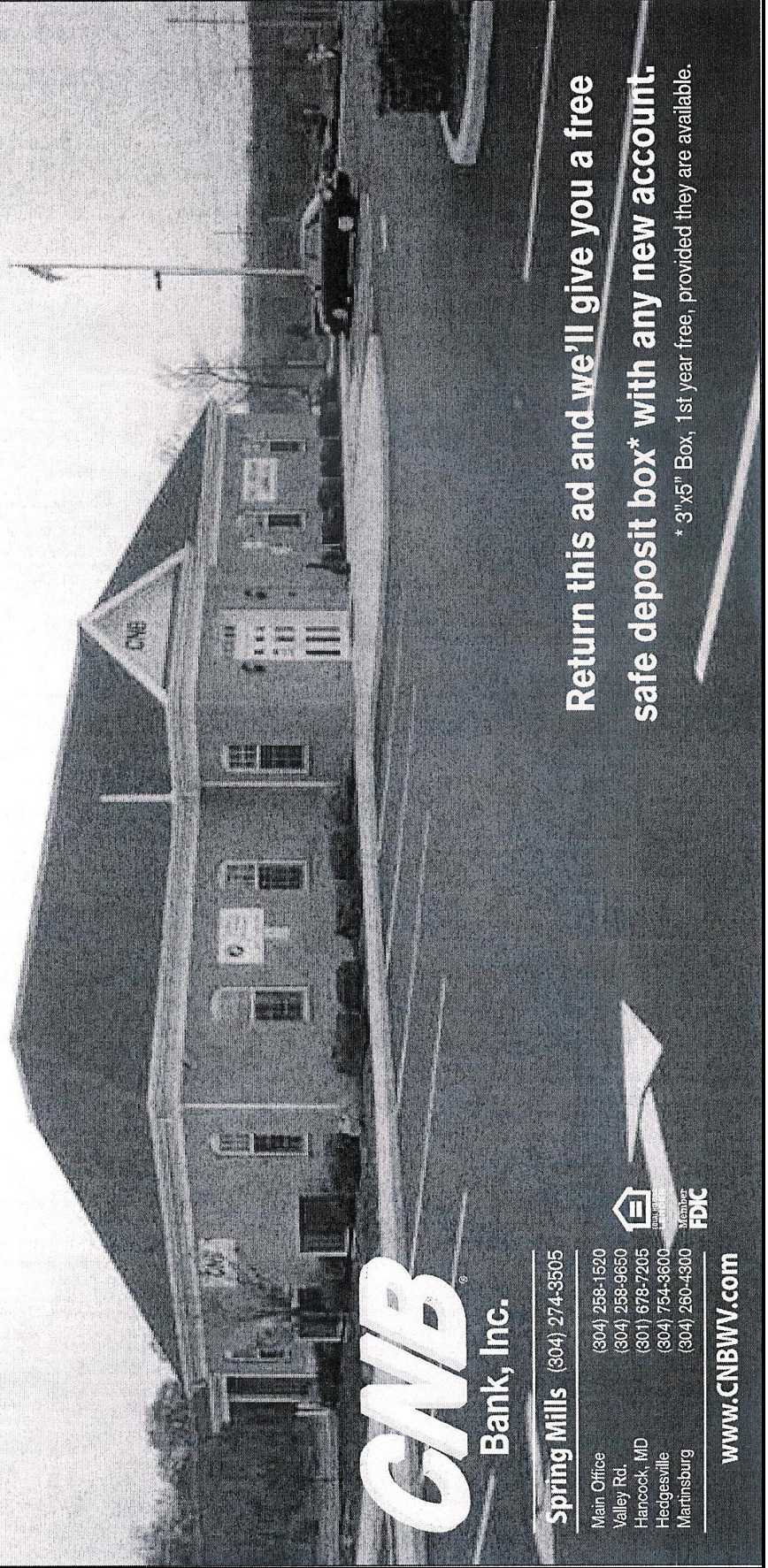


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A lot of people are talking about being connected to the community. But, what does that really mean?

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