

LONG MEADOW ASSOCIATION, INC.

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IMPORTANT INFORMATION

To: Residents of the Long Meadow Estates

From: *The Long Meadow Association, Inc., Officers and Directors*

We, the officers and directors of the Long Meadow Association, Inc., (“LMA”) want you to know that there are things happening during this very difficult time that you should be aware of.

1. **WEBSITE:** LMA now has a website and our thanks to volunteer and neighbor **Ben Sugerman** for being our webmaster. You can view the site at www.LongMeadowAssociation.com. Those of you who are members support LMA and this site is one of those items that your dues support.
2. **COVID-19:** We know that you are being inundated with information about the Covid-19 virus, and want to pass on to you the following, that while we cannot warrant this information, feel that it is important to pass along. **We have not vetted the accuracy or the source:**

“The following is from Irene Ken physician, whose daughter is an Asst. Prof in infectious diseases at Johns Hopkins University, quite informative.

* The virus is not a living organism, but a protein molecule (DNA or RNA, in this case RNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).

By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only

-between 3 hours (fabric and porous),

-4 hours (copper and wood)

-24 hours (cardboard),

- 42 hours (metal) and

-72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.

They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat

* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF IT SERVES! It is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
* Also keep your NAILS SHORT so that the virus does not hide there.
-JOHNS HOPKINS HOSPITAL”

3. **MASKS:** Our member and resident Susan Adler Davis is making masks of fabric and is willing to show you how to make them, and is further willing to make a limited number of 1 or 2 per household if you really need them at no charge! She will email you the plans, or you can go to:

<https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/?fbclid=IwAR1UPOlnNPRiAN0moZdKzGZOsqudyzBm4wk9V59n8IOj8TXhTepQ35rCNSQ>

If you want to speed things up, Susan will sew a limited number if you want to cut the materials yourself (for your household, and perhaps others) and cannot sew them yourself (if you have sewing capability perhaps you will volunteer to sew?). Contact Susan at her home at 410.580.0670.

We thank Susan for this endeavor. LMA **cannot pass upon and is not passing on whether this method is protective at all, or enough to stop the virus from entering the areas covered, or how long the mask may be useable, etc. You will have to make your own judgment about this.**

However, we very much appreciate what Susan is volunteering to do for all of our residents, whether or not they are LMA members.

Susan may make a “how to video” and if you give us your email address and contact information (name, address, phone nos.) we will try to send you a copy.

4. **ANIMAL FECES – A DANGER TO YOU AND YOUR FAMILY:**
Please remember animal feces is extremely dangerous. Please try to limit where you curb your dog and clean up immediately and place it in **your** receptacle. We are still on the lookout for the person who leaves the feces in a bag on other people’s property and have an understanding with the police to prosecute the person when identified.
5. **SIGNS:** A reminder that commercial signage, whether on your land or motor vehicle should not be in a residential zone. Our covenants also prohibit such signage.

6. **RESTRICTIVE COVENANTS APPLY TO YOUR HOME:** Our website shows the restrictive covenants that apply to any changes or uses that you desire to make to your home and grounds. (By uses we mean such things as prohibitions of carrying on a retail business or service at your premises, for example (but not in limitation of prohibitions): you cannot sell jewelry out of your house by having customers come to the home to view and purchase; or a service business that sells and prepares products and services for customers to come to your home.

If you want to add a room, change the exterior color of your house, install different windows, install a shed or fence, etc., we have an *Architectural Control Committee* (“ACC”) from which you must first obtain consent. Our website has the relevant information and **Request Form** that you must file for permission. Please abide by our covenants as they protect all of us and maintain the value of our homes and the entire community. The members of the ACC are Michael Cohen, Ellen Cohen and Isaac Hametz. They are volunteers and are to be thanked for their service. So, please don’t abuse their time and ask for a last- minute permission when your contractor is at the door. It is not fair to them, and by our covenants, etc., they have 30 days to respond to your proper filing.

7. **Walkable Community:** Our thanks to Alan Zukerberg and Daniel Freedman who met, as LMA and Pikesville Communities Corporation (“PCC”) reps with representatives of the State Highway Administration (“SHA”) and County Roads. As a result, vertical tubes have been placed next to the pedestrian/bicycle lanes to help protect pedestrians and bicyclists on the south side of Brooks Robinson Rd from vehicles prematurely getting into the righthand turn area to go southbound on Stevenson Rd.

Other topics discussed with SHA and County Roads reps: installation of sidewalk on Park Heights Ave., and ways to increase pedestrian/bicyclist safety along Stevenson Rd.

Please let us know if you want to volunteer to help with our joint endeavor with PCC to make our area walkable and safe.

8. **UPDATING OUR DATABASE:** We are mailing this newsletter so even non-members or members who have not given us their email addresses and other contact information receive it. However, please give us the courtesy of updating your contact information by filing it on the website.
9. **THANKS:** In addition to those already thanked, we wish to thank **Natalie Ellis** for her help in updating our database, and **Susan Adler Davis, Mike Dennis and his wife Dr. Jane Crosson, Barbara Katz and Rona Zukerberg** for their help in making the masks. We regret the omission of anyone else who we should have named.

JOIN, VOLUNTEER AND SUPPORT YOUR LMA. We are volunteers who expend our time and effort on your behalf. Your dues support the printing and mailing of this newsletter and other communications, any litigation we must bring to enforce our covenants, etc. Dues are \$125/year and should be paid to the Long Meadow Association, Inc., and delivered to our Treasurer: Harry Brafmann at 7925 Long Meadow Rd, Pikesville, MD 21208. PLEASE ASK YOUR NEIGHBORS TO JOIN AND PROVIDE US WITH THEIR CONTACT INFORMATION.

WE WISH YOU AND YOUR LOVED ONES, NEIGHBORS AND FRIENDS HEALTH!

THE OFFICERS AND DIRECTORS OF LONG MEADOW ASSOCIATION, INC.