

A participant enjoys a leisure pace out on the Farmdale Reservoir trail during the horse-trail ride.

Saddle Up for the Cure

Story and photo by Todd Ernenputsch, Illinois Waterway Project Office

The Farmdale Reservoir recently hosted a special horse ride to help raise money for the Susan G. Komen Foundation, to help find the cure for breast cancer. The event, put on by the Arabian Distance Riding Association, consisted of a competitive trail, an endurance ride, and competitive driving.

The event brought in a broad range of competitors, from nine years of age to the oldest at age 76. They also ranged in skill level from novice to world class.

Many of the horses have traveled more than 25,000 "event miles" over the period of many events. One participant, Louise Reidel, age 76, has clocked in well over 35,000 miles. The riders

extend from Illinois, Iowa, Kansas, Minnesota, Missouri, Tennessee, and Wisconsin.

The Farmdale Reservoir trail lengths consisted of a 12.5-mile novice competitive trail, a 25-mile competitive trail, a 25-mile endurance, a 50-mile endurance, a 12.5-mile competitive driving, and a 25-mile competitive.

The competitive trail is an event in which a horse and rider team must complete a specified distance in a given amount of time. The winning team must have the highest points. Points are taken off for arriving too early or too late. Points are also taken off if the horse has a high pulse rate, high respiration, has lameness, or shows fatigue.

The endurance ride is a race to the finish. The first team to cross the line wins. In addition, there is a "best condition" component which judges who came in with their horse in the best condition.

Several of the competitors that participated also participate internationally in the Pan-Am games and in the world distance riding events.

The Farmdale Reservoir event raised more than \$10,000 for the Susan G. Komen Foundation. 🇺🇸

Clock Tower Participates in "Let Freedom Ring"

Story and Photo by Mark Kane

The Rock Island District participated in a nationwide bell ringing ceremony sponsored by the Pennsylvania Society of Sons of the Revolution on the Fourth of July.

The ceremony, "Let Freedom Ring," started in 1969 and tasks the descendants of the Signers of the Declaration of Independence to tap the Liberty Bell, in Philadelphia, Pa., 13 times with gloved hands, setting in motion a national cascade of bell ringing and patriotic applause.

The bell ringing took place at exactly 1 p.m. Central Daylight Time, when participating agencies rung bells simultaneously 13 times across the nation.

The District's Clock Tower bell was rung using its original swinging clapper, even though it usually rings with a tolling hammer driven by the historic 1867 Hotchkiss clock. Using the original clapper enabled the ringer to toll the bell 13 times and at a louder volume than what is heard when the tolling hammer is used.

As early as in the mid-1940s a controversy arose as to the loud chiming, which bothered Arsenal workers, so adjusting the tolling "mechanical hammer," which strikes the sound bow or edge of the bell, muted the sounds.

The bell was cast by Meneely's Foundry, West Troy, N.Y. in 1867. It is the oldest bell in daily use in the Quad-Cities. Only the St. Anthony's Church in Davenport has an older bell (1840s).

The bell will once again be in daily use at the Clock Tower soon, as the Hotchkiss clock that powers the bell's tolls is currently under renovation. 🇺🇸

(Photo) Horologist, George Georgiadis, Unique Jewelry, repairs the Clock Tower's historic 1867 Hotchkiss clock.



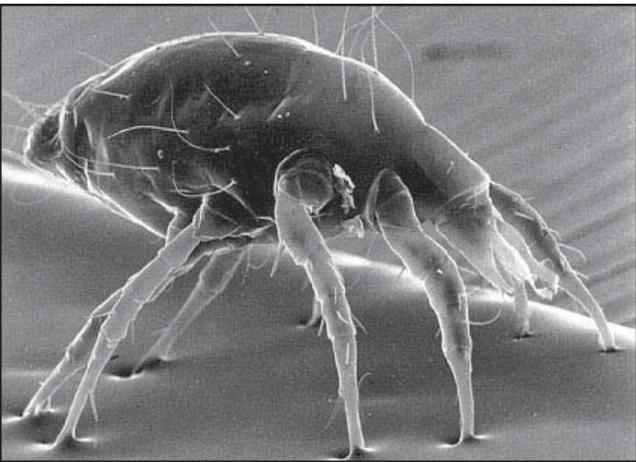
Tick. Tick. Tick. Lyme Disease!

American Forces Press Service

Summer is here, and so is tick season across America and in many foreign countries. Being bitten by an infected tick can result in debilitating, sometimes deadly, Lyme disease, civilian and military experts warn.

Left untreated, Lyme disease can advance from early flu-like symptoms to painful and permanent damage to the joints, according to the National Centers for Disease Control. The disease can also affect the nervous system, causing numbness, pain, stiff neck, and severe headache or muscle weakness in the face or limbs. Occasionally, heart irregularities occur.

The first stage of the disease begins three to 31 days after the tick bites. Symptoms can include fatigue, chills and fever,



headache, muscle and joint pain or swollen lymph nodes.

Another mark of Lyme disease, researchers said, is a peculiar expanding circular skin rash in the

areas where the tick bite occurred. Patch shapes vary depending on location. The rash appears mostly on the thighs, groin, trunk and armpits, and on the faces of children.

As the patch enlarges, the center may clear, giving a ring-like appearance. It may be warm, but isn't usually painful. However, researchers said, some people never develop a rash.

People can pick up ticks during walks in parks or woods, or while hiking and camping. Children are especially susceptible because they run around in tall grass, play in wooded areas and roll on the ground, researchers noted. The individual risk of getting Lyme disease is reasonably small. Only about 12 percent to 15 percent of ticks actually carry the bug. Last year, the Centers for Disease Control and Prevention reported 34 cases of Lyme disease in Iowa, and 11 cases in Illinois. Experts said removing ticks from the body quickly might prevent a person from contracting Lyme disease. Ticks generally must feed on a person for 24 to 48 hours before the person becomes infected.

Lyme disease experts warn not to wear tick and flea collars meant for pets. Cats and dogs don't sweat, but people do, and

harmful chemicals can get into the human body through sweat glands.

Named after Lyme, Conn., where it surfaced in 1975, Lyme disease has become one of the fastest-growing vector-borne diseases in the United States. The highest incidences occur in the Northeast from Massachusetts to Maryland and in Wisconsin, Minnesota, California, and Oregon. A vector is a host -- the tick, in this case -- that passes the disease germ.

The federal Food and Drug Administration approved a Lyme disease vaccine in December 1998 for persons ages 15 to 70. The vaccine's effectiveness depends on getting three doses in a year. The second dose is given a month after the first and the third dose is given, 11 months after that and just before the start of tick season. In other words, start now for protection next year.

FDA officials emphasize the vaccine is not 100 percent effective and is not a substitute for other standard preventive measures.

The best way to avoid Lyme disease is to stay away from places where ticks live - tall grass and weeds, scrubby areas, woods, and leaf litter. Another good idea: check children and pets after they've played outside.

If you can't avoid tick-infested areas, CDC experts suggest you wear a long-sleeved shirt and long pants, tuck pant legs into socks or boots, tuck shirt into pants, tape area where pants and socks meet to keep ticks out, and wear light-colored clothing so ticks can be seen easily.

After being outdoors:

- Promptly remove and wash clothing;
- Inspect your body carefully and remove attached ticks with tweezers, grasping as close to the head as possible and gently tugging the tick free without crushing its body. Squeezing the tick's body may force infected fluid into the wound;
- Place tick in sealed container for examination by a local health department; and
- Wash the wound and apply an antiseptic.

The Department of Defense uses education to combat Lyme disease, as well as other vector-borne diseases, said officials at the Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md. The center's Web site provides technical information, fact sheets and dozens of links to other pest-and disease-control agencies and activities.

On the 'Net

chppm-www.apgea.army.mil/ento

www.lymenet.org

www.Lyme.org

