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Happy New Year! – *Live healthy in 2007*

It's that time of year again, the time when we make resolutions to improve our lives. What could be better than a resolution to live and stay healthy? It doesn't need to be difficult, try these tips for staying healthy to help avoid the flu, colds, and other illnesses.

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2007 is Here – *Make It a Great Year!*

Every New Year's Eve millions of Americans make New Year's resolutions. Whether your resolution is to get out of debt, to spend more time with loved ones, to quit smoking or to loose weight, these resolutions have one thing in common: *They are goals to make our lives better.* Making New Year's resolutions does not have to be futile - done seriously, it is an act of profound moral significance that embodies the essence of a life well-lived.

This New Year, think about how to make your life better, not just once a year, but every day. Resolve to set goals, not just in one or two aspects of life, but in every important aspect and in your life as a whole. Resolve to pursue the goals that will make you successful and happy, not as the exception in a life of passivity, but as the rule that becomes second-nature.

Five Simple Rules for Happiness:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live Simply.
4. Give More.
5. Expect Less.

Kitchen Safety Tips

Cooking is like a craft, with its own ingredients, procedures, and safety precautions. Prevent kitchen fires and learn how to safely extinguish with these kitchen fire safety tips.

- **Stay by the stove when the burner is on** - a stove fire can erupt in seconds, so it is important that you are nearby to put out the flames, so never leave hot oil unwatched.

- **Wear tight-fitting clothing while cooking** - oversized or long, draping clothes can easily brush against a hot burner and catch fire. Aim pot handles towards the center and away from traffic. This fire safety tip will prevent one's elbow from knocking against the handle and spilling food.

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Tips on staying healthy in 2007

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Staying Healthy

There are many pathways for germs to enter a home and wreak havoc. While their first concern is for their children, parents also need to protect their own health

- Wash Hands!

Frequent hand washing is a must if you hope to keep germs at bay. Viruses and bacteria can live for hours on surfaces touched by an infected person.

- Don't Touch

While hand washing is the first line of defense, even clean hands should stay away from eyes, noses and mouths to prevent germs from infecting the body. Avoid touching your face, and teach children to keep their hands below their necks whenever possible.

- Use Hand Sanitizers

These products use an antiseptic alcohol to destroy 99% of germs. Small containers are easy to carry in purses, pockets or backpacks and you can use them anytime and anywhere because they don't require soap, water or towels to be effective.

- Bring Your Own

Carry your own sanitized items with you and avoid using public facilities. For example, carry your own pen to use at the grocery checkout or reading material for the waiting room. Pass by the public water fountain and bring your own drinks.

- Cover Up!

If everyone covered their face when they coughed or sneezed, germs wouldn't stand a chance! Encourage kids to turn their head and cough or sneeze into the crook of their elbow -- rather than the palm of their hand -- to avoid passing germs by touch.

- Segregate the Sick

When a family member is feeling under the weather, keep healthy siblings far away! And, of course, don't send sick kids to school, day care, or activities.

- Disinfect the House

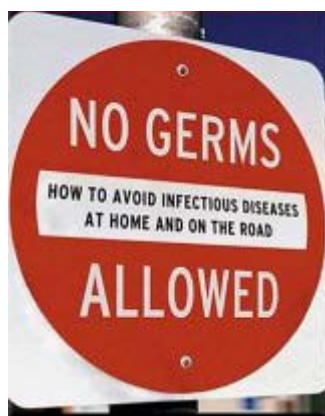
Use germ-killing cleaning products, like Lysol, bleach or boiling water, to disinfect the house. Wipe down the phone, computer keyboard/mouse, door handles, bathrooms, toys, countertops and other common surfaces. Replace toothbrushes often, especially after illness.

- Avoid Contagious Crowds

Whenever possible, avoid situations where contagious people congregate. Unless it's an emergency, stay clear of the waiting room at doctor's offices. Think twice about attending playgroups or activities where sick kids might be allowed to roam.

- Get plenty of sleep and exercise

Both increase the body's virus-killing cells. Eat healthy foods with lots of vitamins, like colorful fruits and vegetables, whole grains and yogurt. Drink fluids; it flushes out your system. Take care of yourself!



Kitchen Safety Tips

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- **Clean the grease off the stove regularly** - one major fire safety no-no is allowing grease to build up, because large amounts of grease can ignite.
- **Heat oil up gradually** - this fire safety measure will prevent hot oil from splattering onto your skin or in your eyes.
- **Never pour oil into a hot pan** - it can burst into flames within seconds. It is safer to pour oil into the pan before you turn on the burner.
- **Place a rubber or non-slip mat on the floor** - if your floor frequently gets wet from spilt liquids or oil, a rubber mat will keep your shoes from slipping on the liquid
- **Keep the telephone number of your local fire department nearby** - this is quicker than calling 9-1-1, where you can waste precious seconds waiting for the call to transfer to the nearest fire department.
- **Extinguishing Stove Fires if grease or oil in the pan ignites** - smother the fire with a lid or baking soda and turn off the stove. *Never use water*, which causes grease fires to spread.
- **Extinguishing Oven / Microwave Fires**- leave the oven or microwave door shut and turn off the heat. If the flames don't go out right away, leave immediately and telephone the fire department from a neighbor's house. Be sure to have your microwave or oven checked by a maintenance person before you use it again.



Community Spotlight – *Lights of Leewood 2006*



Leewood Homeowners Association

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Our Board

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We're on the Web!
www.leewood.us

To submit an article:
Email us at:
LeewoodTimes@cox.net

Schedule of Board Meetings

Following is a schedule of Board meetings for the first half of 2007. Regular Board meetings convene at 7:30 p.m. and are held at the Phillips School across Braddock Road from Leewood.

January 9, 2007 – *regular Board meeting*
February 13, 2007 – *regular Board meeting*
March 13, 2007 – *annual meeting 8:00 p.m.*
April 10, 2007 – *regular Board meeting*
May 8, 2007 – *regular Board meeting*
June 12, 2007 – *regular Board meeting*

Please take this opportunity to mark your calendars and plan to attend the meetings. Your input is always welcomed by the Board.

Thanks Judy!

Leewood would like to thank Judy Currier for all her hard work for our community over the years. We hope you enjoy some much deserved free time!

New Trash Contract – *Tuesday/Friday collection*

Friday, December 1 marked the beginning of a new trash contract, and trash/recycling pickup days. American Disposal Services (ADS) now pick up our trash on **Tuesdays** and **Fridays**. They pick up our **recyclables on Tuesdays** and large objects on Fridays (*by appointment only*).

Unlike AAA trash (*our previous contractor*), who's collection time was inconsistent, the new pickup is early. Please put trash out before 6 a.m. the day of pickup or after dark the night before.

Christmas Tree pick up – *1/05 & 1/12*

American Disposal Services (ADS) is scheduled to pick up our Christmas Trees **Friday January 5th and Friday January 12th ONLY**. Please Do NOT put your trees out until after dark the night before or by 6 a.m. the day of.

To ensure collection, make sure that your used tree is free of all tinsel, decorations and lights. If you have any questions, feel free to send us an email to leewoodtimes@cox.net.