



## To submit an article:

- Send us an email
- Be positive and informative
- Deadline December 15<sup>th</sup>

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- get \$3.00 -

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## Happy Thanksgiving – *Entertaining 101*

Thanksgiving, the big feast day on the American calendar, is almost upon us. If your home will be the central gathering place this year, it's time to make your lists and check them over twice. There are several things you can do to make the visit pleasurable for you and your guests. This article will help you plan so you'll be ready to enjoy the holiday yourself when the first guests arrive on your doorstep.

After extending an invitation you'll need to decide how many meals you'll be preparing, and how many meals others will. There's nothing wrong with not cooking everything yourself. This is one party where you can't leave everything until the last minute. Here is a simple countdown to take you through the final two weeks leading up to the big day.

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## Catch The Volunteering Bug

People volunteer for a wide variety of reasons, especially wanting to help others. But it's also OK to want some benefits for yourself from volunteering. Instead of considering volunteering as something you do for people who are not as fortunate as yourself, begin to think of it as an exchange.

A national study found this year that residents of the Washington region volunteer at a rate higher than the national average, despite long commutes and busy lives. That is good news for Volunteer Fairfax, an organization that connects people and corporations with volunteer jobs in the county through programs including Volunteers for Change and VolunteerFest, which was held Saturday October 27<sup>th</sup>.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Volunteering also upholds the self-esteem of those with whom you volunteer.

One of the rewards of volunteering is knowing that you've made a real difference, and actually having the chance to see it first hand. You will also make new friends, a brilliant opportunity to meet like-minded people with similar interests. Our society will grow by you getting other people involved who wouldn't usually get a chance to do this sort of thing. Most importantly, you will gain new skills that you will be able to put to good use in the future.

For more information on volunteering and for links to get you started, visit [www.leewood.us/volunteer.htm](http://www.leewood.us/volunteer.htm)

## Holiday Entertaining

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**Two Weeks Before:** *Confirm your guest list, order your turkey if fresh, purchase your turkey if frozen, give out specific assignments if guests will be contributing dishes to the meal, prepare your shopping list, inventory your table and kitchen supplies and make arrangements to borrow or rent any items that you lack.*



**One Week Before:** *order your centerpiece, iron linens & polish your silver, purchase wine, beer, soft drinks, shop for non-perishables, select music. If using a frozen turkey, plan the day to begin to thaw. The rule of thumb is to allow one day for every five pounds of turkey. Make a plan for cleaning your house, particularly the rooms that will likely be seen by guests. De-clutter the messiest rooms first.*

**Two Days Before:** *Purchase all perishable ingredients, begin cleaning and chopping any vegetables for the stuffing/dressing and side dishes, bake and freeze any pies or other desserts that can be frozen, prepare recipes such as dips, soups and cranberry sauce, pie dough and make a written plan for cooking your meal.*

**One Day Before:** *Clean the powder room, dust and vacuum all rooms guests will be using, especially the dining room and kitchen, set the table, take out all of the serving pieces, make and refrigerate your stuffing or dressing, clean and truss your turkey, then refrigerate it, finish preparing and bake your pies, prepare and refrigerate salads and pick up your centerpiece if it's not being delivered.*

**Day of the Party:** *Roast turkey and stuffing/dressing, ask someone to pick up any bread or rolls you'll need for your dinner, finish preparing appetizers, first courses, and/or side dishes, make the gravy, turn on your music, light the candles, take fifteen minutes before guests arrive to freshen yourself and relax, Welcome guests, set out the food, and count your blessings!*

One of the keys to successful entertaining is being well organized. Whether you're planning to throw your first dinner party, or you've been hosting gatherings for years, you can never have enough help to stay organized. For more tips on Holiday entertaining along with a helpful shopping list templates and event planning checklists, log onto

[www.leewood.us/entertaining101.htm](http://www.leewood.us/entertaining101.htm)

## Change a Light, Change the World – and Save Money

We encourage all residents to join the ENERGY STAR Change a Light, Change the World campaign, a national call-to-action that promotes the small step of changing a light bulb as a means of protecting the environment and preserving energy resources. From Oct. 3 to Nov. 30, Fairfax County residents can pledge online at [www.naco.org/changealight](http://www.naco.org/changealight) to replace at least one standard light bulb in their home with an energy-efficient compact florescent light. After pledging, residents will receive a \$3 discount coupon toward an energy-efficient light bulb purchase at Office Depot. According to the U.S. Department of Energy, replacing a 100-watt incandescent light bulb with a 32-watt compact fluorescent lamp will save at least \$30 in energy costs over the life of just that one bulb and give the same brightness. If every American home replaced one light with an energy efficient one, every year we would save enough energy to light 3 million homes and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars!



## Left Turn Lane at Backlick Road

The Board has recently resurrected the issue of a left turn lane at Backlick & Leestone Streets. Secretary Rose Weber has entered into discussions with Penny Gross' office regarding the possibility of having a left turn lane installed. Here's what she found out:

*Although the road is wide enough, a left turn lane cannot be installed on Backlick Road, turning onto Leestone Street, because the right hand turn lane onto Leestone Street that is on the other side of Backlick creates a conflicting traffic pattern. If, however, the right turn lane was taken away, it is possible a left turn lane could be installed...there can be one or the other, not both.*

*When the original traffic study was done many years ago, it was determined that a right turn lane would be more beneficial than a left turn lane and so the right turn lane was installed.*

*If the residents of Leewood decided they would prefer a left turn lane over the right turn lane the County would proceed and work with the State to determine if, in fact, a left turn lane could be installed. This would include a new traffic study: (measuring traffic volume & patterns, research regarding the number of traffic incidents at that location etc. There is no guarantee that a left turn lane would be approved; only that it would be considered and studied. Additionally, losing the right turn lane onto Leestone would not mean we lose the right turn lane onto Leebroad.*

Many residents of Leewood feel the need for a left turn lane at Backlick and Leestone Streets far outweighs the need for the right turn lane that already exists. For more information on how to give your opinion, read "From The Board" on the next page.



## How to Protect your Family from Staph Infections

Staphylococcus aureus, or simply staph, are bacteria commonly carried on the skin or in the noses of healthy people. Methicillin-resistant Staphylococcus aureus (MRSA) is a type of staph that is resistant to antibiotics including methicillin and other more common antibiotics such as penicillin and amoxicillin. Staph infections, including the serious MRSA strain, have spread through schools nationwide in recent weeks. The infection can be spread by skin-to-skin contact or sharing an item used by an infected person, particularly one with an open wound. Educate and protect yourself and your family today with these tips:



- Treat and cover wounds with StaphAseptic® – A first aid antiseptic/pain relieving gel known to prevent the spread of staph.
- Don't share personal items – Germs can live on clothing and towels for over 24 hours
- Properly clean gear and equipment – Disinfect all objects before and after use, especially if it's shared
- Shower after physical activity – Close skin to skin contact is one of the main ways MRSA is being spread among athletes.
- Keep hands clean – The easiest way to protect yourself is to wash your hands.
- Wear loose clothing around wounds – This can help prevent chafing which can cause a break in the skin and provide entry for staph bacteria.
- Consult your physician for all active wounds – In order to determine if an infection is MRSA, it must be cultured by a physician.

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## FROM THE BOARD

### Left Turn Lane on Backlick – *Your Opinion Needed*

Your LHOA Board wants your opinion about a left turn lane on Backlick Road turning into Backlick & Leestone Streets. Please send an email to Rose Weber, secretary to voice your concerns. Indicate whether you wish to leave things as they are; keep the right turn lane, and not proceed to try and have a left turn lane installed or you feel a left turn lane is necessary and more important to smooth traffic flow and safety than the right turn lane and would have no problem with losing the right turn lane. She can be reached at [secretary@leewood.us](mailto:secretary@leewood.us). For more information, and results of the poll, visit [www.leewood.us](http://www.leewood.us)

### ADS Holiday Schedule – *Christmas Tree Collection & more*

#### CHANGE IN TRASH SERVICE SCHEDULE – *Appliance removal information*

Effective September 1, 2007, there is a new schedule for APPLIANCE removal services. Scheduled pickup for appliances will be every THURSDAY. All residents need to be aware of the new appliance schedule. Remember that removal of ferrous metals/white goods such as stoves, washers, dryers, hot water tanks and other bulky metallic items need to be called in 24 hours in advance for scheduling. Refrigerators, freezers and air conditioners must have refrigerants removed and tagged by a certified technician before they are collected. There is an additional charge for removal of these items. Special pickups such as furniture, mattresses and other non-metallic household items will still be collected on Fridays. White goods are taken to a separate disposal site where they are recycled. Keep in mind recycling white goods is environmentally friendly. Recycling these items conserves energy, natural resources and reduces air and water pollution.

If you would like to schedule a white goods/appliance pickup, please contact American Disposal Services' Customer Service Department at 703-368-0500 Monday through Friday from 8 a.m. to 4:30 p.m.

#### HOLIDAY SCHEDULE – *Mark your calendars*

There will be NO trash pickup on 12/25/07 and 1/1/08. Trash will be picked up on the next regularly scheduled day which will be 12/28/07 and 1/4/08. Since recycling is also picked up on 12/25/07 and 1/1/08, ADS will do a special pickup on Saturday 12/29/07. This is a one-time Saturday pickup only for recycling, not for regular trash. Recycling should be placed out no later than 6 a.m. on 12/29/07 since the trucks will come early. Christmas trees will be picked up on yard debris collection days (Fridays) through 1/11/08. Trees put out after 1/11/08 can be placed with regular household trash on Fridays. Trees must be placed out without tinsel or decorations on them and should NOT be placed in plastic bags. In inclement weather, ADS will cancel collection when ADS deems roads to be unsafe. Trash will again be picked up on next regularly scheduled trash day.

#### NOTICE TO RESIDENTS:

As a general crime prevention measure, please:

Ensure your exterior lights are on during nighttime hours.

Make sure your doors and windows are locked.

Immediately report any suspicious activity to the police (911 or 703-691-2131)