



To submit an article:

- Send us an email
- Be positive and informative
- Deadline February 15th

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Happy New Year – Any resolutions?

The tradition of New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar. With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

A New Year's Resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until the set goal has been achieved. The editors of the Leewood Times have created a helpful guide on New Year's Resolutions with tips and tricks on how to achieve your goals. For more information, visit www.leewood.us/newyear.htm

“A Taste of Leewood” Cookbook Fundraising Efforts – A Huge Success!

A special thank you to the many volunteers and contributors who have made “A Taste of Leewood” cookbook a wonderful expression of our community. Thanks to all of the residents who contributed and purchased cookbooks. So far we have raised enough money to provide a nutritious lunch for 450 men, women and children in the metropolitan area, and we can't stop there!

The first ever “A Taste of Leewood” Cookbook is still on sale. Recipes were collected from residents, their families, and the editors' favorites. The cookbook is a collection of recipes that include appetizers, beverages, soups, sandwiches, salads, entrées and desserts, along with holiday specialties, and pet friendly homemade treats. Also included are helpful entertaining tips and cooking guides with common measurements and meat temperatures.

The cookbook costs \$18 with all proceeds benefiting SOME – So Others Might Eat. “A Taste of Leewood” is a dignified way to raise money for an interfaith, community-based organization that exists to help the poor and homeless in our area. For more information about S.O.M.E. check out www.some.org.

For more information on how to order and the payment options, please visit www.leewood.us/ATOL.htm

Leewood Times 2008 Winter Guide



The mention of winter evokes images of sparkling snowflakes and skaters gracefully gliding across the ice, though heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia.

The editors of the Leewood Times have put together a guide to help you have a healthy and happy winter. Helpful household tips can help you save on energy costs this season, and the section on driving in the snow can help you and your family be safe. Here is an excerpt from the guide.

To View the Leewood Times
2008 Winter Guide

Visit www.leewood.us/winter.htm

If you are outdoors:

Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack. If you must shovel snow, stretch before going outside. Cover your mouth. Protect your lungs from extremely cold air by covering your mouth when outdoors. Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly. Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately. Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

If symptoms of hypothermia are detected:

- Get the victim to a warm location
- Remove wet clothing
- Put the person in dry clothing and wrap their entire body in a blanket
- Warm the center of the body first
- Give warm, non-alcoholic or non-caffeinated beverages if the victim is conscious
- Get medical help as soon as possible.

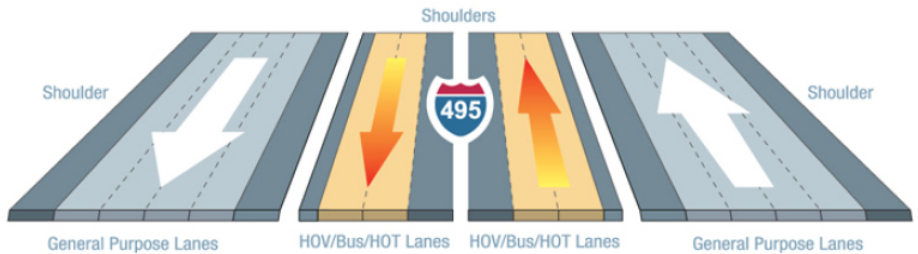
Area High School Voted Best in the Country

In its first-ever ranking of "America's Best High schools," U.S. News & World Report ranks Fairfax County's Thomas Jefferson High School for Science and Technology as the top high school in the United States. Thomas Jefferson High School draws applicants from across five counties and two cities in Northern Virginia, selecting 500 students from a pool of several thousand applicants. Admission is based primarily on a general achievement test and prior grades. Of the 432 seniors in the Class of 2007, 158 were National Merit semifinalists, more than any other school in the nation. And the average student SAT score was a 2155 (on a 2400 scale). When they aren't shouldering their science-heavy course load, TJ students participate in a slew of extracurriculars, choosing from some 25 varsity sports and 85 clubs, including the Investment Club, the Neuroscience Society, the Entomology Club, and the Forensics Sciences Society.



NEW Hot Lanes on I-495

The Capital Beltway High Occupancy Toll (HOT) lanes project will deliver the first significant expansion to the Capital Beltway in more than 30 years. Two HOT lanes will be added in each



direction between the Springfield Interchange and just north of the Dulles Toll Road, providing motorists new choices for faster, more reliable trips. Buses and carpools with three or more people can use the lanes for free, while non-HOV motorists can choose to pay a toll and access the lanes as well. Toll prices will be based on demand. Prices will change throughout the day according to real-time traffic conditions to manage the number of cars in the HOT lanes and keep them congestion free. In September 2007 Fluor-Transurban and the Virginia Department of Transportation (VDOT) reached an in-principle agreement for the design, construction, operations and maintenance of the Capital Beltway HOT Lanes. The agreement is currently being finalized, with final signatures and financing to be completed by the end of the year. Construction is expected to begin in spring 2008 with the lanes to be opened in 2013.

Lights of Leewood 2007



Leewood Homeowners Association

P.O. Box 1421
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Our Board

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Janet Rourke
president@leewood.us

Vice President –
Bob Chilakamarri
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Secretary –
Rose Weber
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Treasurer –
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Entire board email:
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Leewood's Official
Website!

www.leewood.us

To submit an article:

Email us at:

LeewoodTimes@cox.net



New Door Type Approved

Your LHOA has approved a new type of door for your home. *See picture to the right.* Wooden, metal or fiberglass doors are permissible. The glass should be clear, un-frosted, uncolored, un-etched, non-bevel glass without ornamentation. Brass kick plates not to exceed 6 inches in height are permitted. Doors should ideally be the same color as shutters and a different color from the trim color.



Leewood Homeowners Association Annual Meeting

Tuesday, March 11th 8:00 p.m.

Leewood Homeowners Association Annual Meeting will be held on Tuesday, March 11, 2008 at 8:00 p.m. The location of the meeting will be mailed to all homeowners prior to the meeting.

- One Position on Our Board is up for election in '08 -

There is a position on the LHOA Board up for election this year. A Nominating Committee is being established by the Board and is chaired by Melinda Ford. The Committee will consist of three people and we need two additional members from our association. If you are interested in participating on this nominating committee, please send an email to Melinda at atlarge@leewood.us.

The members of this committee along with all nominees for the board will be announced in our next newsletter and in the annual meeting packet mailed to all homeowners.

Fairfax County Agencies Offer Online Assistance

If there is a neighborhood concern and you are not sure who to call for assistance, Fairfax County has agencies that can provide assistance. Fairfax County has a list online of many issues and the appropriate agency to contact. You can follow the link from your LHOA website at www.leewood.us/fairfaxcounty.htm or type the following URL in your internet browser: www.fairfaxcounty.gov/dpz/faqs/concerns.htm. This information is also available in the printed publication "Neighborhood Concerns & County Services," which can be obtained by calling the Fairfax County Office of Public Affairs at 703-324-3187 or at the Mason District Governmental Center in the Office of Supervisor Gross, 6507 Columbia Pike in Annandale.

NOTICE TO RESIDENTS:
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 & decorations and **NOT** placed in plastic bags