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Local Farmers Markets Open for 2008 Season

The 2008 season of the Fairfax County Farmers' Market kicks off May 1st and continues until November 19th. There are 11 markets located across the county, open different days throughout the week. The markets are well-known for top quality local foods. All farmers and producers come no further than 125 miles from Fairfax County.

In May, the markets are bursting with strawberries, lettuces, greens, peas, asparagus, rhubarb, beets, radishes, carrots, herbs, baked goods, honey, cut flowers, and plenty of potted plants for your garden. You'll even find tomatoes this early in the season, green house grown and delicious. Later in the season, the parade of summer produce includes squashes, beans, heirloom tomatoes, eggplants, berries, peaches, and melons. You will also find a variety of meats, cheeses, pasta and ice cream.

For more information and directions to 16 farmers markets in our area, visit <http://www.leewood.us> and follow the links to your Farmers Market Information Page.

Prescription Drugs and Our Water

Trace amounts of common over-the-counter and prescription drugs have been found in our region's water supply. Recent news stories have questioned if our tap water is safe. When it comes to our drinking water, it is only natural to be concerned. Fairfax County wants residents to know that it takes these reports seriously.

Our drinking water is treated with advanced processes. Only very low levels of drugs have been found. These amounts are in the parts per trillion. *(For comparison, one part per trillion is equal to one second in 32,000 years.)*

It's unclear whether low levels of drugs can cause long-term health effects. Scientists have only begun to study this issue, and the science is evolving. However, there is no proof that the amount of drugs found in the water can cause immediate harm. Right now, there are no federal or state regulations dealing with medicines in the water. The EPA is studying the issue, and Fairfax County is monitoring the federal research. Last year, the Board of Supervisors asked county staff to study the issue.

Our drinking water and wastewater are treated, but you can help. Throw unused or unwanted medicines in the trash. Don't flush them down the toilet —unless specifically directed by the label. Medicines that are flushed can end up in rivers and streams.

Spring Clean-up – *Ideas for Your Home*



The flowers are blooming, the birds are serenading, and our house still feels like it's stuck with winter blues. Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic seasons of spring and summer. Here are some tips to help you with your spring cleaning and organization.

- Determine areas to clean and customize lists to help clean your home.
- Analyze the reasons why an area of your home is unorganized.
- Make a basic cleaning supply list, and purchase cleaners for special surfaces.
- Organize and implement a family spring cleaning day(s).
- Create an organizational plan for storing documents, papers, and seasonal clothing.
- Effectively manage clutter with the 4 container method. (*Trash, Give Away/Sell, Storage, Put away*)
- Organize and conduct a garage sale.
- Implement the behavior changes associated with keeping the mess clean.
- Evaluate yourself daily until the rooms in question have removed themselves as a source of your frustration.

For more tips and the complete
Spring Cleaning Guide
Visit
www.leewood.us/springclean.htm

For a complete spring cleaning guide to help you and your family, log onto
www.leewood.us/springclean.htm

Leewood Clean-up Day – *A Huge Success!*

Leewood held a successful clean-up day on Saturday, April 5. The bad weather held off long enough for us to complete the project. 16 homeowners participated.

Two pick-up truckloads of trash and debris were taken to the dump. Eight azaleas were planted in the common area, one Rose of Sharon and lots of hostas, daylilies and liriopse. Hopefully in future years, these plantings will grow and add to the beauty of Leewood in the spring. The shrubs and flowers were donated through the kind generosity of several homeowners.

Thanks to all those who participated. We look forward to an even larger turnout on our next clean-up day



Pollen & Allergies – *Tips to Help Control Your Symptoms*

If you or someone you know are among the more than 26 million Americans who suffer from seasonal allergies, you know that annual bouts with pollen aren't just uncomfortable, they also take a toll on mental well-being. The bad news is that your allergies are probably going to get worse before they get better and you can blame the tree pollen now blanketing our area. Unfortunately, the pollen isn't going anywhere. In fact, allergy sufferers won't see much relief in the weeks ahead. The good news is that there are a few minor lifestyle changes that can go a long way toward keeping symptoms under control:

- Avoid using window fans to cool rooms — *they can pull pollen indoors.*
- Keep windows closed in the morning — *this is when the pollen counts are the highest.*
- Use your air conditioner — *running your AC unit helps to control the pollen in your home.*
- Keep windows closed when driving — *use the air conditioner if necessary, to avoid allergens.*
- Limit your time outdoors when pollen counts are highest — *for a link to our daily local pollen counts, visit www.leewood.us/pollen.htm*
- Use a Neti Pot — *they are small vessels shaped like an Aladdin lamp and used to flush the sinuses and keep them clear with saltwater. A little douse of saltwater can rinse away those prickly pollen grains and help treat allergies and other forms of sinus congestion.*
- Eat allergy fighting foods — *studies have shown that people who eat foods rich in omega-3 fatty acids are less likely to suffer allergy symptoms and to help keep airways clear when pollen counts are high add a dash of horseradish, chili peppers or hot mustard to your food, they all act as natural, temporary decongestants.*

For more information about allergic reactions to pollen
and for more all natural remedies, visit www.leewood.us/pollen.htm

Household Hazardous Waste Collection Events

Residents can dispose of household hazardous waste, recycle computers and peripheral devices and shred and recycle personal documents at various household hazardous waste collection events in our area. Secure document shredding will also be available and residents may bring up to five medium-sized boxes of paper per household for shredding and recycling. Here are the scheduled events.

- **June 14th - 9am - 2pm** Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152. *Recycling Event will occur at West Springfield High School, 6100 Rolling Road, Springfield, VA 22152.*
- **September 6th - 9am. - 2pm** Mason District Governmental Center, 6507 Columbia Pike, Annandale, VA 22003, *hazardous waste and document shredding*
- **September 13th - 9am - 2pm** 4900 Stonecroft Blvd, Chantilly, VA 20151, *document shredding only*
- **October 4th - 9am - 2pm** 1437 Balls Road, McLean, VA 22101, *household hazardous waste collection only.*
- **October 11th - 9am - 2pm** Braddock Government Center, 9002 Burke Lake Road, Burke, VA 22015, *document shredding only*

Recycle Small Electronics at Your Post Office. Residents can pick up white plastic envelopes from your local post office to be used to mail in small electronics for recycling at no cost. The postage-paid mailers are free and items such as cell phones, PDAs, digital cameras, MP3 players, inkjet cartridges, and other small electronics can be sent in. All electronics received through this program will be reused, recycled or broken down into their component parts for reuse and recycling.

Leewood Homeowners Association

P.O. Box 1421
Springfield, VA 22151

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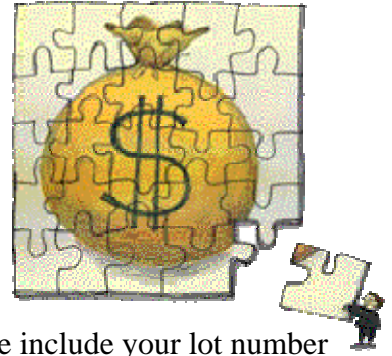
Leewood is looking particularly beautiful at this time of year. Everyone should take a stroll through the common areas and along the streets to see how great it looks. It's also a great time to get ideas for your own gardening efforts, even if those efforts just entail weeding your planting beds.



FROM THE BOARD

New Assessments Reminder:

Assessments are \$175 per quarter in 2008. Please include your lot number on the check to ensure that it is logged properly and to facilitate deposit. For those who use an automatic check writing service, please be sure to notify them of the increase in assessments from 2007. A lot of these checks are still in the amount of \$150 which means homeowners will owe \$25 for each quarter that the check is not properly written.



What Everyone Can Do – *to Help Keep Leewood Beautiful*

As warmer weather approaches and dry conditions begin, it would be helpful if homeowners could water small trees and shrubs in the common areas to help them make it through the summer. Some homeowners do water and it is greatly appreciated.

As we all begin to enjoy the summer weather, keep in mind that parties and get-togethers on our patios can be noisy. Other summer activities such as skate boarding, rollerblading, ball playing can also result in a lot of noise. Remember your neighbors and be mindful of the noise. Elderly people, small children and those with illnesses may be sleeping early and excessive noise is frustrating and can be an irritant to some homeowners.

Also, please remember to pick up after your dogs. There is a particular problem along the easement behind Leebrad, Bradgen and Upper Leestone. Some homeowners have reported seeing neighbors who live along that area allowing their dogs to run loose with no apparent effort to pick up after them. Please do your part to help keep Leewood beautiful.

Architectural Review Committee Notes

Architectural Review Committee (ARC) letters have gone out. Thanks to everyone's efforts, the number was much smaller than the last couple of years. Remember if you get a letter and do not feel that you have a violation or need additional time to make the repairs, please let the ARC know. There is an email address in the letter or you can mail a request to the Leewood post office box. By taking care of the item up front, it saves the Association volunteers time and the LHOA money. Each letter that has to be done costs in both materials and postage not to mention the time to produce them. Thank you for your cooperation.