

May 2006

Volume 1, Issue 1

LeewoodTimes@cox.net

Leewood Times

To submit an article:

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

Highlights:

Spring Yard
Maintenance Tips 2

Spring Training for
Gardeners 2

Local Spotlight:
FoxFire Grill 3

Community Spotlight:
7044 Leebrad St 3

Foxfire Grill
Buy one get one FREE
COUPON 4

Our Newsletter is Back!

After a long hiatus, the Leewood Homeowners Association newsletter is back. Dubbed “*The Leewood Times*”, it is our goal to make this publication informative, credible and most of all – fun.

Published and distributed bi-monthly, inside each issue readers will find community announcements, helpful hints, local restaurant highlights and reviews, and special offers to our residents.

The writers and editors are all volunteers and encourage our readers to submit articles that are upbeat and refreshing. Future articles will be translated in other languages based on request. To request a translation or to submit an article, please email us at leewoodtimes@cox.net.

Frost Ends, Pest Season Starts!

Northern Virginia is in a frost zone that ends May 1st. And, thanks to a relatively warm fall/winter and lack of prolonged freezes, experts are predicting a spring and summer heavy with bugs and pests, including ones affecting trees and shrubs. Use a fungicide for leaf fungus (black spots or brown edges); malathion or horticulture soap for white powdery substance (aphids, especially on azaleas). Spruces in this area are especially prone to spider mites, which usually are a problem from June to September. This year the mites are expected to hatch as early as April.

Home Beautification

Residents of Leewood are responsible for maintaining their private properties – keeping back yards mowed, raking leaves and trimming shrubs and trees. Toys, lawn mowers, landscaping equipment, tools, bicycles and other items should not be stored or left overnight on front or side lots, including front stoops.



Spring Yard Maintenance Tips

- Leaves:** Rake shrub beds and yards. Bag debris; do NOT rake leaves into gutters and streets or onto common property or into wooded areas.
- Mulch:** Apply a couple of inches of mulch to help retain water to feed your shrubs and plants.
- Seeding:** This is the time to seed bare or sparse spots. Break the ground surface with a hard metal rake, sow seed, cover lightly with topsoil and/or peat moss (to thwart birds and help retain moisture) and keep moist daily until you see green shoots.
- Pruning:** This is not a good time to prune trees and shrubs that flower; doing so will prevent or diminish blooms. Wait until after the blooms have fallen.

Spring Training for Gardeners

The most common gardening injuries are back strain and knee pain. Some easy stretching will go a long way toward lessening both of these.

They say gardening is great exercise, but few gardeners make the effort to warm up and stretch the way they would before any other exercise activity. If there's a time when that effort is needed, it's springtime. After a long off-season of sitting, you need to ease your body into the stretches, lifting and contortions you are going to demand of it in the garden.

Here are some reminders for getting in gardening shape and staying there:

- Pace yourself. Do the hard stuff first, before you're tired out and more likely to overexert.
- Don't hunch. If you squat when you weed, keep your back as straight as possible and move along as you weed, don't reach too far.
- When lifting, always bend from the knees, not the waist, and try to keep your back straight. Use your thigh muscles to do the lifting. Move your feet closer to the object you are lifting and take a wide stance, to balance yourself. Keep the object close to you as you lift it.
- Don't lift and twist in the same movement.
- Kneel on both knees at the same time to avoid the temptation to twist or strain. Use a knee pad.
- Use tools with comfortable handles. Wrap the grip with an old piece of hose or coat with rubber paint, for gripping comfort. Remember to change hands from time to time.
- When using long handled tools, stand straight and keep your knees relaxed. If you need to twist or pivot, step into the twist to ease tension on the back.
- Get out that wheelbarrow or wagon and use it.

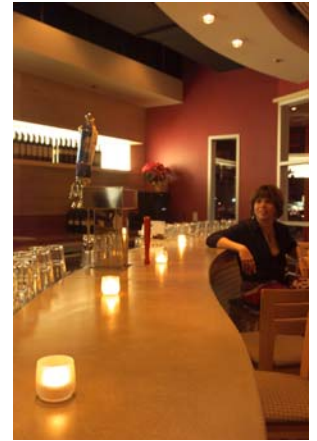


Local Spotlight: Foxfire Grill

6550 Little River Turnpike
Alexandria, VA 22312
(703/914-9280)

The menu at the Foxfire Grill consists of dishes that are recognizably American but taken one step beyond. The chicken fingers, which can be ordered as an appetizer or on top of an outstanding salad, are coconut-flake-encrusted and come with a delicious peanut sauce. The artichoke dip, served in its original shell and Foxfire's veggie wrap, consisting of portabella mushrooms, tomatoes, carrots, and a generous slather of hummus, are worth repeat visits. The waiters make patrons feel at home and at ease, and the owner is there most nights of the week, overseeing the operation and greeting regulars.

See *YOUR Leewood Homeowners Association Coupon on page 4*



Relaxing at the Foxfire Bar

Annual ARC Walk-Through

The annual walk-through was conducted by the architectural committee in late March/early April. Notices have been mailed to homeowners to correct discrepancies and violations. If you have any questions regarding your ARC notice, please contact arc@leewood.us or send a letter to the association address on page 4, attn ARC.

Community Spotlight:

7044 Leebrad Street

In an effort to promote and encourage neighborhood pride and beautification each edition will spotlight a home that is recognized to have exceptional curb appeal.

Take a walk by 7044 Leebrad Street and notice the beautiful pansies, hosta, alberta spruce shrubbery, roses, iris, and lilies. It is obvious that these homeowners have put a lot of time and TLC into their garden. Thanks for helping make the community so much nicer.

To submit a residence, please send an email with an attached picture to our email address at LeewoodTimes@cox.net



Leewood Homeowners Association

P.O. Box 1421
Springfield, VA 22151

Our Board

President – **Julie King**
president@leewood.us

Vice President – **Vacant**
veep@leewood.us

Acting Secretary –
Bob Chilakamarri
secretary@leewood.us

Treasurer – **Vacant**
treasurer@leewood.us

Entire board email:
board@leewood.us

We're on the Web!

See us at:

www.leewood.us

To submit an article:

Email us at:

LeewoodTimes@cox.net

Trash Talk

I think we all agree we live in a pretty sought after neighborhood with climbing property values. Most of us in Leewood take pride in our homes and the grounds we have to look at everyday.

I know we sound like a broken record, but TRASH CANNOT BE PUT OUT before dusk the evening before pick-ups. Another common problem is trash put out the day of pick-ups AFTER the pick-up has been made. If you go to put your trash out and you don't see any other trash...it's a clear sign the trash has already been picked up! Take it back inside until the next pick up day.

When putting out the trash, ask yourself if it's properly sealed? Secure from wind, rain, birds, etc.? Nothing looks worse than seeing trash and white Styrofoam peanuts blowing around the neighborhood. Another solution is to invest in a heavy duty rubber trash can (about \$30 bucks at home depot) that way you can wheel your trash to the curb with out breaking a sweat!

What's your LOT Number?

Every assessment period we receive two or three checks with the wrong lot number written on them. Now that we have our streets painted (Thanks to Ron Filadelfo and many volunteers) there is no question what your lot number is. Look at your reserved space where you park, the number painted is your lot number.

From the Editor...

This newsletter has been re-instated by volunteers in this community to promote a positive, neighborly atmosphere in Leewood. You are welcome to submit constructive, informative, useful articles to be published in the Leewood newsletter. However, the newsletter is **NOT** a forum to air personal grievances or make negative statements about the community or any of its residence. Articles of this nature submitted for publication will be returned to the sender.



\$

LHA COUPON

\$

Buy One Entrée & Get the 2nd Entrée FREE

(\$20 max -- offer valid until June 30th 2006)