

Meadows Messenger

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Notes from the Board

By: John Thurber, President

The members of your Board of Directors wish you an enjoyable spring. This is the time of year when our community looks its best. Special thanks are in order for members of the Building and Grounds Committee and our on-site maintenance staff, Jack and Aaron, for all the hard work they have put in over the past year in planting and maintaining the grounds.

We've decided to accelerate the installation of sewer lateral clean-outs serving each of our buildings. Fourteen of the 57 buildings already have clean-outs and the remaining 44 will be installed this year beginning in late March or April. Clean-outs allow us to routinely inspect, maintain, and repair the sewer laterals that run from the buildings to the county sewer system. As mentioned in the last *Messenger*, these tile lines are more than 60 years old and are beginning to deteriorate. Broken pipes or pipe blockages have caused sewer backups. We are contracting with a company that has a digging method that will minimize the size of the access holes and greatly reduce damage to both the grounds and the pavement. You will be notified when the clean-out to your building will be installed. Disruption to water and sewer services should be minimal. Again, please remember that each lateral serves multiple units. Inappropriate disposal of waste by residents in one unit can have adverse effects on many of their neighbors.

We are pleased to announce the launch of the Fairlington Meadows Web site. The site can be reached at www.fairlingtonmeadows.com.

Board member Bryan Hochstein has taken the lead on this project and spent many hours setting up the site. We believe it will be a valuable and timely community resource that will house important documents such as the Association Master Deed, By-laws, and Residents' Manual, as well as minutes of the monthly Board meetings, the *Messenger*, pool events schedule, and other information of interest to residents and co-owners.

Residents are strongly encouraged to refer to the Association's By-laws and the Residents' Manual before embarking on any work in your unit or patio. There are very clear guidelines for the installation of sheds, satellite dishes, cable lines, replacement windows, and other items. These guidelines are necessary to ensure the visual integrity of our beautiful community; stay within the prescribed guidelines for a Registered Historic Community; and preserve the structure of our buildings, fences, and other common property. In the past, the Board has had to take adverse actions against owners who did not comply with these guidelines. We would rather it didn't come to that. Remember that all interior work with cost estimates in excess of \$1,000 must be presented to and approved by the Board before any work is initiated.

Pool season begins around Memorial Day and Cliff Beasley is the new Pool Committee chairman who will be working with members to schedule events for the summer. The Committee is looking for new members to assist with overseeing pool operations and events. If you are interested, contact Cliff at the pool this summer or call John Thurber at 703-998-8723. The Board thanks you for your continued cooperation in making Fairlington Meadows a beautiful community and a wonderful place to live.

B & G Committee to Host Spring Yard Sale

By: Janet Filer

Spring is right around the corner, so it's time to get busy and clean out those cluttered shelves and closets! Don't let worries about what to do with all your unwanted, unused items hamper your purging—get rid of that excess baggage at the Meadows Buildings and Grounds Committee community-wide Spring Yard Sale.

The Spring Yard Sale will be held on the grounds of the Fairlington Community Center at the South Stafford Street circle on Saturday, April 25 at 9:00 a.m. (a rain date has been scheduled for Sunday, April 26).

Come to buy or come to sell—anyone and everyone in Fairlington is welcome. We encourage you to come early, bring your own table, and set up to sell your treasures; the B & G Committee will provide the space and do the advertising. A donation of 15 percent of your total sales is required and will help fund future plantings and beautification projects in the Meadows.

To pre-register your table, call Diane at (703) 998-8723 or just come to the Community Center early on the morning of the event. For any additional information, call Diane at the above number or Janet at (703) 820-8428. We hope to see you there!



Architectural Review Committee Report

The most recent report of the Architectural Review Committee will be presented to the Meadows Board of Directors at the next Board meeting, which is scheduled for March 30. This report includes research done by Committee members on products that would be acceptable for replacement and/or alteration of units in Fairlington Meadows.

The items researched and documented include door hardware, front and rear doors, lighting (front porch and rear patio), gates, and fixtures.

The mandate of the Meadows Board to the ARC is to be an ad hoc committee, which may be used by the Directors to research and propose standards for the Meadows.

Any interested Meadows resident who would like to serve on this committee or to receive further information, please contact David Manning, dldmanning33@aol.com.

A Note to Unit Owners

Pursuant to our community's bylaws, there are guidelines that should be followed when doing renovation or remodeling projects to units within Fairlington Meadows and, in fact, all of Fairlington.

If you are planning to make changes to your unit, be sure to check the Resident's Manual or contact CMC. Unit owners will be held responsible for alterations made to their property that are not in compliance with these guidelines.

☺ *Community Housekeeping* ☺

As with any community, the bylaws and covenants and restrictions of Fairlington Meadows exist to provide guidance for residents and help to ensure a safe and pleasant living environment. All residents receive an information packet that contains detailed information on the “dos and don’ts” when they move in. Your court chairperson (see list on p. 4) and the Meadows’ property manager or on-site maintenance supervisor (see directory on p. 4) can help to clarify any of the regulations, answer questions you may have, or - if they don’t have the answers - direct you to someone who does.

Below you will find the answers to some of the most commonly asked questions:

Trash Collection- Trash is collected Monday through Saturday, with the exception of the following holidays: New Year’s Day, Presidents’ Day, Memorial Day, Independence Day, Labor Day, Veterans’ Day, Thanksgiving, and Christmas.

Trash should be securely tied and placed near your front stoop between 6:00-8:00 a.m. It should never be left out overnight.

Oversized Trash Items- Move-in boxes and oversized items are picked up on the first Saturday of each month. These items should be placed at the street-side curb no earlier than 24 hours ahead of time. It is possible to schedule an individual pick-up of oversized items at other times by calling our on-site maintenance office. The charge for this service is a minimum of \$25.00.

Recycling- Recycling bins are placed at the court entrances on Tuesday evenings and emptied on Wednesday mornings. Items to be placed in the bins are aluminum and steel cans, plastic, and mixed glass. Newspapers (in paper bags or tied securely with string) and broken-down corrugated cardboard should be left on the ground near the bins. If a holiday falls on recycling day, items will be picked up on the next regularly-scheduled trash pick-up day.

Pets- When outdoors or in common entrance ways, dogs must be kept on a leash at all times. Dog owners are required to clean up after their pets.

Not only is this a condominium rule, it is an Arlington County ordinance. As a consideration to your neighbors and for your pet’s own safety, it is also recommended that residents do not allow their cats to roam freely through the neighborhood.

Parking- Most courts have one assigned off-street parking space per unit, the number of which corresponds to the unit number (399-740). Other courts have reserved, but unassigned, parking (again, one space per unit); these require the use of hanging permit tags. Additionally, certain courts on South Stafford Street are within an area of “Zone 11” parking. Check with your court chairperson to see which applies to you.

When parking in the courts, park squarely within your space, so your neighbors also have room to park. Some courts have off-street “visitor” spaces. Please instruct your guests or any contractors, etc. you engage to park in a visitor space, your assigned space, or on the street.

Cars parked illegally (parallel to or behind other cars, in the entrances) are subject to towing. Residents are responsible for calling the towing company (see directory on p. 2) if someone is parked in their assigned space. Driving or parking on the lawns is strictly prohibited as it damages the grass and tree roots.

Sewers- Fairlington sewers were constructed of terra cotta in the 1940s and are very fragile. Please do not dispose of grease, facial tissue, hair, dental floss, baby wipes, diapers, raw vegetable peels, or feminine hygiene products in the toilets or drains.

Even products labeled “flushable” should not be placed in our sewers - toilet paper and human and pet waste should be the only things flushed down the toilets. If you retain the services of a maid or cleaning company, please make them aware of this to prevent a costly sewer back-up in your own unit, and possibly those of your neighbors.

Fairlington Meadows Court Chairpersons

If you live in:

Your court chairperson is:

Court 1 (4100-4110 South 33rd Street)	Shirley Nycum (703-379-0455)
Court 2 (3301-3327 South Stafford Street)	Shirley Nycum (703-379-0455)
Court 3 (3329-3343 South Stafford Street) (3345-3371 South Stafford Street) (3373-3399 South Stafford Street)	Ellen Parkhurst (703-578-1862) Nancy Donley (703-931-6155) Ellen Parkhurst (703-820-0565)
Court 4 (3401A-3429 South Stafford Street)	Ed Hilz (703-379-6435)
Court 5 (3431A-3451 South Stafford Street)	Liz Pagano (703-379-7055)
Court 6 (3453A-3479 South Stafford Street)	Carrie Jolly (703-671-5268)
Court 7 (4201-4227 South 35th Street)	Paul Matulic (703-820-4933)
Court 8 (4229-4279 South 35th Street)	Diane Thurber (703-998-8723)
Court 9 (4281-4325 South 35th Street)	Mary Meek (703-379-4374)
Court 10 (3469-3499 South Utah Street)	BJ Chittum (703-820-5731)
Court 11 (3417-3461 South Utah Street)	Judi Garth (703-931-3693)
Court 12 (3401-3411 South Utah Street)	Louise Gabel (703-379-7222)
Court 13 (4200-4320 South 34th Street)	Rose Stack (703-379-7245)
Court 14 (3400-3432 South Stafford Street)	Terri Dunham (703-824-8349)
Court 15 (3442-3472 South Stafford Street)	David Andrews (703-379-7256)

Meadows Directory

Board of Directors:

John Thurber, President
David Andrews, 1st Vice President
Judy Pisciotta, 2nd Vice President
Paul Kealey, Treasurer
Bryan Hochstein, Secretary

Send correspondence to the Fairlington Meadows Board of Directors in care of: Community Management Corp. at the address referenced below. For copies of Board meeting minutes, contact Olivia Dixon-Powers (see below) or view them on the community bulletin board at the pool house.

Messenger Volunteers:

Kathryn Utan, Editor
Rose Stack, Distribution Manager
Pam Hudson, Web Master

Send letters, articles, or recipes to the editor at 3407B South Stafford Street or via e-mail to kathryn_utan@yahoo.com. Items submitted are printed at the editor's discretion and unsigned letters will not be considered.

Property Manager:

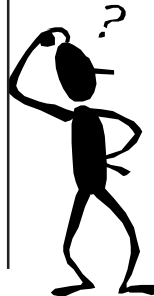
Olivia Dixon-Powers
Community Management Corp.
12701 Fair Lakes Circle, Suite 400
P.O. Box 10821
Chantilly, Va. 20153
Tel. 703-631-7200; Fax 703-631-9786
E-mail: oliviad@cmc-management.com

On-site Maintenance:

Jack Clark, Manager
Aaron Ferguson, Assistant
On-site Tel. 703-820-6799

Towing Requests:

A-1 Towing of Northern Virginia
Tel. 703-979-2110



Buildings & Grounds Committee Update

By: Chuck Edwards and Lisa Farbstein, Co-chairs

Spring 2004 Planting: On March 27, Committee members will review the entire community along with residents' requests for the spring planting. The Committee will submit its recommendations to the Board of Directors at the March meeting.

If any resident would like us to consider trimming existing shrubbery this spring or planting new shrubbery or trees next fall, contact the Committee by writing Chuck Edwards at 3460 A-1 South Stafford or Lisa Farbstein, at 3422A-2 South Stafford Street.

Common Areas Plantings: Residents who are interested in planting a small flower garden outside a patio must first receive permission from the Buildings and Grounds Committee, which will review the request. Such gardens are subject to removal if the resident does not maintain the space. Please remember that permission is needed for any planting in common areas and that these additional plantings become the property of the condominium association. There are many things to consider when planting. Some of these include the existence of sewer lines, underground utility lines, the type of material planted and its impact on the community.

Community Pride: The Meadows covers about 22 acres, and all of us need to help with keeping our homes as attractive as possible. Therefore, if you see a bit of debris on the grounds, please consider picking it up and disposing of it. All of us working together will help keep the community looking great.

If you are interested in joining the Fairlington Meadows Building and Grounds Committee, please feel free to attend the following upcoming meetings. All begin at 7:30 p.m. and last approximately one hour.

April 14

at the residence of Chuck Edwards
3460A-1 South Stafford Street

May 5

at the residence of Marion Hinchman
3433B South Stafford Street

June 9

at the residence of Janet Filer
3444 South Stafford Street

There are no meetings in July or August

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Cool Colors, Hardy Annuals Wake Up Early Spring Gardens

By: Kathryn Utan

If you're eager to break free from the winter "blahs," an easy way to do it is by adding some bright, happy colors to the early spring landscape. Here's a list of some hardy annuals that are readily available at local nurseries or home improvement stores and are sure to liven your spirits as well as your landscape.

For the best results, plant in beds or pots in rich, well drained soil. Select an area that has plenty of sun and be sure to fertilize and deadhead.

Pansies: Ubiquitous and extremely hardy even in most winter months, the pansy comes in a wide range of colors and is easy to grow and care for.

Primrose: Vibrant colors and lush green foliage make this an early spring favorite.

Johnny-Jump-Ups: A smaller cousin of the pansy, these charming, colorful flowers look great in clusters.

Dusty Miller: Not a flower, but still an attractive addition to your garden, this plant has silvery foliage that's as delicate as a snowflake.

Snapdragons: They come in a variety of colors and heights, do well in cool weather, and may rebloom once things cool off in the fall.

Is Your Drinking Water “Heavier” Than It Should Be?

By: *Kathryn Utan*

With stories about elevated levels of lead in the area’s water supply appearing nearly every day in local papers and on television newscasts, it’s difficult not to be concerned about the safety of the water that flows from the taps in our homes, schools, and offices.

At a news conference held on March 9, Arlington County officials disclosed recent test results indicating only 12 out of 354 water samples tested for lead the previous week had levels higher than 15 parts per billion (ppb)—the amount used by the Environmental Protection Agency (EPA) to set its “action level” for water systems.

County representatives pointed out that 56 percent of the samples—which were taken from 42 schools, 48 daycare centers, 11 homes, and five fire hydrants throughout Arlington County—came back at 0.0 ppb, yet were quick to stress the need for additional testing to determine the true extent of the problem.

In a press release dated March 9, Arlington County’s Director of Infrastructure and Operations Randy Bartlett called the results “a strong indication that there is not a widespread problem with lead in the County’s water-delivery system.” The same document quoted Barbara Favola, chair of the Arlington County Board, as saying, “This is good news so far, however, it is important for us to do additional testing.”

But, according to a *Washington Post* article published March 10, experts who analyzed the Arlington County data expressed concern that “more than 37 percent of all the residences tested—six out of 16, including five tested earlier—showed elevated [levels of] lead.”

The article quotes Richard Maas, co-director of the University of North Carolina-Asheville’s Environmental Quality Institute, who said county

officials are “putting a pretty false spin on this” because the preliminary data showed the county is “way over the EPA level.” Maas went on to say that the tests already indicate a “relatively severe lead contamination problem,” calling the results that were released “a mishmash and hodgepodge of data.”

According to a report posted on Arlington County’s Web site, of the 354 water samples that were part of the initial test, 218 were taken at public and parochial schools and, among those samples, seven from five public schools—Ashlawn, Campbell, HB Woodlawn/Stratford, Reed, and Wilson—exceeded 15 ppb. The results were very specific to individual fixtures, not to an entire building. Other fixtures in those five buildings tested zero, indicating no problem with the water being delivered to the school.

Additionally, 35 new samples were taken at homes and even those with initial high readings tested well below the EPA action level after the taps were allowed to run for about 90 seconds. The county plans to test another 200 homes based on age, geography, and building type.

Federal guidelines allow 10 percent of all homes tested to exceed the 15 ppb EPA action level; if the number of homes that test above this level is greater than 10 percent, the county would be required to initiate a public information and remediation campaign, the *Washington Post* reports.

Most contamination is from corrosion of lead pipes in the home or in lead service lines that connect to public water lines. According the March 10 article in the *Washington Post*, some experts suggest that a change in the water treatment process at the Dalecarlia Water Treatment Plant—which serves the District, Arlington, the Pentagon, Reagan National Airport, and parts of Falls Church and Fairfax County—may have made the water corrosive enough to leach lead from such components.

Why is Lead a Problem?

When lead builds up in the body, it can hinder

brain development and damage the nervous system, red blood cells, and kidneys. The usual treatment for elevated lead in the blood is to stop lead exposures. For adults, sporadic ingesting of elevated levels of lead in water does not cause health problems, but parents should discuss with their medical providers the necessity of having their children's blood lead levels tested during routine checkups.

In a press release issued by Arlington County on March 9, Dr. Claire Cifaloglio, a pediatrician and Arlington school health physician, offers the following guidelines, which are especially important for pregnant or breast-feeding women and children under the age of six:

- Flush taps for 60-90 seconds before using water.
- Cook only with cold water, not hot tap water.
- If lead is a concern, consider using a filter certified for lead removal by the National Sanitation Foundation (www.nsfconsumer.org/water/dw_treatment.asp), and maintain the filter properly.
- Eat meals high in calcium and iron.

“As a general rule, most children should be tested for lead at nine to 12 months of age; thereafter, according to risk,” Cifaloglio said in the press release. After that, she explained, “Parents should discuss routine screening with their healthcare provider.”

Pets are also at risk for lead poisoning, although they are much more susceptible to it from ingesting other things—fishing weights or chips of lead-based paint, for example—which contain much higher concentrations of lead than contaminated water does, according to Dennis J. Blodgett, a veterinary toxicologist with the Virginia-Maryland Regional College of Veterinary Medicine. While the effects of lead poisoning are very difficult to monitor in pets and would likely be unnoticeable, some veterinarians recommend giving your furry friends filtered or bottled water if extremely high lead levels are a concern.

So, What's a Homeowner to Do?

Although Arlington County has no lead service pipes,

lead solder in the pipes of individual homes may cause a contamination problem. If you are concerned about possible lead solder in your home's pipes, contact a plumber who will be able to determine if this is a problem in your home. For an online listing of local companies that offer water analysis services, visit www.co.arlington.va.us/water/LeadTestingCompanies.pdf. If you don't have access to the Internet, call the Arlington County Public Health Department at (703) 228-7400 for information about organizations that do in-home water tests. The cost of testing your water ranges between \$15-75.

Arlington residents can call Arlington Public Health at (703) 228-7400 with questions. Residents with water questions may call the Arlington County Department of Public Works at (703) 228-6485.

Other online sources of related information include:

Virginia Department of Health
www.vahealth.org/leadsafe/linkscslpp.htm
Centers for Disease Control & Prevention
www.cdc.gov/nceh/lead/spotLights/leadinwater.htm

Want to Attract More Birds to Your Patio Paradise?

The Fairlington Meadows Buildings and Grounds Committee is sponsoring a workshop that will feature birding expert Charles Studholme, owner and operator of One Good Tern. In his presentation, “How to Attract Birds to Your Back Yard,” Studholme will share on what homeowners can do to attract birds to the community while at the same time not attracting unwanted pests or rodents. The lecture will also cover bird houses, feeders, plants, and other useful information.

The one-hour event will take place at the Fairlington Community Center (room 10) on Saturday, May 1, at 10:00 a.m.

Letter to the Editor: A Note on Being Neighborly

I would like to take this opportunity to remind individuals about two very important health problems.

First, I had the unfortunate experience of having a dog owner use the lamp post in front of my house as a dumping ground for his or her pet. This type of behavior is not only unhealthy, it is also unneighborly.

Arlington has animal laws that state: "...The owner of a dog shall be responsible for the removal of the dog's excretion from any property..." -Article II. Animals; Sec. 2.5(a). If you see a dog owner

not picking up after his/her pet, you can call Animal Welfare at (703) 931-9241, ext. 200, to report the problem.

Secondly, a few residents continue to leave their garbage out at night. This is also very unhealthy and can attract rodents. This is also a violation of Meadows community regulations as detailed in the owner's/resident's manual.

Having lived in Fairlington for 29 years, I know that the majority of residents are interested in the welfare of our community. Let's not have a few people spoil it.

Sincerely,

Liz Pagano



Food Bytes

By Janet Filer

Along with the sunshine and warmth, the spring brings out the fresh produce. Nearby farmers' markets are opening and locally grown asparagus will soon be available. Here are two "different" treatments to bring to your table.

Roasted Asparagus

- 1 pound fresh asparagus
- 2 teaspoon olive oil
- 2 tablespoons Parmesan cheese, shredded
- 1 lemon, cut into wedges

Preheat oven to 500 degrees. Arrange asparagus in a single layer in a shallow baking pan. With a pastry brush, paint the oil on the spears, then sprinkle with kosher salt. Roast until tender, but still crisp (8-10 minutes), depending on thickness of stalks. Turn spears occasionally for even cooking and to avoid browning. Place on serving platter, sprinkle with cheese, and serve with lemon wedges.

Asparagus with Brie Sauce

- 1 pound fresh asparagus
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 6-oz. ripe Brie cheese, rind removed
- Salt and white pepper to taste
- A grating of fresh nutmeg

Boil or steam the asparagus until just tender and bright green. Meanwhile, melt the butter in a saucepan over moderate heat and stir in the flour. Cook for 2 minutes, then stir in the milk. Bring to a boil, stirring frequently. Cut the rindless cheese into pieces and add to the sauce, stirring until melted. Season with salt, white pepper, and nutmeg. Place the spears in platter and cover with sauce.