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Notes from the Board

Dear Friends in Fairlington Meadows—

As summer winds down, your Board of Directors hopes you had a fun and relaxing summer and wishes you all the best for the fall season.

The first thing we want to do is to remind you that the annual meeting of the Fairlington Meadows Council of Co-Owners will be held Thursday, October 28, at 7:00 p.m. in Room 1 of the Community Center. You will be getting a letter from the Board in the mail during the first week of October with information about the agenda and a proxy card. The meeting cannot start until we have a quorum of co-owners, so it is very important that you either attend the meeting or send in your proxy card. Your cooperation is critical to the success of our annual meeting. As an additional incentive for you to attend, we will be serving light snacks and beverages.

The main item of business at this year's meeting will be the Council's approval of the budget for 2005. We will include a copy of the proposed budget and a detailed explanatory letter from our Treasurer in the mailing. As I have mentioned in previous issues of the *Messenger*, sev-

eral important budget items—including insurance, sewer lateral work, and painting—have increased significantly in recent times. We are working hard to keep costs to a minimum while at the same time maintaining the level of service what we have all come to expect.



Because we elected four new members to the Board of Directors in 2003, there are no open seats this year, so a vote will not be held. The annual meeting is your opportunity to meet directly with your Board, property management, and neighbors to discuss issues of interest to you.

There will be a sign-in sheet for the Residents' Forum, so if you want to speak be sure you sign up. Each item will be limited to 10 minutes of discussion. Although the Board

will not vote on any item presented during the annual meeting, we will certainly address these issues at a later date. Renters are welcome to attend the meeting and to speak during Residents' Forum, however only owners count toward the quorum and are eligible to vote on the budget proposal.

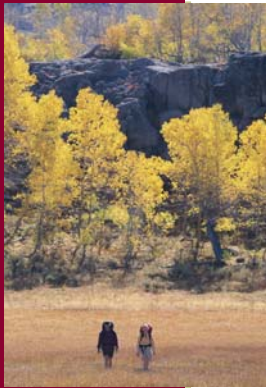
We are happy to see that Jack is back after taking some time off for medical treatment and are pleased to report that he is recovering nicely and doing well. We welcome Jose Rameriz as our new maintenance assistant. Jose has an extensive background in property maintenance and is also an accomplished woodworker. We are working to get Jack and Jose Internet access at the shop to help improve communication between residents and our property management company. To this end, we're looking for someone who is good with computers to set up a computer system that we have assembled from donated components. If you would like to help, call me at 703-998-8723.

A big note of thanks goes out to Dave Lassiter and the lifeguards for making the 2004 pool season another success. In addition to many

-Continued on page 8

Buildings & Grounds Update

By Chuck Edwards and Lisa Farbstein, Co-chairs



*As summer ends,
Northern
Virginia comes
alive with the
sights and smells
of autumn*



Fall Planting

We've gathered requests for the fall planting and Committee members will review these and make suggestions for this upcoming project, which is scheduled for late October or early November. Residents who have requests or suggestions for the spring 2005 planting should notify the Committee by writing to Lisa Farbstein at 3422A-2 South Stafford Street or Chuck Edwards at 3460 A-1 South Stafford.

Trimming

ValleyCrest, our lawns contractor, trimmed the shrubbery in late June and August. They will conduct another trimming in the fall. If any resident would like us to consider trimming existing shrubbery, please contact the Committee by writing to Lisa or Chuck.

Arborist

Our arborist, Jerry Dieruf, continues to advise the Committee on how to care for our common area trees and shrubbery. He also presents us with four Integrated Pest Management (IPM) reports, along with specific recommendations for action, each year. IPM uses various methods—including natural predators such as ladybugs—to control the diseases and insects that can attack our lawns, trees, and shrubbery.

Tree Work

Our management company, CMC, is obtaining bids for tree work throughout the

community. This project includes trimming and, in some cases, removal of diseased trees, especially hemlocks and crab apples, and is slated to begin in late summer. Meadows Arborist Jerry Dieruf is working with Arlington County to have two street trees removed: one on Utah Street at Court 10 and one on South Stafford across from the community center.

Jerry has also contacted the County for removal of dead limbs from street trees.

Trees

The Committee would like to remind residents that our trees are living things that need to be nurtured and protected. They should never be used for signposts because nailing or stapling into a tree leaves it vulnerable to disease. The community spends many hours and dollars protecting our trees, and we can all agree that they are essential to the overall ambiance of the Meadows and all of Fairlington.

Common Area Plantings

Residents who are interested in planting a small flower garden outside a patio must first receive permission from the 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, including the existence of sewer and underground utility lines, as well as the type of material planted and its impact on the community.

If you are interested in joining the Fairlington Meadows Buildings and Grounds Committee, please feel free to attend the upcoming meetings. All begin at 7:30 p.m. and last approximately one hour. Please check the Messenger for meeting places.

October 6

Hosted by Diane Thurber
4241A - 2 South 35th
Street (Court 8)

November 3

Hosted by Marion Hinchman
3433B South Stafford
Street (Court 5)

December

No meeting; happy holidays!

January 5, 2005

Hosted by Judi Garth
3445 South Utah Street
(Court 11)

The Meadows Bids a Sad Farewell to Longtime Resident Richard Gabel

By Kathryn Utan, Editor

Richard Gabel, 84, an active member of the Meadows community for more than 30 years and member of our first Board of Directors, died August 1 of respiratory failure.

Richard is survived by Louise, his wife of 62 years, as well as four children, a brother, nine grandchildren, and six great-grandchildren. Louise, too, has long been an active member of our Meadows community, delivering the Messenger and managing the distribution of pool passes in Court 12 for many years.

A native of New York, Richard was a graduate of the City College of New York and received a master's degree in economics from Columbia University in 1941.

After serving in the Army Signal Corps during World War II,

Richard began work as an economist with the Federal Communications Commission. Since then, his distinguished career included assisting with the establishment of engineering standards for the construction of rural telephone systems; serving as director of telecommunications at the General Services Administration; working at the White House Office of Telecommunications Policy as a senior economist and member of President Richard M. Nixon's communications policy task force; serving on the Council of Economic Advisors; and working as a consultant to both the Commerce and Justice departments.

Richard was also a Brookings Institution fellow; in this capacity, he wrote a book about costs and pricing related to local and long-distance telephone services.



Louise Gabel, Louella Seibel, and Richard Gabel at last year's "Meadows at 30" community celebration.

(Photo courtesy of Chuck Edwards)

Richard will be sorely missed by his friends in the Meadows and our heartfelt condolences go out to Louise and his family and friends.



A Note of Thanks

I would like to thank my extended family here in the Meadows for your phone calls, cards, thoughts, and prayers during this time.

Still not done, but on the right track...

With many thanks,

Jack Clark

Fall Gardening Tips

Compiled By Kathryn Utan, Editor

Planting spring-flowering bulbs... starting a cool-weather garden... or preparing soil beds for next year... Autumn can be a busy time for Fairlington Meadows gardeners!

Summer may be over, but fall is also a busy time of year if you enjoy gardening. Whether you want to keep your planting beds in tip-top shape for next year or are eager to give your outdoor space a more seasonally appropriate look, here are some tips courtesy of Lowe's.

Start planning your spring bulb garden for planting between September and November, depending on variety. Spring-blooming bulbs are planted in the fall to provide the chilling time required for spring blooms. Remember to prepare your soil before planting bulbs. Work compost or other rich organic material into your soil to a depth of 12 inches.

Dig up tender bulbs such as elephant's ear, caladium, gladiolus, canna, and dahlia before the first frost. When the foliage has turned yellow or brown on your bulbs, dig them up and store them for the winter. Replant bulbs in the spring after the danger of frost has passed. If you're storing summer bulbs such as dahlias and gladiolus, give them a quick check to see if any are rotting. If so, remove and discard. Also check for excessive dryness. Squeeze a bulb to test for health. A good bulb will feel firm, not hollow or mushy. Don't

squeeze too hard or you'll bruise the outer skin.

Start planting your fall garden as soon as temperatures begin to drop. Annuals like chrysanthemums, impatiens, ornamental cabbage, and pansies are old favorites.

If you have roses, remember that they require special care in the fall. In early fall, suspend fertilization.



Continuing to fertilize causes new growth that could be killed by winter's cold. After foliage drops, spray with fungicide, then cover plants with a minimum of 8 inches of loose, well-drained soil, mulch, or compost. Prune canes back to 36 inches to prevent damage from winter winds.

Now is a good time to prune any dead or diseased branches from trees and shrubs. The areas to be pruned are easily visible while foliage is still on the living, healthy parts.

Water trees and shrubs deeply one last time before the onset of winter. Newly planted ones especially need a good drink of water before cold weather arrives.

Before you top a large tree, first consider thinning it instead. Severe topping can kill a tree. Unless the need is extreme, selective thinning by a professional can save the tree and solve the problem.

Bring in houseplants that have summered outdoors when night-time low temperatures get to around 50°. When indoor plants have been outdoors for the summer, roots may grow through the bottom of the pot. If the pots are sitting on the ground, give them a twist to loosen. Check pots carefully before bringing them inside to avoid bringing any pests that may have set up summer homes in along with your plants. A good gentle spraying with the garden hose will help dislodge and clean the plant before you return it to its indoor home.

Drain the water from garden hoses at the end of the season. Coil them and store them in a spot where they won't freeze.

Visit www.lowes.com for more helpful tips!

October Is National Breast Cancer Awareness Month

By Kathryn Utan, Editor

This October marks the 20th year National Breast Cancer Awareness Month has been drawing attention to the importance of monthly self-examinations and annual clinical exams, as well as annual mammograms for women over the age of 40 or with a family history of the disease.

More than 182,000 women are diagnosed with breast cancer every year and some 43,000 of them lose their lives to the disease. Additionally, approximately 1,600 men are diagnosed with breast cancer annually; 400 of them die.

Age is the biggest single risk factor for breast cancer; the disease strikes women over the age of 50 in particular, although it is certainly not unheard of for

younger women to have breast cancer. Other risk factors include having a history of the disease in your family, early or late onset of menstruation, previous cancer, and taking Hormone Replacement Therapy for 10-15 years.

If detected early, breast cancer can often be treated successfully, with a 5-year survival rate in excess of 95 percent. Despite these encouraging statistics, however, an estimated 13 million women in the United States over the age of 40 have never had a mammogram.

Each year since 1993, the third Friday in October—this year it's October 15—has been designated as National Mammography Day. On this day, and often throughout the entire month,

many doctors offer discounted or free mammograms. You can find out more about area facilities participating in this program by contacting the American Cancer Society at (800) 227-2345 or checking with your own care provider.

If you'd like to learn more about breast cancer, here is a list of reputable online resources:

- Susan G. Komen Breast Cancer Foundation (www.komen.org)
- National Breast Cancer Foundation (www.nationalbreastcancer.org)
- American Cancer Society (www.cancer.org).



Disposing of Household Hazardous Materials

By Kathryn Utan, Editor

Maybe you're fond of home improvement projects and have a stockpile of half-empty paint, varnish, and polyurethane cans threatening to bust out of your utility closet. Or perhaps you are a do-it-yourself mechanic and find yourself with excess antifreeze, brake fluid, or even an old car battery or two.

These and other household hazardous materials, such as home and garden pesticides, flammable cleaning solvents, fluorescent light tubes, and cor-

rosive drain or oven cleaners, cannot be thrown out with your regular trash because they can easily leak or spill. Instead, you should take your hazardous household materials to the Arlington County HHM facility located on the grounds of the Water Pollution Control Plant at 3155 South Fern Street, at the intersection of Fern and South Glebe.

During the week, County residents need to make an appointment to drop off waste by con-

tacting (703) 228-6832. The facility is also open on Saturdays from 9:00 a.m. to 3:00 p.m.; no appointment is required.

It's best to confirm in advance that the materials you want to get rid of are on the facility's "acceptable" list. Call the number referenced above or visit their Web site at: www.co.arlington.va.us/Departments/EnvironmentalServices/wpcp/EnvironmentalServicesWpcpHouseholdHazMat.aspx.

EEEEK! Rats!!

By: Kathryn Utan, Editor

Several residents have reported seeing rats on patios or in common areas throughout the Meadows this past summer. Alarmingly, some of these sightings have even occurred during daytime hours.

Rats live in colonies—if you see one, chances are good that there are many more lurking nearby. In addition, they are nocturnal creatures, so if they venture out during the day in search of food it is most likely another strong indication that there are more around.

If you notice rats or other pests outdoors, you should contact CMC. They will

arrange for a pest control company to come and address the problem.

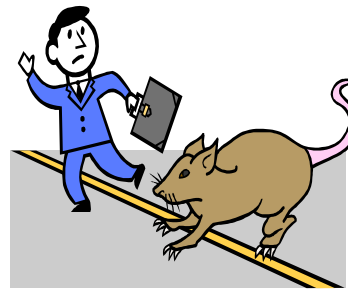
It's important to remember that rats and other pests are attracted to food and your garbage is often too tempting for them to resist.

Storing trash, pet food, or other food products on your patio is like putting out a welcome mat for unwanted pests. Rats can

easily chew through garbage cans and make your patio a regular stop on their nightly “pub crawl.”

Meadows residents are fortunate to have trash pick-up six days a week. Rules pertaining to trash disposal—only placing garbage outside Monday-Saturday mornings rather than the night before, for example—are in place to prevent attracting rodents to the greatest extent possible.

Following these rules and keeping patios and common areas free from trash can go a long way toward preventing unwanted pests.



Note to Unit Owners

Meadows bylaws require you to submit a written request for any changes in excess of \$1,000 that you are considering making inside your unit.

The Board of Directors must approve these changes before any work is begun.

Community Directory

Board of Directors

John Thurber, president
David Andrews, 1st vice pres.
Judy Pisciotta, 2nd vice pres.
Paul Kealey, treasurer
Bryan Hochstein, secretary

Send correspondence to the Fairlington Meadows Board of Directors in care of Community Management Corp. at the address listed below. For copies of Board meeting minutes, see the Fairlington Meadows Web site (www.FairlingtonMeadows.com), view them on the community bulletin at the pool house, or contact Paul Leddy at CMC.

Messenger Volunteers

Kathryn Utan, editor
Rose Stack, distribution

Send letters, article ideas, or other items to the editor at 3407B South Stafford Street or via e-mail to Kathryn_utan@yahoo.com. Include your name, address, and contact information with all correspondence. Items will be printed at the editor's discretion.



Property Management

Paul Leddy
Community Management Corp
12701 Fair Lakes Circle
Suite 400, PO Box 10821
Chantilly, Va. 20153
Tel. 703-631-7200
Fax 703-631-9786

On-site Maintenance

Jack Clark, manager
Jose Rameriz, assistant
Tel. 703-820-6799

Towing Requests

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

Get Out the Vote!

By Kathryn Utan, Editor



It's relatively hassle-free and absolutely painless, yet half of all American citizens fail to vote and only 76 percent of those over the age of 18 are even registered.

In every presidential election since 1972, voter turnout never exceeded 55.2 percent and in mid-term elections that percentage dips even lower, according to the Committee for the Study of the American Electorate.

"I don't have time." ... "One vote is not going to make a difference anyway." ... If these excuses sound familiar to you, here is some interesting information for you to consider before November 2 rolls around.

"Just" one vote has made a difference in the outcome of an election more times than most people think. Here are some concrete examples taken from the Federal Election Commission's Web site:

- In 1997, Vermont State Representative Sydney Nixon was seated as an apparent one vote winner, 570 to 569. Nixon resigned when the State House conducted a recount and determined that

he had actually lost to his opponent Robert Emond 572 to 571.

- In 1994, Republican Randall Luthi and Independent Larry Call tied for a seat in the Wyoming House of Representatives from the Jackson Hole area with 1,941 votes each. A recount produced the same result. Luthi was finally declared the winner when, in a drawing before the State Canvassing Board, a ping pong ball bearing his name was pulled from the cowboy hat of Democratic Governor Mike Sullivan.
- In 1989, a Lansing, Michigan, School District millage proposition failed when the final recount produced a tie vote 5,147 for and 5,147 against. On the original vote count, there were 10 more votes against the proposition than those in favor. The result meant that the school district had to reduce its budget by \$2.5 million.

In 2000, 537 votes in Florida decided the presidential election; 2.8 million Floridians who were registered to vote—and probably used the excuse that they didn't have time or that their one vote wouldn't matter in the grand scheme of things—didn't make it to the polls. With 22 million sitting the election out, single women represented the largest group of Americans who didn't vote in 2000.

Virginia's deadline for registering to vote in the November 2, 2004 election is Monday, October 4. All US citizens over the age of 18—or who will be over the age of 18 by November 2—can register to vote provided they have not been convicted of a felony or legally judged to be mentally incompetent.

You can obtain more information about registering to vote in Arlington County online at: <http://www.co.arlington.va.us/departments/VoterRegistration/VoterRegistrationMain.aspx> or by calling the Office of Voter Registration Monday-Friday between the hours of 8:00 a.m. and 5:00 p.m. at (703) 228-3456. If you have recently moved and have not yet updated your voter registration, remember to do so by the October 4 deadline.

All Virginia voters must show a valid form of identification—a voter registration card, driver's license, or social security card, for example—when they arrive at the polls. It is still possible to vote, however, even if you forget your identification on election day. You will simply be asked to sign an affidavit affirming your identity.

Virginia polling places are open from 6:00 a.m. to 7:00 p.m. on election days.

For Meadows residents, voting couldn't be easier—our polling place is literally right around the corner at the Fairlington Community Center.

**Virginia's
deadline for
registering
to vote in
the Nov. 2,
2004
election is
Monday,
October 4.**

Food Bytes

By Janet Filer

Baked Apples

2 apples
2 tablespoons brown sugar
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
2 teaspoon butter

Core apples, leaving the bottom intact. In a bowl, mix brown sugar, cinnamon, and nutmeg. Spoon the sugar mixture into the apples. Add a teaspoon (or more to your taste) of butter on top of each apple before placing them in a deep casserole dish. Cover and microwave for 3-1/2 to 4 minutes, or until tender. Let apples sit for a few minutes before serving. (2 servings)

With the cool weather of autumn fast approaching, apples are in season and readily available in grocery stores or area farmers markets. Pick some up and try these quick and easy microwave recipes, both of which are great for brunch or for a healthy snack. Stuff the baked apples with any additional fruits that you wish—cranberries are especially delicious—or try sliced apples with red hot candies for a special treat kids of any age will love.

Spiced Apples

8 Granny Smith apples
2 tablespoons white sugar
1 teaspoon lemon juice
1/4 cup cinnamon red hot candies

Peel, core, and slice apples. Place all ingredients in microwave-safe bowl and microwave on high for 15 minutes, stirring every 5 minutes. Cover with plastic wrap to cool or serve warm. (8 servings)



Notes from the Board

-Continued from page 1

other fun events, a Luau was added to this year's calendar. Thanks to BJ Chittum, Cliff Beasley, and Dave for making this party the hit of the season. Great food, island music, palm trees, and that blue (!) drink all added up to a fantastic time. This was our best-attended event ever with more than 120 people out there enjoying themselves.

The Board would also like to express appreciation to the Buildings and Grounds Committee for making our property so attractive this year. The first thing most people say when they come to our community is how beautiful the grounds look. The fall plantings will begin soon, so the Meadows will remain in bloom for at least a few more months before winter settles in.

We also would like to welcome Paul Leddy as our new property manager at CMC. You can meet Paul, who has 16

years of property management experience, at the annual meeting. He's been working with us for more than a month now and is proving to be a dedicated, knowledgeable, hard-working guy. One of the major items that Paul will be working on over the next several months is getting COMCAST to understand and abide by our community's rules for cable installation. Although these rules—which will soon be posted on the Meadows Web site—are part of our contract with COMCAST, they have not been doing a satisfactory job with cable installation. It is up to each co-owner to ensure cables are installed properly. For example, cables should only enter the buildings on the back wall; only B-Building upper units should have entry points above the ground level; cables should not be attached to the fences; and old cables need to be removed. If you have any questions on installation procedures, call Paul.

To close, I'd like to reiterate a couple of

reminders for dog owners. Some folks are still letting their dogs off the leash and others are not cleaning up after their pets. Both of these actions are against county ordinances, Meadows by-laws, and the standards of neighborliness. Also, the tennis courts are to be used for tennis only, not as a dog run. The top coat is fragile and expensive to replace and scratches from running dogs and other non-tennis activities cause significant damage. There are two nice dog runs nearby: the Utah Field run and a terrific run on the north side of Four Mile Run across from Shirlington. We ask for everyone's cooperation.

Again, we wish you a pleasant autumn and strongly encourage you to attend the annual meeting. If you can't attend, please send in your proxy. And don't forget to visit our Web site www.fairlingtonmeadows.com for news, information, and updates.

John Thurber, Board President