



Monroe Manorisms

June 2005 ♦ Volume 10, Issue 2

I. A FEW WORDS FROM THE BOARD

by Gordon Jarratt



Send in the Directory Update Form!

Many have already sent in the Monroe Manor Directory Update Form – thanks! If you have forgotten to do so, you have one more opportunity before the new Directory is published later in 2005.

There are about 50 homes that have not yet submitted at least one e-mail address for the directory. The only practical way the HOA can provide time-sensitive information to residents is via a broadcast e-mail, and it is to your advantage to include your e-mail address in the Monroe Manor database. Recently, the HOA has e-mailed important information concerning:

- Issues with the Verizon/Ivy Smith fiber installation
- Public hearings that could affect our school boundaries, and
- Disruptions in the solid waste and recycling service.

The Social Committee also sends out reminder notices about upcoming community events. The HOA tries to minimize the number of messages sent out, and individual e-mail addresses are not published in any broadcast message.

It has been two years since the last directory update, so send any updated information to **Laurie Gibson**. Please contact her if you need another copy of the form. And a special thanks to Laurie and to all residents for helping with this.

Monroe Manor is Ten Years Old—Party Time!

Don't forget! Monroe Manor will celebrate its ten year anniversary this year on June 24 beginning at 5:00 pm! **Judy May** is the chairperson for this special event. Some of the ideas include Moonbounce (sorry adults – that feature is for the kids!), pony rides, cookout, BBQ, beverages and other special activities. The location will be along the pipeline near the intersection of Monroe Manor Drive. Judy needs some help to turn these ideas into reality – please contact to offer your ideas and assistance. See the special flyer enclosed with this newsletter. School is out, and Monroe Manor is 10 years old -- mark you calendars, and see you on June 24!

Neighborhood Alerts - Mailbox Tampering, Nearby Discarded Syringes and Stolen Vehicle

On March 12, 2005, a Monroe Manor neighbor noticed a man going through her mailbox. She promptly (and correctly) called the Police. The mailbox flag was up, and the officer suspected that the man was trying to commit identity theft.

In April 2005, at least five discarded syringes were discovered in the Emerald Chase neighborhood. Three were found at bus stops on separate days, and the other two in areas were children play. The Police Department requests that any suspicious activities or individuals be reported. Individuals can assist by being on the lookout for these syringes and/or anyone using them (they have an orange cap on one end). Also, parents should instruct children not to touch them, but instead to let an adult know immediately.

On April 27, a '98 Ford Explorer was stolen from the garage of a home in the 2700 block of

Melchester Drive in Bradley Farms (Melchester intersects with New Parkland). Apparently the garage was left open and a purse and the car keys were in the vehicle. The responding officer mentioned there have been other incidents of property stolen from unlocked cars.

All incidents like this, including any type of suspicious activity, must be reported to the Fairfax County Police Department. Dial 911 for high priority emergencies. Lower priority incidents or suspicious activity reports should be called in to 703-691-2131. Citizens need to be vigilant and report suspicious persons or groups of people or vehicles that just don't seem to belong inside of the community. Depending upon the circumstances, an officer will be dispatched. Residents with specific concerns may also contact Fairfax County's Reston District Police Station (which patrols our local Oak Hill area) at 703-478-0904. A good contact is **Crime Prevention Officer Robyn Jones (703-478-0799)**. Please also report all incidents to the Board at MonroeManorHOA@cox.net.

Lawn and Yard Work Courtesy

The growing season is here, and many lawns are looking great. Apparently, fertilizer plus rain has really made the grass grow! But some lawns have grown too high which has resulted in an unkempt appearance in some cases. Please keep your premises neat with regular grass mowing.

There have been a few complaints about yard machine noise early in the morning. As a courtesy, neighbors are asked to wait until 9:00 am before they start up power equipment. And please wait until Sunday evening before placing yard debris curbside for Monday pickup. Thanks everyone!

Contact Information for Damages After Verizon's Underground Fiber Installation

Verizon's contractor (Ivy Smith) has completed installing underground fiber optic cable throughout most of the neighborhood. All residents were inconvenienced by this work, and some residents experienced damage or other problems with the installation. Here is the information to help obtain repairs or reimbursement:

- All residents with questions or concerns should contact the **Ivy Smith customer support hotline at 800-768-8831**. This is the contractor that performed the work.
- Ivy Smith has stated they will patch or repair all driveways and sidewalks that they damage. Note that they typically will repair only the area that they damage (and generally not replace the entire sidewalk or driveway).
- If you have contracted and paid for your own repairs (such as for an underground sprinkler or invisible fence repair technician), you may send the invoice to Ivy Smith for reimbursement. **The fax number is 703-796-1604**. Neighbors have reported receiving full reimbursements from Ivy.
- If you prefer correspondence via e-mail, two addresses for Ivy Smith are **KSORELL@IVYSMITH.COM** or **GAVILA@IVYSMITH.COM**.

After the construction is completed, Verizon will inform us about the final steps necessary to obtain FiOS (if desired). These are fiber-optic services over FTTP, an advanced fiber-optic technology that uses strands of glass fiber and laser-generated pulses of light to transmit voice, data and video signals at very high speeds and capacities. It is likely that Verizon will need to run a new connection between the home and the newly installed fiber optic cable. In addition, new interior wiring may be necessary (need to contact Verizon for specifics).

Solid Waste and Recycling Schedule

The schedule for AAA's service will remain the same (Monday pick-up of solid waste, recycling, and yard debris; Thursday pickup of solid waste). Your HOA worked hard to negotiate performance penalties in the event AAA missed consecutive pick-ups. These penalty clauses were invoked for the March and April invoices. Recent performance by AAA has significantly improved.

New Stop Sign on New Parkland

Monterey Estates HOA residents are concerned about the speed of vehicles traveling along New Parkland Drive. They have requested new three-way

stop signs at the intersection of New Parkland Drive and New Banner Drive (just south of the Monroe Manor Drive and New Parkland Drive intersection).

Update--Nearby Zoning Changes will Allow More Residential Dwelling Units (and will Affect Future Enrollment Capacity at Local Schools)

Here is an update about the Area Plan Review zoning change and development proposals that would generate additional K-12 aged children and could adversely affect school capacity and/or result in school boundary adjustments. Over 100 local area residents showed up at the April 13 meeting at Floris Elementary. Also present were our Hunter Mill Planning Commissioner, Board Supervisor, and School Board Representative. The meeting lasted several hours, but the bottom line appears to be that our elected and appointed officials have heard our concerns. Announcements were made that the two largest development proposals (Middleton Farm 5DS, and Wall Road/EDS 6DS) would be deferred from the upcoming Planning Commission agenda. These two zoning change proposals would generate large numbers of new dwelling units and result in the greatest potential for adverse school impacts. On April 20, the Planning Commission voted to indefinitely defer the two proposals.

So what happens next? The County Board members, the Planning Commissioners, the land owners, the developers, and the Planning and Zoning staff will be meeting to further analyze the zoning change proposals and development plans to see if more favorable outcomes can be negotiated. Supervisor Frey (Sully District) indicated that he wants to study both the future rezoning request along with the current plan amendment process so everyone can see more detail about what the developers have in mind. This type of study will take many months. Because no formal decisions are expected soon, there is no immediate need to contact your officials about this.

Thanks to those who have already communicated with their officials and thanks to those who took time to participate in the meeting at Floris. Because of your participation and communication, your local elected and appointed officials have listened to the

concerns. Your HOA will send a message when these zoning and development proposals are again being considered.

Vote on June 14 – Democratic and Republican Primary Elections

Voters may participate in either the Republican Primary, or the Democratic Primary, but not both. The polls are open from 6:00 am – 7:00 pm (and schools will be in session). Candidates on the ballot for Monroe Manor voters include:

Republican candidates for Governor:

George B. Fitch 325 Winchester Street Warrenton, VA 20186 gfitch@verizon.com	Jerry W. Kilgore 5724 Shady Grove Road Glen Allen, VA 23059 www.jerrykilgore.com
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Republican candidates for Lieutenant Governor:

Sean T. Connaughton PO Box 571 Triangle, VA 22172 sean@connaughton4ltgov.com www.connaughton4ltgov.com	William T. "Bill" Bolling PO Box 3037 Mechanicsville, VA 23116 bbolling@mindspring.com www.billbolling.com
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Republican candidates for Attorney General:

Robert F. "Bob" McDonnell PO Box 62386 Virginia Beach, VA 23466 campaign@bobmcdonnell.com www.bobmcdonnell.com	Stephen E. Baril PO Box 17023 Richmond, VA 23226 steve@stevebaril.com www.stevebaril.com
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-- OR --

Democratic candidates for Lieutenant Governor:

Leslie L. Byrne 6442 Queen Anne Terrace Falls Church, VA 22044 leslie@lesliebyrne.org www.lesliebyrne.org	J.C. "Chap" Petersen 10616 Moore Street Fairfax, VA 22030 chap@petersen2005.com www.petersen2005.com
Philip P. Puckett PO Box 2440 Lebanon, VA 24266 contact@puckettfortgov.com www.puckettfortgov.com	Viola Osborne Baskerville 3223 Hawthorne Avenue Richmond, VA 23222 viola@violabaskerville.com www.violabaskerville.com

More information is available at:

<http://www.fairfaxcounty.gov/gov/eb/upcoming.htm#Primary>

Keeping Your Children Safe in a Vehicle

Did you know that children under 13 should not ride in the front seat of a vehicle with airbags? Do you know how tall a child should be before using adult seat belts alone (without a booster seat)? Are you interested in knowing more about keeping your children safe while they are passengers in a vehicle?

This website provides excellent information targeted for various ages of children (such as infant, toddler, 4-8 year olds, 9-12 year olds, and teens):

<http://www.chop.edu/consumer/jsp/division/generic.jsp?id=77971>

Information is presented in a straightforward manner with pictures, graphics, and FAQs. Short video clips are also provided to show proper techniques.

[Answer to the height question above: a child should be 4'9" or taller before using adult seat belts alone (without a booster seat) in a vehicle.]

Registry for those Convicted of Crimes Against Minors

In 1998, the Virginia General Assembly decided to facilitate access to public information about violent sex offenders, including those who have committed crimes against minors. The State Police maintains this online registry which includes names, addresses and photos for most offenders. The individuals are listed based upon their conviction record. The State Police has made no determination about whether or not these individuals are at risk of committing another offense, or if they are currently dangerous.

The website's primary purpose is to facilitate access to information and not to warn about any individual. Information is provided in part to help protect the public in general and children in particular. The registry can be accessed by linking to <http://sex-offender.vsp.state.va.us/cool-ICE/>. A recent search on zip code 20171 provided six results:

- New Austin Court (Monterey Estates)
- Smith Farm Way (Emerald Chase)
- Pleasant Glen Drive (Bradley Acres)
- Logan Wood Drive (McNair Farms)
- Quick Street (McNair Manor)

- Elden Street

If the search is expanded to include all adjacent zip codes around 20171, 54 results are returned. Note that it is against the law to use any of the information in the registry for the purpose of intimidating or harassing another person.

Interested in Being a Foster or Adoptive Parent?

Interested in making a real impact on a child without a family? You can become a foster or adoptive parent for a child in our community through Fairfax County's Department of Family Services. Foster or adoptive parents:

- Must be 21 or older.
- May be married, single or divorced.
- Must be able to provide a safe, stable home.

Foster and adoptive parents receive training and supportive services, including room and board payments for the child. Children are eligible for free services such as day care, counseling, all medical and dental care and recreation. If you live in Northern Virginia and want to learn more about becoming a foster or adoptive parent, please call Foster Care or Adoption Services at 703-324-7639, or visit

www.fairfaxcounty.gov/service/dfs

Interested adults may come to the foster care and adoption orientation meetings held on the second Monday of each month from 7 to 8:30 p.m. at the Department of Family Services, Second Floor, Pennino Building, 12011 Government Center Parkway. Pre-registration is not required.

BeFriend-A-Child Mentoring Opportunity

Another opportunity to have some fun and make a difference in your community is to consider becoming a mentor to a child. For just eight hours a month (typically weekends) you can be a "BeFriend-A-Child" volunteer mentor with Fairfax County's Department of Family Services, Child Abuse Prevention Services. Volunteers must be at least 21 years old. Careful screening, training and coaching are provided. You'll go on one-to-one outings and take part in group activities, such as bowling, pumpkin carving, performing arts workshops, cookouts, swimming at a water park and more. To

find out more, please contact either Chuck Berlin at 703-324-7874 or Ann Rieger at 703-324-7072. Or point your browser to www.fairfaxcounty.gov/service/dfs/factsheets/BeFriend.htm.

Stratton Woods Park Is Open!

What will you encounter if you walk down the “grassy pipeline area” north from Monroe Manor Drive? You will run in to the new Stratton Woods Park, which was dedicated in April. The following amenities are already in use:

- Hiking Trails (asphalt and stone dust)
- Tennis courts
- Volleyball courts
- Basketball courts
- Picnic table and grill.

The sod is still taking hold on the three grass fields. Expect the two baseball diamonds (one full size, and one for Little League) to be open in July 2005. The soccer field should be ready by September 2005. A future playground area for children is anticipated near the picnic table area; however, lack of funding may delay this for 1-2 years. The Stratton Woods parking lot is located near the intersection of Fox Mill Road and Mill Heights Drive (about 2 blocks west of the Fairfax County Parkway).

Cub Run Recreation Center is Open!

The 65,000-square-foot Cub Run Recreation Center opened on Sunday, May 22. This is the first county recreation center located in western Fairfax. It is built on 37 acres of FCPS-owned land next to Westfield High School and cost \$18.5 million to build (funded by a 1998 bond referendum). However, operational costs are not paid via tax dollars but instead are covered by user fees from admission, sales, and special events. Some of the amenities are:

- Large 9,600-square foot weight training and cardiovascular fitness area
- 25 meter by 25 yard competitive pool
- Separate leisure pool (4,860 sq. ft.) with slides, play areas, and whirlpool/spa
- Locker rooms with baby changing areas
- Four family dressing rooms
- Multipurpose and party rooms
- Outside stream crossing with 5,000 feet of trails

- Everything (including pools) is handicap accessible.

The state-of-the-art facility will offer a mix of recreational classes including aerobics, yoga, martial arts, tumbling, tap, ballet and ballroom dancing, swimming, and arts and crafts. Group fitness classes include strength and balance training and cycling. “Parent and me” classes in aquatics, sports, art and nature are for moms and dads to enjoy together with their preschoolers.

The fitness center has a wide selection of cardiovascular exercise equipment, two strength training circuits, and free weights. Exercise equipment brands include Gravity, Free Motion, and Cybex. It also contains 22 flat-panel, closed-circuit TVs, a wireless entertainment system, and a fitness attendant.

The center will use the “FitLinxx Network Technology” system so patrons can set up their own fitness program and automatically keep track of how long they've spent on the cardiovascular or strength-conditioning machines.

The leisure pool has warmer water great for water aerobics classes for senior citizens. The pool area also has a whirlpool spa with seating. And there is a lazy river with lots of water features for children, such as cherry drops, aqua arches, shower tunnels, sheet flow curtains, spray bars, and overhead rain showers with pull chains.

There are two slides in the leisure pool. A tall one rises 24 feet above the deck level, goes outside the building, does two skim-arounds and goes back in again. It is a fully enclosed tube so it can be used year round. And a 16 feet slide has an open tube that spins around three times before landing in the water. The kids will just say COOL!

Swimmers in the competitive pool will enjoy cooler water. This pool has 11 lanes and will also provide Westfield High students with a new place for competitive swimming.

With Wi-Fi wireless Internet service, people may use

their laptops in the pool-observation area (purchase minutes from the front desk). And the pools also have a state of the art drowning-detection system. Special cameras can detect if someone stops moving (goes deep and lays still). An alarm goes off, pages are sent to multiple lifeguards, and a specific part of the pool is located (via a grid system). While this enhances safety, it does not replace the duty and function of a life guard.

Cub Run Rec Center is located at 4630 Stonecroft Blvd. in Chantilly. Daily passes for individual County residents are:

- Adults -- \$6.20
- Ages 5-18 years -- \$4.55
- Ages 0-4 – Free

Discounted monthly or annual passes are available at:

<http://www.fairfaxcounty.gov/parks/rec/RECenter-rates.htm> . Hours are Monday-Friday, 5 a.m.-9 p.m.; Saturday, 6 a.m.-8 p.m. and Sunday, 8 a.m.-8 p.m. For more information and pool hours, call 703-817-9407. The rec center manager is Doreen Henry. For Cub Run class information and to sign up for indoor and outdoor trips (or work toward Scouting badges), link to www.fairfaxcounty.gov/parks and click on Parknet (or call 703-222-4664).

Route 28 Construction Update

There are many Route 28 traffic improvements going on. Closest to us is a McLearen Road/Route 28 overpass that is funded and construction has begun (expected completion in the fall of 2006). There is also a planned overpass at the Fryng Pan Road/Route 28 interchange; however, future funding is required.

These interchanges and overpasses are being built via a public/private partnership between VDOT, Clark Construction, Shirley Contracting, and Dewberry & Davis. Funding for Route 28 widening and the interchanges is primarily provided by a special tax district with all commercial and industrial landowners near the highway. This became the first transportation improvement district within Virginia. Bonds have funded the construction, and tax revenue has paid the debt service.

Portions of Route 28 carry 100,000 vehicles per day, with projections of 200,000 vehicles per day by 2012. Removing Route 28 traffic lights and installing overpasses and cloverleaf interchanges is the only way to handle that volume of traffic. Ultimate plans for Route 28 call for construction of ten interchanges and widening to eight lanes. More information, including photos and project status reports, is available at: <http://www.28freeway.com> .

VDOT is Planning a Tri-County Parkway

Fairfax, Loudoun and Prince William Counties have asked VDOT and FHWA (Federal Highway Administration) to evaluate new north/south transportation improvements that will be called the Tri-County Parkway. The northern portion of the road will originate somewhere along Route 50 (just south/southwest of Dulles Airport) and cross Interstate 66 and proceed south to Manassas City (Route 234 Sudley Road).

This 10 mile road would traverse portions of Prince William, Fairfax, and Loudoun Counties along with Manassas and Manassas Park Cities. The tri-county parkway would connect the booming Dulles corridor with residential communities in Loudoun, Fairfax and Prince William counties. Three alternative routes have been proposed. The Commonwealth Transportation Board is expected to select one in the fall of 2005. More information is available at:

<http://www.virginiadot.org/projects/tcp.asp>

Save a few bucks -- buy groceries in July

The Virginia tax on grocery store food has been 4% for many years. Beginning July 1, the state portion of the food sales tax is being reduced by half from 3% to a 1.5% rate. The bottom line is that the total food sales tax is being reduced from 4% to 2.5%. Both of these impact statements are true:

- A typical family of four with an average weekly grocery bill of \$109 will save about \$84 per year.
- The food tax reduction will reduce state revenue by \$99.1 million in FY 2006.

Here is the distribution of the revenue generated from the revised food sales tax:

- 1% -- pooled fund which distributes funds to

localities based upon school-aged child population

- 0.5% -- to the state Transportation Trust Fund
- 1% -- to the local government

Medicare and Social Security Need Attention!

The following projections come from the March 2005 annual report from the non-partisan trustees for Social Security (SS) and Medicare. These predictions assume that nothing changes in the existing current rates, percentages, and formulas. Last year's 2004 predictions were:

- SS will be insolvent in 2042 (means that all govt. bonds have been exhausted for 78 million retirees)
- Beginning in 2018, SS benefits paid will exceed SS taxes received
- Over the next 75 years, total SS unfunded obligations are \$3.7 trillion
- If nothing changes, Medicare will be insolvent in 2019.

The most recent 2005 predictions are:

- SS will be insolvent in 2041 (projection moved up one year earlier)
- Beginning in 2017, SS benefits paid will exceed SS taxes received (projection moved up one year earlier)
- Over the next 75 years, total SS unfunded obligations are \$4 trillion (an 8% increase in unfunded obligations in one year)
- If nothing changes, Medicare will be insolvent in 2020 (prediction moved back one year).

Note that if Social Security became insolvent in 2041 or 2042, it is estimated that Social Security could still pay out between 70-80% of benefits by using the payroll taxes paid by those who remain employed. And here is an unsettling fact for many -- starting in 2004, Medicare benefits paid exceeded payroll taxes received for the first time.

Our elected representatives (the President, the U.S. Senators, and the U.S. House of Representatives) need to fix these funding and benefit problems. If nothing changes, in 15 years Medicare will be broke. Some options include:

- Reduce the future Social Security and/or Medicare benefits paid
- Raise Social Security and/or Medicare payroll taxes
- Increase federal government borrowing in financial markets
- Divert money from other government programs
- Raise the cap on incomes subject to payroll taxes (currently capped at \$90K)
- Private investment accounts (could these make payroll taxes work harder by investing a portion in private accounts?)
- Other ideas?

Fixing this will take some leadership and tough decision making. For example, to address the pending Social Security shortfall two options that could be implemented now include either raising payroll taxes on everyone by 3.5%, or cutting Social Security benefits for retirees by 22%. These are some of the harsh realities. More at: <http://Apnews.myway.com/article/20050323/D890QBLOO.html>

Living Will and Advanced Medical Directive

The Terri Schiavo case in Florida has generated significant interest in living wills, etc. Fortunately, Virginians have a relatively easy option for creating a living will. The Virginia Advanced Medical Directive form is available online at: www.aging.state.va.us/advmedir.htm.

It contains three parts: a living will, a section that allows a person to appoint an agent to make health care decisions, and an organ donation section. You may fill out one, two or all three of the sections.

Carolyn Bourdow, an attorney who handles estate issues with the law firm of Bourdow, Bowen & Ellis in Chesterfield County, believes that Virginia's advanced medical directive and the statute that anchors it work well for most people. However, you must carefully consider any decisions such as thinking through who you want to have as an agent, and also appointing a backup.

Bourdow also recommends that the document is notarized, since that may be required in some states and could come into play if you encounter health problems while traveling. In addition, she

recommends adding a provision that deals with the tighter health privacy laws such as HIPAA. For example, the designated agent in the medical directive may not be able to make decisions for a person if he/she does not meet the legal definition for being incapacitated but still needs a trusted intermediary to make medical decisions. Adding something like "if I'm out of it, a spouse or child can make a doctor's appointment and medical decisions for me" helps in this situation.

Bourdow also states that a living will is not the same as a "do-not-resuscitate order." You may want to create one of those separately. And remember that it is important for the right people to have copies of medical papers, including living wills and do-not-resuscitate orders. Your family, your agent, and your regular physician should have a copy, and you might want to provide a copy to the hospital before surgery.

Comparing Hospital Care

You can look at objective information about the quality of care provided at more than 4,200 hospitals nationwide. Link to www.hospitalcompare.hhs.gov to view hospital statistics on 17 measures related to heart and pneumonia care (or you may call 800-Medicare and get the same info). The data helps to document the percentage of hospital patients who receive proven and effective treatments. Hospital accrediting agencies use indicators such as these to help determine whether a hospital is delivering good basic medical practices.

Later this year, factors such as rates of infection and patient satisfaction will also be added to the website. In the future, statistics on mortality rates are also being considered.

This service was established by the Hospital Quality Alliance which is a public-private partnership between hospitals, government agencies, consumer groups, and healthcare organizations like the American Hospital Association. Of course any choice of hospital should also be made in collaboration with your physician and your healthcare insurance plan.

Recycling Your Old Personal Computer

Many of us have an old PC or two around the house. Other than a door stop or a coral reef starter kit, what can you do with it? Recycle it!

Check out <http://www.keepitgreen.org/>. This organization is in a partnership with ServiceSource and Computer Donation Management to recycle almost 100% of the components and peripherals of all personal computers (ServiceSource is a local non-profit that employs people with disabilities). Check out "Special Events" to see if there is a pick-up scheduled nearby. Otherwise there are regular drop off hours at their Edsall Road location.

There is a \$10 fee for disposing of all monitors. Why? Well most cathode ray tubes contain seven to eight pounds of lead, and special processing is required to retrieve and recycle this material. Call 703-461-6153 or e-mail sfarmer@ourpeoplework.org for more information.

There are other organizations which recycle computers – see this link for more information: <http://www.fairfaxcounty.gov/dpwes/recycling/mat-comp.htm>

86 Tornadoes Hit Virginia in 2004 – Are You Prepared?

In 2004, 86 tornadoes touched down in 52 Virginia localities, making it Virginia's most active year for tornado activity. The storms injured 14 people and caused over \$70 million in damage. Fauquier County had the highest number of tornadoes with six last September. One of the tornadoes struck in western Fairfax County and damaged approximately 70 properties in the Pleasant Valley and Country Club Manor neighborhoods (just south of Dulles Airport).

In Virginia, most tornadoes typically occur from April to October and happen between 3 and 9 p.m. Most of Virginia's 2004 tornadoes occurred in August and September and were associated with the remnants of Hurricanes Gaston, Ivan and Jeanne. However, tornadoes can occur any time of the year and often strike with little or no advance warning. If you heard a tornado warning on the radio right now, would you know what to do?

- "Go low and stay low," which means to go to the lowest level of a structure away from windows

and crouch in a low position with your head covered.

- Mobile homes and cars are extremely unsafe during a tornado. Take cover inside a nearby sturdy building. If that's not possible, lie down in a ditch away from your mobile home or car and cover your head with your hands.
- Know the difference between a tornado watch and a tornado warning. A watch means current weather conditions may result in a tornado. A tornado warning means a tornado has been sighted. When a tornado warning is issued take cover immediately.

You Can Sign Up for Free Emergency Alerts!

The Fairfax County Office of Emergency Management encourages residents to sign up for the Community Emergency Alert Network (CEAN). The CEAN is used by officials to deliver important emergency alerts, notifications and updates to county residents during a major crisis or emergency. Messages will be delivered to e-mail accounts, cell phones, text pagers, satellite phones and wireless PDAs registered on the system. Note that text messaging costs may apply for certain services.

Alerts may include personal safety, weather, major accidents involving utilities or roadways, or disaster notification such as a terrorist attack. In addition, residents may also register for any or all of the additional CEAN alert categories: county government closings/schedule changes, severe traffic disruptions, severe weather 24/7, and severe weather, 8 a.m. - 5 p.m., Monday - Friday.

To register, visit <http://www.fairfaxcounty.gov/cean>. For additional information, contact the Office of Emergency Management at 703-324-2362.

The CEAN is a public service that will be used in conjunction with other public notification methods, such as Cox Cable Channel 16, the Fairfax County Website, the Fairfax County Government Emergency Information Line (703-817-7771), and local radio and television stations.

Three Simple Questions: Is It a Stroke?

Sometimes symptoms of a stroke are difficult to

identify. Unfortunately, the stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- Ask the individual to smile
- Ask him or her to raise both arms
- Ask the person to speak a simple sentence

This test, which takes less than a minute, has helped healthcare professionals accurately identify stroke patients. If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms. If bystanders can relay results of this test to an emergency dispatcher, it could speed treatment to stroke patients. And time is crucial – there are effective stroke treatments, but they must be administered within three hours of the initial stroke.

Local Area Economic Information

Did you know that because of rising gasoline prices, Washington area consumers are diverting about \$1 billion more per year of their spending towards fuel costs? How does this affect other local spending? How does this affect purchases of new vehicles? And even though regional unemployment is 3.7%, how does that compare among the other 15 largest metropolitan areas?

If you are interested more statistics and analyses that answer questions like these about our local area economy, then George Mason's Center for Regional Analysis has the answers. Noted professors Dr. Stephen Fuller and John Preston provide all of the facts and figures and methodologies and discussion. The most recent consolidated report is available at: <http://www.jlprestonweb.com/washindex/Discussion.htm>

2005 Board of Director Meetings

Here are the scheduled 2005 Monroe Manor Board of Director meetings:

- August 17 (Wed., D. Barbee)
- **November 16 (Annual HOA Meeting)**

Meetings are generally held quarterly, at 7:30 pm on the 3rd Wednesday of the month. Residents are welcome to attend. Please contact a Board member

to confirm the specific time and location.

II. ARC NEWS

by Rick Auman

ARC submissions are definitely up this time of year! But unfortunately, rejections are also up, though generally this is not because there is anything wrong with what people want to do on their property. Almost all of the rejections we've had this year are due to insufficient information in the ARC submission. In each case, the ARC has returned the submission with an explanation of what information is needed, and homeowners have quickly responded to get approval and get on with their projects. In order to avoid some of those problems in the future, below are some of the more typical areas that have been missed on recent submissions, causing rejection:

- Failing to identify setback from property line (distance from your property line to the tree you intend to plant, or patio you want to install, etc.)
- Failure to include list of materials to be used (including color and heights where appropriate)
- Failure to include a plat when required, such as adding a deck (note that the plat needs to indicate to scale where the new project will be on the property)
- Failure to include pictures such as adding a storm door or replacing garage doors, etc. (when appropriate)
- And finally, failure to be specific enough in your plans, such as "Landscaping around left side of house, with stone edging" (the ARC needs to know what kind of "landscaping" you have in mind, such as adding trees/shrubs; taking out trees/shrubs; what kind of stone; how high will it be; etc.).

Ensuring that you are specific and detailed and complete in your submission will speed your approval and save you time. If you have any questions, call your nearby ARC member (see contact list attached to the newsletter)!

Thanks as always for everyone's cooperation by following the Associations covenants and

guidelines!

III. COMMUNITY/SOCIAL EVENTS

by Judy May

New Social Committee Chairman!

As of July 2005, **Jennifer Carson** will be the new Chair of the Monroe Manor Social Committee. She is looking for 2-3 other fun neighbors to help her out and be a part of the committee. In the past, typical events have included the Community Yard Sale, the Progressive Dinner, the Summer Social Hours, the Labor Day Ice Cream Social, Oktoberfest, the Ladies Tea, and other fun events. Do you want to continue these events? Do you have some new ideas to share?

Please contact Jennifer and let her know the events you like and how you can help. Welcome Jennifer, and congratulations!

Judy May "retires" as Social Committee Chair

After almost 7 years of very dedicated service, Judy May will step down as Chair of the Social Committee in June 2005. Judy has been responsible for bringing a big element of fun into many of our previous events. Judy is always enthusiastic and definitely livens up the crowd wherever she is and whatever she is doing. Judy has also agreed to help Jennifer and to still be involved in some future events (like the Labor Day Ice Cream Social and Progressive Dinners).

A special thanks (many times over) to Judy for all of her dedication and her event planning, organization and execution skills. She has been a big contributor to the sense of "community" that many neighbors have for Monroe Manor.

Neighborhood Yard Sale Success!

The weather forecast predicted rain, but several dozen families defied the odds and set out their items during the April 23 Yard Sale. Some removed their vehicles and placed their items inside of the garage – just in case...

Ads were placed in two local newspapers, and a steady supply of customers came by for many hours that morning. In many houses over half of the items sold. In addition to reclaiming some space, some

homes earned several hundred dollars in extra spending money. A very special thanks goes to **Judy May** for all of the arrangements to make this a success.

Progressive Dinner was Fun!

On May 14, about two dozen couples enjoyed a very nice evening during the annual progressive dinner. Courses included appetizers, salads, heavy hors d'oeuvres, desserts and beverages. Some of the food memories included shrimp, smoked salmon, brie and bleu cheeses, creative salads, and vegetables with spicy dips and sauces. Many different wines and other beverages were also provided by the hosts.

For the grand finale, everyone caught up together at the "dessert house" at the end of the evening, at which many tempting treats were on display. A special thanks goes to **Jennifer and Sam Carson** who graciously offered to open up their home to all participants.

Many of us enjoyed the connection with the fun and special people that live in our community. We are busy and "have schedules," but it was really enjoyable to spend a few moments to catch up with friends and meet some of the new neighbors.

Thanks to each neighbor that opened up their home to host 3-5 couples during a course. And a special thanks again to **Judy May** for organizing and scheduling the entire evening, including the mix of couples at each home!

Summer Event Schedule:

June 24 - 10th Anniversary Party!

We will celebrate Monroe Manor's 10th Anniversary on June 24th beginning at 5:00 pm on the pipeline (near the intersection with Monroe Manor Drive)! School is also out, and there will be a lot of fun for both children and adults!

We need volunteers to help with set up and clean up. We are also looking for some teenage volunteers who need some service hours to help supervise the kids in the moon bounce and to set up some fun games like kick ball. BBQ, beverages, and pony rides are also planned! Please see the enclosed flyer

and post it on you refrigerator -- see you there!

July 22 – July Social Hour 6:00-8:00 pm.

Brafferton Court, will host this event. The HOA supplies beer/wine/soda, but please bring a snack or appetizer to share. Anyone interested in helping out should contact Jennifer.

September 5 - Labor Day Ice Cream Social

Please join us as we bid farewell to summer with our annual Ice Cream Social. It will be held at 6:00 pm on the multipurpose/basketball) court (at the Monroe Manor and New Parkland Drive intersection).

Do you want a 4th of July Parade?

Do you remember the fun 4th of July parades we used to have? We also had Halloween parades with outrageous costumes! In recent years those events have not been held because no one was available to organize the activity. Would you like to help plan these events? Please contact Jennifer.

More Social Hours?

There are 8 cul-de-sacs in Monroe Manor that are great for hosting a Social Hour. In addition, there are common areas, pipe stems, and the pipe line grounds that would also work well for a gathering of neighbors. Please get together with your friends and neighbors and let the Social Committee know of your willingness to help host a Friday Social hour. Please contact Jennifer Carson.

Special Events, Local Festivities, and Holidays!

by Gordon Jarratt

June:

10 – Ice Cream Social (reservations; Frying Pan)
11 – Dairy Day (Frying Pan)
10 - 12 – Celebrate Fairfax! The Fairfax Fair (Government Center near Fair Oaks Mall)
11-12 – Potomac Celtic Festival (Morven Park Leesburg)
14 – Flag Day
14 – Vote in Primary Elections
17-18 – American Scrapbook Conv. (Dulles Expo)
18 – Taste of the Town (Reston Town Center)
18 – Cajun Festival and Crawfish Boil (Breaux/Purcellville)
18-19 – Alexandria Waterfront Festival (Oronoco)
19 – Father’s Day
19 – Antique Car Show/Dixieland Band (Sully Historic Site)
21 – Summer begins
23-27 – Smithsonian Folklife Festival (Mall)
24 – Monroe Manor 10th Anniversary Celebration (5:00 pm, Pipeline area, see flyer)!!!!
24 – FCPS last day of school
24-26 – Old Dominion Brewery Beer Festival
25-26 – National Capital BBQ Battle (Pa. Ave.)
26 – Reston Grand Prix (Bicycling, Town Center)
30 (thru July 4) – Smithsonian Folklife Festival (Mall)

July:

4 – Independence Day Holiday (fireworks typically at Bready Park/Herndon Community Center; Lake Fairfax; Vienna; Fairfax City; Lansdowne)
8-10 – Sports Collectibles/Autographs (Dulles Expo)
9-10 – Reston Festival (Town Center)
18-22 – Farm Camp (Frying Pan)
19 – Folk Club presents Ed Miller (Tortilla Factory)
19-24 – Peter Pan (Wolf Trap)
22 – Monroe Manor Social Hour (6:00 pm, Brafferton Court)!!!
22-23 – Civil War Weekend (Sully Historic Site)
21-24 – Virginia Scottish Games & Festival (EHS, Alexandria)
24-27 – Washington Gift Show (Dulles Expo)
27-28 – Wild Pony Roundup/Auction (Chincoteague)

30 – Flea Market (Frying Pan)
30 – (thru August 7) – Legg Mason Tennis Classic

August:

6 – Daylily Sale (Meadowlark Gardens)
6-7 – 4H Fair and Farm Show (Frying Pan)
12-14 – Koi and Water Garden Show (Dulles Expo)
12-20 – Prince William County Fair
19-21 – Lansdowne Food and Wine Camp
20-21 – Hot Air Balloon Fest. (Flying Circus/Bealeton)
27 – Family Fest (Dulles Town Center)
27-28 – Lucketts Fair

September:

5– Labor Day Holiday
5 – Monroe Manor Labor Day Ice Cream Social (6:00 pm, Basketball court)!!!
5 – Herndon Jazz Festival & Wine Tasting
10-11 – National Capital Cat Show (Dulles Expo)
11 – Classic Car Show (downtown Herndon)
11 – Quilt Show (Sully Historic Site)
17 – Centreville Day Parade and Festival
17 – Reston Multicultural Festival (Lake Anne)
17 – Herndon Pet Parade
17-18 – Bluemont Fair
17-18 – International Children’s Fest. (Wolf Trap)
22 – Autumn begins
23-24 – Fall Capital Home Show (Dulles Expo)
24-25 – Occoquan Arts & Crafts Show
24-25 – Great Grape Wine Festival (Tarara/Lucketts)
30 -- Folk Club presents Anne Hills (Tortilla Factory)
30 – Old Dominion Kennel Club Dog Show (Morven)

November:

16 – Monroe Manor Annual HOA Meeting

Ongoing Summer Events:

- Frying Pan Park hosts Farmer’s Markets from 7:30 am – 12:30 pm every Wednesday (thru October)
- Herndon presents Summer Concerts each Thursday evening at 7:30 pm (thru August 25)
- The Herndon/Dulles Chamber of Commerce presents “Friday Night Live” concerts each Friday evening from 6:30 – 10:30 pm (thru August 26)

- Reston Town Center presents Saturday Concerts on the Town from 7:30 – 10 pm (thru August)

IV. LOCAL SCHOOL NEWS

by Gordon Jarratt

Westfield High School Needs a New Technology Chair!

Are you willing to help the Westfield High School PTSA? For several years, Mary Wolf has been the Technology Chairperson. Because of a pending move, she will be stepping down from her position and is seeking a replacement. The position is described as “rewarding and fun, yet does not require a large amount of technical knowledge or time.” Mary would like to brief her replacement and provide some background on current and future initiatives. If you are interested, or know of someone who might be, please contact Mary Wolf.

V. ANNOUNCEMENTS

Wanted: Outdoor Children’s Play Set

Do you have a backyard children’s play set in good condition that you no longer need? We may be interested. Please contact Carolyn or Gordon Jarratt

New Toddler Play Group!

Are you at home on weekdays with a toddler (or two)? Need some adult time while the kids play? A new Toddler Play Group is forming in our neighborhood. Please contact Carolyn Jarratt.

Crumbling Bricks?

Is anyone else having trouble with crumbling brick work on their front steps? If so does anyone have a solution or contractor they have been happy with? If there are a number of us with the same problem maybe, we could get a group rate for fixing all of our front steps around the same time. If you have any ideas or are experiencing the same problem, please email me.

Monroe Manor Contractor List

Kathy Lawson is now maintaining the Monroe

Manor Contractor List (attached to this newsletter). Hey neighbors, the list still needs your input!

Have you hired contractors for:

- Basement finishing
- Brickwork/stonework
- Carpentry
- Countertops/Granite
- Draperies/window treatments
- Dry wall/plastering
- Heating/AC
- Patios
- Plumbing
- Roofing
- Sprinkler systems (lawn)
- Sunroom/patio enclosures
- Tile
- Window cleaning/installation/repair

If so, please send a note with the contractor information to Kathy Lawson so she can update the listing. Thanks!