



# Woodlake Accents

## The Seven Corners Comprehensive Plan Amendment Adopted

News from Mason District Supervisor, Penny Gross: The long-awaited, and long-debated, Seven Corners Comprehensive Plan Amendment was adopted by the Fairfax County Board of Supervisors on Tuesday, July 28<sup>th</sup>. The Board's action followed more than three years of work, involving more than 85 public meetings by a task force, work groups, community members, and county staff. The Bailey's Crossroads Seven Corners Revitalization Corporation endorsed the plan, the Mason District Land Use Committee recommended the plan, the Planning Commission recommended adoption and, after three hours of public testimony and another hour of board debate, final language for the plan was adopted. Changes included a stronger language for building an elementary school, either at Willston or elsewhere within the area, unless the school system advises that a school is not necessary; and clarifying language for a 1:1 replacement of affordable residential units at 60 percent of AMI (area median income) or lower within the development area. Potential residential density was reduced by 20 percent for area B, currently the Seven Corners Shopping Center. The Board also asked transportation staff for more information about funding timelines for improvements in and around the notorious Seven Corners intersection. The vote was 8 to 1. The Plan provides guidance for future redevelopment of the Seven Corners/Willston area, and protects and preserves the stable residential areas on the west side of Route 7. The adopted Plan is based on a 20-to-40-year planning horizon, and any increase in redevelopment must comply with the county's land use public process.

## Watch Out - If You Park Your "Baby" on the Public Streets of Mason District!

The Fairfax County Board of Supervisors approved, unanimously, Supervisor Penny Gross' motion to create a **Community Parking District (CPD)** for *all* of Mason District. The CPD **prohibits** parking on public streets in residential areas watercraft, boat trailers, motor homes, recreational vehicles, camping trailers, and any other trailer or semi-trailer, regardless of whether such trailer or semi-trailer is attached to another vehicle. Exemptions to the CPD include: vehicles used by federal, state or local agencies to provide services; commercial vehicles discharging passengers, performing work or providing services; vehicles temporarily parked for up to 48 hours, for the purpose of loading, unloading, or preparing for a trip. During the month of July, parking enforcement officers were to have placed information flyers on vehicles that would be affected by the new CPD ordinance. **Enforcement of the CPD Ordinance began on August 1, 2015.** Vehicles not in compliance will be issued a \$75 fine, and the vehicle may be towed at the owner's expense. More info about the CPD is available at [HTTP://www.fairfaxcounty.gov/fcdot/rtap.htm#cpd](http://www.fairfaxcounty.gov/fcdot/rtap.htm#cpd)



## Save the Dates! (check the display cases for updates)

- August 11 – Finance Committee – Budget Meeting Update - Manchester Room, 7 PM
- August 19 – Finance Committee – Capital Budget Meeting – Manchester Room, 7 PM
- August 25 – Board of Directors Meeting – Manchester Room, 7 PM
- August 26 – Finance Committee – Regular Meeting – Manchester Room, 7 PM

## Lyme Disease on the Rise Across the U.S., Warns the Centers for Disease Control

The U.S. Centers for Disease Control and Prevention (CDC) has released a new report regarding the growing number of Lyme disease cases spreading across the country. Researchers warn that Lyme disease is now being recorded in states that have never dealt with the disease before. Even in the northeast regions of the country where Lyme disease is already more common, the number of incidents has increased by more than 320% over the past 20 years. New Jersey used to be known as the Lyme disease capital, but more cases are now being said to be popping up in the Mid-Atlantic and Midwest states, including high risk regions in Virginia, New York, Connecticut, Maine, Vermont, Massachusetts, and Michigan.

The CDC says that the spike in Lyme disease is due to climate change. The warmer weather is driving many of the ticks that carry the disease into other regions. It's also being impacted by forest clearing and forest fires. Ticks often live in dense forestry and are prey for white mice. But the increase in deforestation has killed off a lot of the mice, and as humans visit the forested terrain, ticks have a new batch of victims. Lyme disease is caused by a bacteria carried by black-legged deer ticks – the bacteria is passed on when an infected tick bites its unsuspecting victim. Symptoms of the infection often include headaches, high fever, fatigue, and rashes. Lyme disease can usually be treated with antibiotics, but left untreated, the infection can spread to the heart, joints, and nervous system, causing serious long-term effects.

If you or your family are outdoor enthusiasts and spend any time in wooded or forested areas, or the grassy areas nearby, it would be prudent to check yourself and your kids every time that you go out to enjoy those outdoor areas.

## Avoiding Heatstroke

Older adults are at increased risk of heat-related illness, such as heat cramps, heat exhaustion or heatstroke, which is a *medical emergency*. If you don't have access to an air-conditioned environment or if you plan to be outdoors, take the following steps to prevent heat illness:

**Drink enough** – Increase your intake of cool, *non-alcoholic* beverages that aren't too sugary. If your doctor has given you guidelines for fluid and salt intake, ask if those guidelines change in hot weather.

**Cool down** – Cold baths, cold showers or swimming can help cool you down. Fans can be helpful to a point, but they aren't effective when temperatures rise into the 90s.

**Dress for the weather** – Wearing excess or tight-fitting clothing interferes with your body's ability to cool itself. Protect yourself from the sun by staying to the shade, wearing a wide-brimmed hat and using generous sunscreen.

**Take it easy, particularly during the hottest parts of the day** – Plan errands and activities for the morning or evening when it is likely to be cooler. Take more frequent breaks in the shade or air-conditioning.

**Seek help!** – Signs and symptoms of heat illness include fatigue, chilliness even though you're hot, weakness, headache, dizziness, nausea and muscle cramps. If symptoms persist or get worse or if vomiting, confusion or agitation occurs, *seek immediate medical help*. Heat-related illness can creep up on you or hit you like a ton of bricks. Don't wait for all of the symptoms to build up, either. Be smart

## Call for Candidates!!

If you are interested in volunteering your time and efforts to serve on the Board of Directors of Woodlake Tower Stop by the management office and pick up a nominating petition.

## Packages

Please pick up your packages, we don't have a lot of room to store them. After two weeks they will be sent back to the shipper.

## And please, please, please!!

Do not leave your trash in your hallway or just outside the trash chute door. It makes your area look nasty—like you really don't care! C'mon, you can do better than that!

## The Easy Recipe Corner

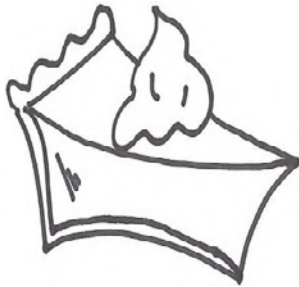
As a quarterly feature, we will provide some recipes for our readers that *should be simple, quick, and even seasonal*. If you have a recipe you'd like to share, send it to the Accent and we'll print it for your fellow readers. We realize this could be opening a real can of \_\_\_\_\_ (? beans) here!

**Cilantro-Corn Salsa.** This versatile salsa can be used as a dip with tortilla chips or as a condiment layered over fish, chicken, burritos, or tacos. Cut the kernels off two corncobs to equal about 1.5 cups. Add one to two diced jalapeno peppers, depending on how spicy you like your salsa, along with one-third cup red onion, three-quarters cup chopped cilantro, the juice of two limes, salt, and pepper. Be sure to refrigerate, preferably overnight, to let the flavors blend together.

**Bruschetta.** Tomatoes and basil are the star of this Italian appetizer that can do double duty as a side dish. Finely chop a few tomatoes with a handful of fresh basil leaves. Add to a bowl and toss the mix with olive oil, salt, and pepper; let sit for at least 30 minutes. Serve piled high on pieces of French bread.

**Lemon-garlic Green Beans.** Warm a wok or a large saute pan on high heat. Stir in *fresh* green beans, one heaping tablespoon of fresh garlic, and one tablespoon of olive oil. Toss using tongs, adding a little salt, pepper, and lemon juice until the beans are just soft, only a few minutes. Dish out and enjoy with an entrée.

**Key Lime Pie (makes one 9-inch pie).**



### For the pie filling:

- 1 14-ounce can of sweetened condensed milk
- ½ cup fresh lime juice
- 4 teaspoons lime zest
- 4 large egg yolks
- 1 pinch of salt

Thoroughly whisk all of the ingredients together, and set aside to thicken while you prepare the crust.

### For the crust:

- 11 graham crackers or about 1¼ cups of crumbs
- 3 tablespoons granulated sugar
- 1 pinch salt
- 5 tablespoons unsalted butter, melted and cooled

**1. Preheat oven to 350 degrees Fahrenheit.**

**2. Process the graham crackers in a food processor to fine crumbs. Add the sugar and salt, and pulse to combine. Last, add in the butter and pulse until the mixture resembles wet sand.**

**3. Press the mixture into a 9-inch pie dish (metal works best here) evenly on the bottom and up the sides. You might use a dry measuring cup to help this along. Bake the crust until it is a light golden brown and fragrant, 10 to 12 minutes.**

**4. Cool the crust slightly, then give the prepared filling a final mix, and pour it into the pie pan. Turn the oven down to 325 degrees F, and bake the pie until just set, but slightly wiggly in the center, 15 to 17 minutes. Cool the pie to room temperature, then set it in the refrigerator to chill completely, at least 3 hours or overnight.**

**5. And just before serving, whip 1 cup heavy cream to soft peaks, and spread it on top of the pie.**

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## Advertisement?

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We would hope that advertisers would want to place ads again, but not the big giant ones that take up half a page! We don't have that much room to play with. Maybe we could start with business cards.

**WOODLAKE TOWERS  
CONDOMINIUM**

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Falls Church, Virginia 22044

Phone: 703-931-2900  
Fax: 703-931-6849  
E-mail: [office@woodlakecondo.org](mailto:office@woodlakecondo.org)

***Reception Desk Hours***  
***Mon thru Fri, 8:00 a.m. to 8 p.m.***  
***Sat, 9 a.m. to 5 p.m.***

***Management Office Hours***



2011 Community Association  
of the Year

## **Fix My Drips !**

Dripping faucets and running toilets waste **LOTS of MONEY**, and they're annoying, too.

**Call H2Options 703-242-2201**  
**and they get 'em fixed! FREE !!!**

### **CAI Now Offers an Online *BOARD LEADERSHIP DEVELOPMENT WORKSHOP***

Several months ago we were excited to report that in the state of Maryland, newly-elected HOA board members will be required by law to take a program in homeowner's association board membership and management in order to be better prepared to govern their associations more effectively and intelligently using today's best practices in community leadership.

The CAI (Community Associations Institute) has both the world's most respected professional development program and an unwavering commitment to providing the best possible education to homeowners who have chosen – and been chosen by their neighbors – to lead their associations. Headquartered in Falls Church, the CAI has about 60 chapters in the United States and it recognizes that homeowner volunteers and their professional partners share the ultimate goal of building and sustaining successful communities, but they face different challenges, expectations and responsibilities.

The CAI has just launched its ***Board Leadership Development Workshop*** which will emphasize that serving on an association board entails serious obligations, not to mention potential liabilities. The workshop can help boards avoid the common pitfalls – and unanticipated traps – that many associations inevitably encounter. Even with the support of a skilled community manager, management company or attorney, board members need to understand their legal, leadership and operational obligations. The ***Board Leadership Development Workshop*** is available now as an online course (with 5 modules of study and allows up to a total of 4 months to complete) or as a classroom workshop that will be provided by their chapters in the coming months. Both online and classroom opportunities are open to members and non-members of CAI and you don't have to be a board member to take the classes. Visit [www.caionline/bldw](http://www.caionline/bldw) to learn more.