

THE ARMFIELD LINK

May 1991

COMMUNITY UPDATE

By: Steve Kellam

Congratulations to Todd Jackson and David Wenner who were elected as members of the AHA Board of Directors. The Board will be meeting 14 May to reorganize and choose officers. The vote for community wide trash collection was defeated.

I wish to take some space to thank Eleanor Weaver and Leye Chrzanowski for their service to the Community. Leye has served as Vice President on the Board for two years, and for one year she also served as the Secretary. She did an excellent job keeping the Board apprised of requirements existing within the AHA documents. Her biggest impact was as the Chairperson of the Pool Committee. She led this group insuring that the pool facility and tennis courts were appropriately facilitated and managed within budget constraints. Leye did a super job in many areas and I will miss her contributions to the Board and the community. Eleanor has led our Grounds Committee and functioned as the head of the Social Committee (newsletter, parties, etc.) and has contributed many hours to the betterment of our community. Those committees and the Board lose a hard worker and a person who accomplished a lot on behalf of the AHA. So thanks again Leye and Eleanor, we will miss you on the Board and hope to see you assisting the community in the future.

The Pool opens at the end of the month. Hopefully, you were one of the people who came out to the Pool and Community Clean-Up on 27 April. You would have had a chance to register for the pool and have your kids enroll on the Swim Team. Don't wait until it is too late. If you haven't registered for the Pool, call the community management company immediately. Don't wait until the pool opens up, and be denied access. A reminder, people who are delinquent on AHA payments will be denied access to the pool until payments are made to the management company. The list is updated every Friday. There are people who make a habit of paying their bills late. If you do that during the summer months, you will find access to the pool denied until the management company clears your name with the Pool Management Gate Guards.

If you have kids and you are looking for a good wholesome activity to help keep them busy during the summer, try the swim team. The swim team was a lot of fun for many kids and parents last year. It is a way to get to know your neighbors and the children meet new friends in the neighborhood. The exercise for the children is super, and the resulting community events are good for everyone living within the AHA. Even if you don't have kids swimming, you are welcome to attend the events and root for the Stingrays. See you there!!!

LAND USE COMMITTEE

By: Steve Kellam

At this time the Fairfax County Planning Board has not finished the marking up of the Fairfax County Comprehensive Plan. Leye Chrzanowski spoke before the Commission last month on your behalf. The issues remain the potential widening of Lees Corner Road, the potential extension of Springhaven Drive, the widening of Centreville Road, and the density decisions on our neighboring communities. I will be speaking before the Fairfax County Board of Supervisors when they review the plan. That is currently scheduled for 13 May, 1991, but may be slipped into June. The slip would be due to the fact that the Planning Commission mark up is behind schedule. Hopefully in June I will have positive definitive information on these land use issues.



POOL NEWS

By: Leye Chrzanowski

May is finally here and that means the pool will be opening on 25 May for its fourth season. Hopefully, by now most of us have it down pat on how to get into the pool but for our newcomers - here we go.

First, your assessments must be paid in full before you can either register or get into the pool. We use your lot and section number to obtain entry into the pool; therefore, be sure your kids know these two numbers. Each lot will be

issued one guest card with ten free punches - two punches for weekday guests and three punches for weekend and holiday guests. All guest cards are kept on file at the pool. Additional cards may be purchased for \$10 with payment made by check. You may also purchase a weekly guest pass for houseguest use at a cost of \$5 - this is good for seven consecutive days. We have a change this year. All unused FREE guest cards will be discarded at the end of the pool season - so use them up! The pool hours are the same as last year - 3pm-8pm weekdays before school gets out and 11am-8pm weekends and for the remainder of the summer.

Well now that I have bored you with my annual (last one) lecture, on to bigger and better things.

Stacy is the Pool Manager again this year, which hopefully will add some continuity to the operation. As of this date, I am not sure who the other guards will be. BBQ grills are available for use at the pool. Bring your own charcoal and just ask the guards for one.

I had my last meeting as the "Pool Lady" on 15 April and I would like to thank the following people for their help during the past year: Heather Ambrose, Pam Sheffler, Steve Hudak, and Joanne and Walt Burger. I would also like to thank my husband, Ski, and my son, Jonathan, who always came through to help me either change lights, repair things or whatever else needed doing during the past couple of

years. Wes Schroeder of Armstrong Management was also a big help in lots of ways, too. Bill Bailey, our Neighborhood Watch Chairman, who kept an EYE out for security also deserves thanks. Thanks to them all, you were able to enjoy carefree summers poolside. I know they will extend the same kind of support to my replacement. (This was written on 17 April so I don't know who that is, yet.)

Anyway, have a great summer and enjoy the pool.

GROUNDS COMMITTEE

By: Paul F. Malherek

We are in touch with Plantation Pipe Line Company of Atlanta, Georgia, regarding the debris in the area of their underground pipeline which runs in a common area to the rear of homes on the even numbered side of Beech Down Drive in Armfield Farm. We have been given assurances the Plantation Pipe Line Company will take care of this matter.

Media General advised they are ready to begin the process of obtaining easements in Section I of Saville Chase and there is every reason to believe this section will be wired for Cable TV by October 1991.

Anyone interested in working with the Grounds Committee to maintain our common grounds to include the Tot Lots, basketball courts, playing field, etc., please call me at 481-8188. Thanks.

NEIGHBORHOOD WATCH

By: Bill Bailey

Spring is here and as the weather becomes warmer the more time we are spending outdoors. This means more opportunities to be observant of our surroundings. Remember, report any suspicious events to the police.

The following telephone numbers should be posted by our phones.

911 Emergency Fire & Police
691-2131 Non-Emergency Police
698-2900 Poison Control
Fairfax Hospital

The following list contains questions we should ask ourselves to make sure our own homes and neighborhood are safe:

1. Are all doors and windows secure?
2. Do you always keep the door from the garage to the house locked?
3. When you leave your car at a garage for repairs do you take the garage door opener with you?
4. Are your back and front lights on at night?
5. Are your basement windows secure?
6. Does the door from the basement to the main floor have a lock on it?
7. Do you have ladders or tools outside your house unsecured which can be used to break into your home?
8. When your car is parked outside, do you keep it locked at all times?
9. Do you have a walkout basement with sliding glass doors? If so, do you have

those doors secured?

10. Have you checked your smoke detector lately?

11. As you get in your car on a beautiful day and drive through our neighborhood, are you aware of how fast you are driving?

12. What would you do if you saw a suspicious person or event? Call the Police, and I would appreciate being advised.

Our Neighborhood Watch program is working thanks to the people who have kept a watchful eye.

PARENTING

This is the last in a series of excerpts from a U.S. Department of Education pamphlet titled, "Growing up Drug Free: a Parents Guide to Prevention."

SPECIFIC DRUGS AND THEIR EFFECTS

ALCOHOL

Alcohol consumption causes a number of changes in behavior. Even low doses significantly impair the judgement and coordination required to drive a car safely. Low to moderate doses of alcohol can increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. Continued use of alcohol can

lead to dependance. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms. Long term effects of consuming large quantities of alcohol can lead to permanent damage to vital organs such as the brain and the liver. In addition, research indicates that children of alcoholic parents are at greater risk than other children of becoming alcoholics.

TOBACCO

The smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease - some 170,000 die each year from smoking-related coronary heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates. Some 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic, obstructive lung diseases such as emphysema and chronic bronchitis are ten times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy also poses serious risks. Spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths are more likely to occur when the pregnant woman is a smoker. Cigarette smoke contains some 4,000 chemicals, several of which are known as carcinogens. Perhaps the most dangerous substance in tobacco smoke is nicotine. Nicotine is the substance that reinforces and strengthens the desire to smoke. Because

nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try.

CANNABIS

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis. Because users often inhale unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke. Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect.

INHALANTS

The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory

rates and impair judgement. Amyl and butyl nitrite cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage. Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that the breathing stops. Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated sniffing of concentrated vapors over time can permanently change the nervous system.

COCAINE

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Crack or freebase rock is extremely addictive, its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile

hallucinations, paranoia, and seizure. The use of cocaine can cause death by cardiac arrest or respiratory failure.

OTHER STIMULANTS

These include Amphetamines (Speed, Uppers, Ups, Black Beauties, Pep Pills, Copilots, Bumblebees, Hearts, Benzedrine, Dexedrine, Footballs, Biphphetamine), Methamphetamines (Crank, Crystal meth, Crystal methadrine, and Speed) and additional stimulants (Ritalin, Cylert, Preludin, Didrex, Pre-state, Voranil, Sandrex, and Plegine). Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia. These symptoms usually disappear when drug use ceases.

DEPRESSANTS

These include Barbiturates

(Downers, Barbs, Blue Devils, Red Devils, Yellow Jacket, Yellows, Membutal, Tuinals, Seconal, and Amytal), Methaqualone (Quaaludes, Ludors, Sopors), and Tranquilizers (Valium, Librium, Miltown, Serax, Equanil, and Tranxene). The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma and death. The combination of depressants and alcohol can multiply the effects of the drugs, increasing the risks. Regular use of depressants over time can result in physical and psychological addiction. People who suddenly stop taking large doses can experience withdrawal symptoms, including anxiety, insomnia, tremors, delirium, convulsions, and death. Babies born to mothers who abuse depressants may also be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems also may result.

HALLUCINOGENS

Phencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks the pain receptor, violent PCP episodes may result in self-inflicted injuries. The effects of PCP vary, but users frequently

report a sense of distance and estrangement. Time and body movement are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations. Large doses may produce convulsions and coma, as well as heart and lung failure. Lysergic acid (LSD), mescaline and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even when use has ceased.

NARCOTICS

Types include Heroin, Codeine, Morphine, Opium, Meperidine, Percocet, Percodan, Tussionex, Fentanyl, Darvon, Talwin, and Lomotil. Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users also may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may result in disease such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who

experience severe withdrawal symptoms.

DESIGNER DRUGS

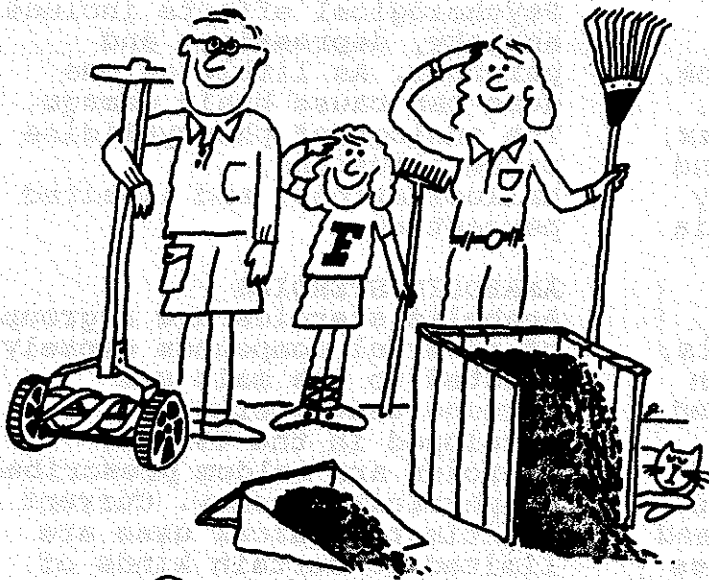
Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate. The narcotic analogs can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations, and impaired perception.

ANABOLIC STEROIDS

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Developed in the 1930's, steroids are seldom prescribed by physicians today. Current legitimate medical uses are limited to certain kinds of anemia, severe burns, and some types of breast cancer. The liver and cardiovascular and reproductive systems are most seriously affected by steroid use. In males, use can cause

withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. While some effects appear quickly, others, such as heart attacks and strokes may not show up for years. Signs of steroid use include quick weight and muscle gains, aggressiveness and combativeness; jaundice; purple or red spots on the body; swelling of feet and lower legs; trembling; unexplained darkening of the skin; and persistent unpleasant breath odor.

Environmental Task Force



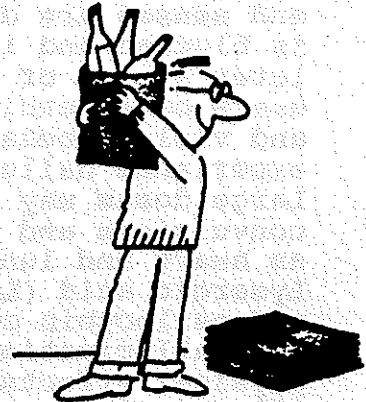
Compost Committee

Turn your yard tasks into an environmental science project for your family: explore the natural miracle of composting.

**IN FAIRFAX COUNTY CALL 246-5052
TO LEARN HOW TO COMPOST**



Make Saturday Recycling Day



**Your Short Stop Will
Help In The Long Run**

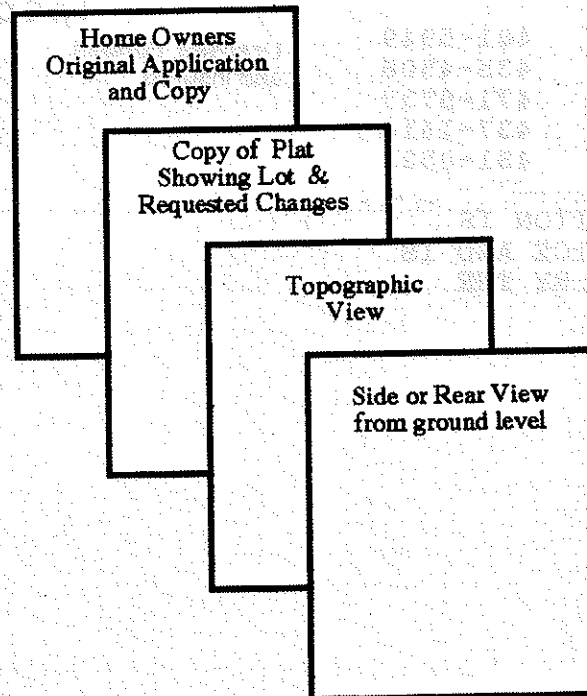


**FOR FAIRFAX COUNTY
RECYCLING DROP OFF CENTER
INFORMATION CALL 246-5052**

An A.R.C. Update

The time of year has come once again for many Homeowners to make additions and alterations to their homes. To assist you in the most expeditious manner of getting you changes approved , I would like to make the following suggestions:

1. File your application early. The ARC only meets once a month, usually on the 1st Thursday. Allow time for the application to be processed by the management company. These requests do not go directly to the ARC.
2. Provide a complete application package. This includes (a) A Homeowners Application for Alterations, (b) A current lot Plat, (Include a drawing on the plat showing the location of any changes, or additions), (c) A topographic (birds-eye) view of the new addition or alteration, (d) And a ground level view of the addition or alteration, preferably from the rear of the house.



If the project can best be illustrated by a picture , please include this in the application. Also, changes in paint colors require that we know the old colors and the replacement colors. So include paint samples. For all projects, a complete listing of building materials and type of installation is required. For further information, please review you Association By-Laws.

If you have any questions concerning a project that needs ARC approval please feel free to contact me , Jay Farr, at (703) 378-4695, or any other ARC member.

CLASSIFIED ADS.

These advertisements are provided as a service to the community.
This does not mean they are endorsed by the Board of Directors.

NEIGHBORHOOD CHILD CARE LIST

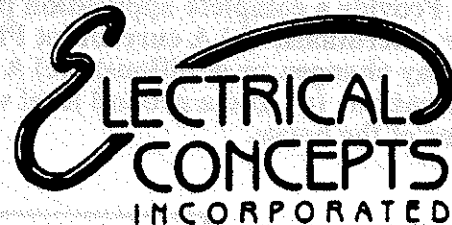
To place ad call Tracy at
631-5281

John Kraft
Master Electrician

703/222-5057

ADULTS

Chitra Rajkumar	986-7379
Lisa Guerro	378-2661
Devi	222-3754
Debbie Graves	481-3720



STUDENTS

Jessica Moore	481-6949
Heather Anderson	435-4506
Duane Carter	471-5737
Melissa Marsh	437-1610
Tracy Wergley	481-0522

Licensed, Bonded,
and Insured

Centreville, VA

NOTE: THIS INFORMATION IS
PROVIDED AS A SERVICE AND IS
NOT AN ENDORSEMENT BY THE
ASSOCIATION.

MAY

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<p>APRIL</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>JUNE</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>		<p>1</p> <p>Collection of recyclables</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7 Grounds Meeting</p> <p>Call Paul: 481-8188</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>12</p> <p>Mother's Day</p>	<p>13</p>	<p>14 Board Meeting - Pool House 7:30</p>	<p>15</p> <p>Collection of recyclables</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p> <p>Swimteam</p> <p>Car Wash</p> <p>Franklin Farm Mobile</p> <p>1-3:30 pm</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p><u>Pool Opens!</u></p> <p>11am - 8pm</p>
<p>26</p> <p>Pool open</p> <p>11am - 8pm</p>	<p>27</p> <p>Pool open</p> <p>11am - 8pm</p> <p>Memorial Day</p>	<p>28</p> <p>Pool open</p> <p>3pm - 8pm</p>	<p>29</p> <p>Pool open</p> <p>3pm - 8pm</p>	<p>30</p> <p>Pool open</p> <p>3pm - 8pm</p>	<p>31</p> <p>Pool open</p> <p>3pm - 8pm</p>	

BOARD AND COMMITTEE DIRECTORY
ARMFIELD HOMEOWNERS ASSOCIATION

ATTN:

P.O. BOX 220243
CHANTILLY, VA 22022

Please address your correspondence to the attention of the appropriate committee.

BOARD OF DIRECTORS

President:	Steve Kellam	481-9354
Vice President:	Leye Chrzanowski	437-6635
Secretary/Treasurer:	Heather Ambrose	689-3735
Director:	Paul Malherek	481-8188
Director:	Eleanor Weaver	471-6258

COMMITTEE CHAIRS

Pool & Tennis:	Leye Chrzanowski	437-6635
Swim Team:	Joanne Burger	437-8359
Grounds:	Paul Malherek	481-8188
Land Use:	Steve Kellam	481-9354
ARC:	Linda DeFuria	481-1313
Neighborhood Watch:	Bill Bailey	437-6108
Community Directory:	Suzanne Tsonos	437-6094
Welcoming:	Eleanor Weaver	471-6258
Social:	Eleanor Weaver	471-6258
Newsletter:	Eleanor Weaver	471-6258

POOL PHONE	689-9831
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MANAGEMENT COMPANY

Armstrong Management Services, Inc.	385-1133
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Armfield Homeowners Association
C/O Armstrong Management Services, Inc.
3949 Pender Drive, Suite 205
Fairfax, VA 22030

