



THE LONDON TOWNE CRIER

The London Towne Community Newsletter

November 2009

Youthful Driver Program

Is someone you love learning to drive? The FCPD Youthful Driver Program can help.

Police instructors will help your young driver:

- * Learn what it means to be an "inexperienced" driver
- * Identify the risks and realities of being teen driver
- * How to ignore peer pressure behind the wheel



Spend a Saturday learning the rules and risks of the road. Dangers of the road aren't confined to teenagers; everyone on the road will be safer once they learn:

- * How to recover from skidding on a wet roadway
- * How to adjust your driving when road surfaces vary- hard surface to soft shoulders
- * How to judge distance while driving at highway speeds

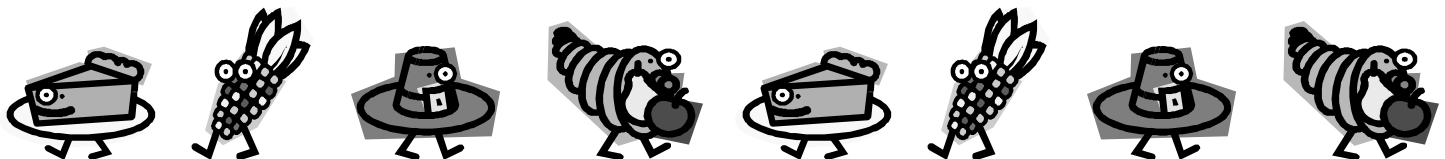
The FCPD Youthful Driver is a one day, hands-on course, running Saturdays from 7:00 am until 4:00 pm

Location: Fairfax County Criminal Justice Academy, 3725 Stonecroft Blvd. Chantilly

Cost: \$200.00 (Financial accommodations may be made for qualifying students)

Eligibility: Fairfax teens aged 16-18 with a valid driver's license

Contact: School Resource Officer in the high school the young driver attends, or call 703/818-1924.



Reduced Cost Rabies Clinic

Sunday, November 15, 2009

The rabies clinic will be held from 2:00-4:00 pm at the Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. The cost is \$12.00.

Please note:

- * Dogs, cats and ferrets will be eligible for vaccinations.
- * Dogs MUST be on leashes.
- * Cats and ferrets MUST be in carriers.
- * All pets will receive a 1-year rabies vaccine. To obtain a 3-year vaccine, bring your pet's rabies certificate showing your dog's current rabies vaccination and expiration date. Only those who are able to show proof will be eligible for the 3-year vaccination for their pet.
- * Only rabies certificates will be issued (no tags).
- * 2009 dog licences will be sold at each clinic at a cost of \$10.00.



THE LONDON TOWNE CRIER

SEQUOIA MANAGEMENT COMPANY, INC.

13998 Parkeast Circle
 Chantilly, VA 20151
 Samantha Winterstine, Community Manager
 E-mail: swinterstine@sequoiamanagement.com
 Day Telephone: 703-803-9641
 Emergency Telephone: 703-968-6705
 FAX: 703-968-0936

LONDON TOWNE BOARD OF DIRECTORS

Michele McCormack, President
 Linda Evans, Vice President
 Sally Saucedo, Treasurer
 Henri Stein McCartney, Secretary
 Robin Peralta, Director at Large
London Towne's Board of Directors meets on the 4th Thursday of each month at 7:00 pm. Meetings are held at London Towne Elementary School during the school year and at Sequoia Management during the off-season or inclement weather.

CSI (RECYCLING & SANITATION)

Call 703-444-3181 to schedule large item pick-up
 Pick-Up Days: Tuesday & Friday
 Recycling Day: Friday ONLY

BATTLEFIELD TOWING: 703-378-0059

NON-EMERGENCY POLICE & FIRE: 703-691-2131

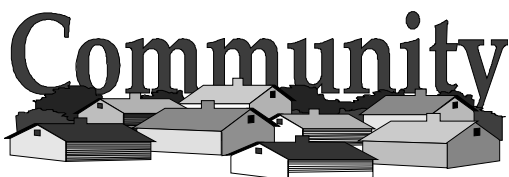
POISON CENTER HOTLINE: 1-800-222-1222

ANIMAL WARDEN: 703-830-1100

MALFUNCTIONING STREETLIGHTS

NOVEC: 703-335-0500

STATE ROAD MAINTENANCE VDOT: 703-383-8368



Advertisers Wanted

Any local firm or professional individual seeking a well-read outlet at reasonable prices, please contact Samantha Winterstine at Sequoia Management:

703-803-9641

swinterstine@sequoiamanagement.com

The *London Towne Crier* is published monthly for the benefit and interest of the residents of London Towne. Contributions of articles, letters, news items, photographs, drawings, and community advertisements are welcome.

The deadline for submission is the 5th of each month.

Written material **MUST** include name, address, and phone number.

The views expressed in the *Crier* are those of the contributor and do not necessarily reflect the views of the Board of Directors or the Editor.

The *Crier* encourages advertising for London Towne residents who have services to offer, items for sale, items needed, or lost pet notices. There is no charge for this service. Advertisements will run for one month. Each advertisement must be submitted monthly if a reprint is requested.



This is an official publication of the London Towne Homeowners Association. Publication in this newsletter of announcements, resolutions, rules and regulations duly adopted by the Board of Directors serves as official notice to the membership and residents of the adoption and implementation of these enactments for the purpose of enforcement.

The London Towne Homeowners Association does not endorse, guarantee, or warrant the nature, quality, or attributes of any products or services advertised in this newsletter.

Need Info Quick?

Visit our website at www.lthoa.com
 or email the Board at lthoa1@verizon.net

Did you know that each month's *London Towne Crier* appears on the website about a week before the printed version arrives in your mailbox?



Check it out!

Crier Advertising Rates

Business Card	\$25.00
1/4 Page	\$45.00
1/2 Page	\$75.00
Full Page	\$125.00

10% discount for 6-month prepaid ad. 15% discount for 1-year prepaid ad.

Personal classified ads for residents are free.

Business classified ads for residents are \$10.00 with a 3-line maximum.



FREEZING FRUITS AND VEGETABLES

Freezing extends the shelf life of food. Blanching food before freezing prevents the enzymes in foods from affecting the quality of the foods during storage. Only vegetables can be blanched before freezing. If fruit is blanched, and then frozen, the fruit will become mushy after defrosting.

Equipment Preparation

- * Select containers that are designed for freezing food like freezer bags, plastic containers, or canning jars. Containers should be moisture/vapor resistant to prevent “freezer burn.”
- * Wash all containers in hot soapy. Discard any containers that are cracked or chipped.
- * Rinse with hot water and let air dry on a clean towel or rack.



Food Selection and Blanching

Choose young, tender vegetables or well-ripened fruits for freezing. Tomatoes may be cooked, pureed, or juiced before freezing. Wash, peel, and trim away bruised areas. Cut into serving sizes, if desired, before freezing.

Blanch all vegetables (except peppers and onions) to preserve quality. To blanch, place prepared foods in a metal strainer that fits into a large saucepan. Lower food into boiling water and begin counting the blanching time. Use one gallon of water for each pound of firm vegetables (about 4 cups) and two gallons of water for each pound of leafy greens (about 8 cups). Don't add more vegetables than suggested at one time, as larger amounts will lower the temperature of the water. Time and temperature are critical to destroying the enzymes that cause spoilage.

Cool the blanched vegetables by removing the vegetables from the boiling water and immediately plunging them into ice water until cool. This process prevents the vegetable from overcooking and retains its color and nutrients. Remove the blanched vegetable from the ice water, drain, and dry thoroughly. It is important to freeze vegetables dry because extra moisture can decrease the quality. The table below provides information regarding specific procedures for certain vegetables. The blanch times are listed according to size of cut vegetables. Blanch smaller sizes for the minimum recommended time and larger sizes for the maximum recommended time.

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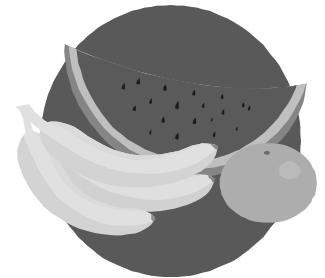
Vegetables (young, tender, crisp)	Preparation (wash, blanch, chill in ice water)	Blanch (in boiling water)
Asparagus	Cut in desired lengths	2-4 minutes
Beans, string	Cut, slice, or leave whole	3-4 minutes
Beans, lima	Shell, sort, wash	2-4 minutes
Broccoli	Peel stock, trim; split lengthwise	3 minutes
Brussels sprouts	Wash well and sort (small, medium, large)	3-5 minutes
Cabbage	Cut to medium or coarse shreds	1.5 minutes
Carrots	Peel. Cut in slices or dice	3 minutes
Cauliflower	Soak 30 min. in salt water (4 tsp. salt/gal. water)	3 minutes
Corn, whole kernel	Husk, desilk, blanch, cut from cob	4-5 minutes
Greens, all kinds	Wash well; discard tough leaves and stems	2-3 minutes
Okra	Trim stem – do not break pods	3-4 minutes
Peas, pod	Wash, remove stems and strings	2-3 minutes
Peas, green, black-eyed	Shell, sort, wash	1-2 minutes
Summer squash	Wash, cut into 1/2-inch slices	3 minutes
Turnips/Parsnips	3 minutes; if using sugar syrup, prep	3 minutes

Preparing Fruit for Freezing

Fruits may be frozen in sugar syrup, dry sugar, or with no sugar at all. Sugar syrup is preferred because it coats the cut fruit and protects it from the action of enzymes that change the color and appearance of the fruit. If no sugar is added, the fruit will not remain firm and will turn brown from the enzyme action. Use dry sugar for fruits that readily produce juice, such as strawberries and peaches. Sugar syrup is used to pack fruits that form juice slowly, such as pineapples and apples. Fruits packed in sugar or with syrup generally have a better texture and flavor than those packed dry, however, small berries such as cranberries, blueberries, raspberries, blackberries, and currants can be frozen without sugar.

If using sugar syrup, prepare as follows:

Syrup	Sugar	Water	Syrup Yield
Light (less sweet)	1 cup	4 cups	4 1/2 cups
Medium	1 3/4 cups	4 cups	5 cups
Heavy	2 3/4 cups	4 cups	5 1/3 cups



Bring water and sugar to a boil and boil until sugar is dissolved, about 1 minute.

When preparing fruits that will turn brown when exposed to air (apples, peaches, or pears), dip them in a commercial preparation of ascorbic acid or in lemon juice to prevent the change in color. As an alternative you can add a pinch of citric acid or ascorbic acid to your sugar syrup. In the supermarket, Fruit Fresh® is sold for such a purpose.

Packing and Storing the Food

Pack the food in the appropriate freezer container. Allow 1/2 inch of headspace for dry food and 1 to 2 inches for food covered with liquid. After packing, wipe the top of each package clean. Seal airtight. When filling plastic storage bags, be sure the fruit is covered by the sugar syrup. Remember to “burp” the bag, to expel all of the air before you seal it. This will prevent freezer burn and keep the food from drying out.

Label the container with the date and the name of the product.



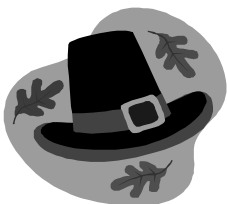
Place bags, containers, or jars in the freezer and store at 0°F (18°C) or below.

Be sure that your freezer temperature remains steady. Fluctuation (freeze, thaw, refreeze) in temperature will adversely affect the quality of the food.

When containers are removed from the freezer, thaw in the refrigerator or in a pan of cool running water.



**London Towne Wishes You a
Happy Thanksgiving!**





LYNN ROWLAND

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20 Years Experience

Buying or Selling

EXPERIENCE MATTERS

Recently Sold in London Towne

14845 Maidstone Ct.	\$289,500.*
14826 Smethwick Pl.	\$269,900.*
14757 Green Park Way	\$269,900.*
14820 Maidstone Ct.	\$250,000.*



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Over **20 Years** helping London Towne Buyers and Sellers
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Call Lynn for a *Free, No Obligation, Market Analysis* of Your Home

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* List Price



*We Sell More
Because We Do More*

IF YOUR HOME IS CURRENTLY LISTED FOR SALE WITH A BROKER, PLEASE DISREGARD. THIS IS NOT A SOLICITATION

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London Towne Homeowner's Association
c/o Sequoia Management Company, Inc.
13998 Parkeast Circle
Chantilly, VA 20151-2283

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Kid Power!

AnaMichele Babyak, 12

14844 Maidstone Court
703-802-1064
House cleaning, organizing, mother's helper,
babysitting. References available upon request

Katlyn Babyak, 15

14844 Maidstone Court
703-802-1064
Babysitting, pet sitting, tutor/homework help with
English, Reading, Writing, Spelling, Spanish to grade 5

Christina Bonilla, 16

14808 Hancock Court
703-815-8247
Babysitting, flexible hours, CPR certified. May also be
contacted at *XoXLionGirlyXoX@aol.com*

Kevin Fleming, 17

14732 Gatwick Square
703-825-1700
Pet sitting, lawn mowing, leaf and snow removal,
babysitting and tutoring

Tulia MacDicken, 16

14809 Maidstone Court
571-331-2585
Babysitting, CPR certified. Tutoring in Math, English, Read-
ing. Prefer to work with ages 4 and up. Puedo hablar Espanol
si es necesario

Megan Peralta, 16

6214 Paddington Lane
703-509-9319
Private violin lessons, \$15/lesson. Also, pet sitting, babysitting
(prices negotiable), math, science and English tutor up to grade
10. Lots of experience. References provided.

Kid Power is an area where kids can advertise for free for jobs they can do in the neighborhood, such as tutoring, babysitting, pet sitting, mowing, and leaf and snow removal.

To sign up for **Kid Power**, please send a note signed by a parent or guardian with your name, address, age, job description and phone number to:
Samantha Winterstine, Sequoia Management Co.
13998 Parkeast Circle, Chantilly, VA 20151.