



# The *House Special*

VOLUME IV

JANUARY 1984

ISSUE 1



*Happy  
New Year!*

*Another year has started --  
Hope it finds you happy-hearted!*

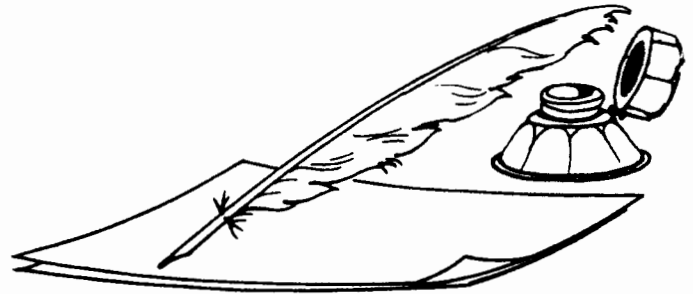
# From the Board

Wynfred Joshua  
Vice President

The old business taken up by the Board at the December meeting included the recent inspection of the lobby carpet by Dr. Steven Spivak, a carpet expert from the University of Maryland. His initial conclusion was that the carpet was indeed defective. The Board is now awaiting his written report which will be used in the negotiations with the developer.

The Board discussed at some length the final report of the octagon beautification project. Because of the unforeseen requirement to remove two feet of cement, the bill for the project turned out to be \$3,900 more than the contractor's original estimate. The Property Manager succeeded in reducing the overcharge to \$3,315. After expressing its dissatisfaction with the insufficient testing of the project area and the faulty estimate, the Board had no choice but to approve the payment. The costs for the entire project had nevertheless remained below the amount allocated in the 1983 Budget.

The revised rules for Board/Committee relationships as proposed by Mrs. Elizabeth Grant were considered. The proposal to limit the term of a Board Member's liaison with a particular committee to one year was rejected; Board members believed that rotation of liaison to a committee would not necessarily be the most effective utilization of a Board Member's talents. The Board accepted the suggestion to permit unit owners to



speak for three minutes on an issue at a Board session provided a request for this is made in writing to the Board at least 48 hours prior to the Board meeting. A Board Member's motion to limit an owner to chairing only one committee or sub-committee did not pass. The adopted regulations will be published as appropriate.

The President announced that at this point 226 residents had contributed a total of \$5,601 to the Holiday Fund for Skyline House employees. The Board expressed its appreciation for the efforts of Mrs. Ora Kerlan and Edna St. Peters who were in charge of this project.

The Resident Manager requested that residents when using the party rooms for personal functions be permitted to rent Skyline House Association's tables and chairs. She explained that personnel of rental agencies bringing chairs and other furniture to the party room frequently damaged the corridor walls. Using our own furniture which would be put up by our own employees would prevent costly damage. The Board agreed to make available to residents the use of tables at \$5 each and chairs for \$.50 each.

The Treasurer commended Skyline House Management for its efforts in collecting the condo fees. For the third consecutive month there are no delinquencies in condo fee payments -- a development attesting to the health of our financial condition.

The request of the Recreation Committee for the purchase of stereo

(continued on next page)

equipment and for hiring a paid part-time assistant generated considerable discussion. The Board finally voted for acquiring the capability to have music at social functions; established a committee to recommend what type of equipment would meet our needs. Mr. John Bassett was asked to chair this committee. The request for a part-time paid assistant was rejected because it would undermine the

volunteer concept of our committees. Because of the unique legal character and requirements of the Covenants Committee, however, the Board did vote to hire a paid secretary for that committee.

Because of the lack of time and late hour, consideration of the revised House Rules prepared by the Covenants Committee was postponed to the January session.

A Happy New Year to all Residents.

\* \* \* \* \*

#### BETTER LATE THAN NEVER?

I wish to extend my sincere apology to all HOUSE SPECIAL readers and especially to the Chairmen of our various House Committees for the unavoidable delay in preparing and printing the January issue of The HOUSE SPECIAL. Holiday time pressures and an unexpected out-of-state trip were the cause for this delay.

I would like to take this opportunity to thank those residents who called me to inquire about January's issue and who expressed their appreciation and vote of confidence for the effort invested in each month's issue of The HOUSE SPECIAL. Thank you.

Karyn Hill, Editor

# Committee Communiqués

## COVENANTS COMMITTEE REPORT

*Howie McClennan, Chairman*

November 17, 1983, East Card Room

The meeting started off on the right track due to the presence of our former Secretary Deanna Hammond, who will be the secretary for our Committee as a result of action taken at the November meeting of the Board of Directors.

There were ten members of the Committee present, including the Treasurer of our Board, Joseph Strahs. Our Board representative, Gordon Frank, was unable to be present due to a previous commitment.

Our first action was a report by the Chairman on the violations of our Rules and Regulations for the month of October:

5 cars towed (without passes and in No Parking zones).

Trash and litter in disposal rooms and hallways (4 complaints).

Loud noises at night, e.g., stereos, etc. (3 complaints).

Tailgating in the garage (1 complaint). (Let's do away with this practice, shall we.)

Mixture of expired guest parking passes; residents parking in guest parking spaces over night (a no-no); and carrying food for the Party Room through the lobby (also a strict no-no).

A long discussion then took place about whether or not the violations were in the same areas or the same violators and, if so,

what type of action was to be taken against them. The Chairman was asked to check with the Resident Manager on this matter. He did so and will have some information for the December meeting.

It was also brought to the Committee's attention that the repairing and washing of cars was taking place in the garage.

During this discussion the question surfaced of what had become of the violation report sheet that was to be made out when someone put in a complaint. It was noted that the Committee Vice-Chairman had the approved document and was to meet with the Resident Manager to put it into effect. This will be checked. This form was approved by the Covenants Committee so as to allow for a follow-up on a complaint.

The election of two members of the Board of Directors will take place at the Annual Meeting on March 27, 1984. The duty of holding the election and the nomination of officers comes under the charge of the Covenants Committee. Chairman McClennan will put out a call for volunteers to help us with this most important task. He appointed Milton Kaminsky (Unit 716W) Chairman of the Nominating Committee and Ross MacAskill (Unit 206E) Chairman of the Election Committee,  
(continued on next page)

*What's Up . . .*

with our Secretary Deanna Hammond to assist both of them with their duties.

Applications for those Unit owners who wish to run for office can be picked up at the front desk. There is a deadline for filing, so don't wait until the last minute. Let's have some action on this election so that we can have a lively "Meet-the-Candidates Night."

There was a general discussion on a paper that was submitted by Brian LeBert-Francis on the problem of overoccupancy and move-ins and move-outs. It was suggested that a loose leaf book be kept in the office of Sandy Ziegler in which a record of each Unit be kept. It would show Unit number, owner, date of ownership, date of change of owner, date of leases, etc., and would show at a glance if the six-month rule was violated, as well as the present status of ownership.

The Committee then discussed the poor attendance at the monthly meetings of the Board of Directors. Most of the time attendance runs at about 15 Unit owners, usually the same people. It was revealed that some people had stated that it was useless to attend because they

could not bring up any question that they might have had on their mind. It was stated that although the Board does give time after their regular order of business (until 10 p.m.) to take questions, many nights the Board's business requires every minute of time until the close of the meeting at 10 o'clock.

It was moved, seconded and carried that the Chairman of the Covenants Committee send a letter to President Ed Stolarun to request that one-half hour be set aside at the end of every Board meeting for the purpose of giving any Unit owner a chance to bring a subject before the Board, copy of said motion to go to our Board Representative Gordon Frank. The motion was adopted unanimously.

On Tuesday night, November 15, our Board of Directors took up the subject of the 1984 Budget. This meeting was well publicized and the subject matter well advertised. Would you believe that only 15 people were present to hear about what it is going to cost to operate our condo (East and West) for 1984! By the time you read this, you will know what the increased condo fee will be for 1984. It is almost unbelievable that there is apparently no interest in the operating costs of Skyline House. A  
(continued on next page)

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man once said, "The buck stops here."

There being no further business, the Committee adjourned at 9:30 pm. A good meeting, and, more importantly, the minutes were taken by our new secretary and correctly recorded. Thank you, Deanna Hammond.

#### December 15, 1983

Ten members of the Covenants Committee and our Board Representative Gordon Frank were in attendance. It was a good meeting: plenty of meaningful discussion and a lot of information brought out.

The first items discussed were the November violations of the Rules and Regulations:

- 4 cars towed (no passes).

- 5 complaints of noxious odors.

Several complaints of trash on the floor.

- 3 complaints of loud noises, e.g., slamming doors, etc.

- 19 violations of expired guest parking passes.

Following this report was a long discussion of takes place in regard to following up the various violations, i.e., what can be done to clear up the most repeated violation; do we have any real power to do anything about these violations; does the Virginia Code address the point?

What seems to bother most Unit owners is the problem of over-occupancy and the move-ins and move-outs (especially late at night). The first step in solving the problem is to file a complaint and more importantly, the observation by management and employees of Skyline House of violations.

The Chairman then discussed his meeting with Sandy Ziegler in an

effort to find out what action is taken by management when she gets a complaint. She supplied copies of correspondence involving a complaint from a Unit owner regarding loud noises. Both parties met with her to conduct a test in the unit from which the disturbing noises allegedly were coming. A tentative settlement was reached and any future complaints will go to Sandy for action.

Several members of the Committee pointed out that there are many noises that go hand-in-hand with condo living, e.g., dishwashers, garbage disposals, chairs being dragged across kitchen tile floors, etc.

As the Covenants Committee is responsible for the oversight of the administration of the Association's by-laws, rules and regulations, a motion was passed regarding the follow through on violations of those rules and regulations. Thus, the Resident Manager has been requested to appear before the January meeting of the Committee to provide information regarding the number and nature of infractions in 1983, including:

- Procedures used to identify, follow up, and correct violations of occupancy, lease, move-in, and pet restrictions.

- The number of unfounded and unsubstantiated complaints during 1983 and the steps being taken to clear up same.

- Procedures being considered for improving the action to be taken in 1984 on various violations.

It was emphasized that this request is not to be taken as criticism of anyone but rather is intended to obtain information for the benefit of the Committee and concerned Unit owners.

(continued on next page)

The Chairman then announced the dates for upcoming meetings of the Covenants Committee in the New Year:

January 25, West Card Room

February 22, East Card Room

March 21, West Card Room.

Under new business, it was suggested that in 1984 Management provide new owners and tenants with a copy of the Rules and Regulations for the swimming pool at the time when passes for the pool were being distributed. On that motion (on a cold, cold night), the meeting was adjourned.

P.S.: Do you know your new condo fee for 1984? If you don't, you are not picking up your mail at the Front Desk.

P.P.S.: Did you notice we lost Bob at the Front Desk? He was a "classy" guy. I heard he went back to school. He got an education here.

In closing,

"HAIL TO THE REDSKINS."

\* \* \* \* \*

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# Around the House



## C O N G R A T U L A T I O N S ! !

Frank Tatum (305-E) of ERA Tatum Properties has been honored for his outstanding fund raising efforts to benefit the Muscular Dystrophy Association. Frank has been named a member of "The President's Club." Membership is symbolized by a plaque of Jerry Lewis and the MDA poster child. The award was created to recognize and honor extraordinary fund raising achievements.

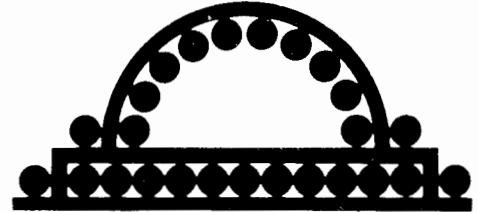
Frank received the award at the ERA Real Estate 12th Annual Meeting on October 10 in Orlando, Florida.

We know Jerry's Kids appreciate your efforts, Frank. Job well done!

[And thank you, Josephine McAdams, for bringing this worthy news item to the attention of our HOUSE SPECIAL readers.]

## W A N T E D

The Recreation Committee is in need of wine carafes. If you buy Paul Masson wine and do not need the empty bottles, won't you give them to us? Just drop them off at the Management Office, please. Cheers.

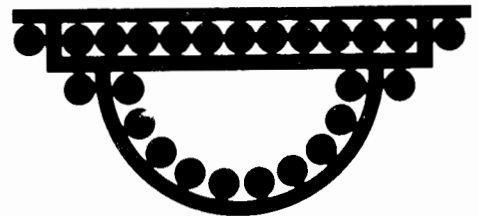


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AND  
THE COMMUNITY RELATIONS COMMITTEE  
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DR. MEREDITH MACLAY

ON

EMERGENCY MEDICINE

WEDNESDAY, JANUARY 18, 1984



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ELECTION TO THE BOARD OF DIRECTORS  
SKYLINE HOUSE - 1984

ON MAR. 27, 1984 AN ELECTION WILL BE HELD TO ELECT TWO UNIT OWNERS FOR THREE YEAR TERMS, AS MEMBERS OF THE BOARD OF DIRECTORS OF THE "SKYLINE HOUSE UNIT OWNERS' ASSOCIATION, INC."

THE NOMINATIONS COMMITTEE IS ENCOURAGING RESIDENTS WHO ARE INTERESTED TO SUBMIT AN APPLICATION FOR NOMINATION TO THE BOARD OF DIRECTORS.

APPLICATIONS ARE AVAILABLE AT THE FRONT DESK.

NO APPLICATION FOR NOMINATION WILL BE ACCEPTED AFTER FEB. 3RD  
AT 8:00 PM.

IF YOU PLAN ON RUNNING FOR THE BOARD, OR IF YOU KNOW SOMEONE WHO IS INTERESTED, MAKE SURE THAT YOUR APPLICATIONS ARE SUBMITTED BY 8:00 PM ON FEB. 3RD, 1984.

IF YOU HAVE ANY QUESTIONS CONCERNING THE NOMINATION PROCESS, PLEASE FEEL FREE TO CALL ANY OF THE FOLLOWING COMMITTEE MEMBERS:

W. HOWARD MCCLENNAN	414W	379-4223
BERNICE KAMINSKY	716W	931-0557
MILTON KAMINSKY	716W	931-0557

IMPORTANT: PLEASE MAKE SURE THAT YOU SUBMIT A BLACK AND WHITE PASSPORT PHOTO WITH YOUR APPLICATION.

P.S.: AS OF DECEMBER 15th, NO ONE HAS FILED.

## COMMUNITY RELATIONS COMMITTEE

*Elizabeth Grant, Chairman*

We hope there will be a good turnout for the talk on Emergency Medicine to be given by Dr. Meredith Maclay on Wednesday, January 18th, at 8 p.m. in the East Party Room. Dr. Maclay is an internist at the National Orthopedic Hospital and is highly qualified to speak on, among other topics, strokes and heart attacks. Residents from the Plaza, Towers and Square will be invited to join Skyline House residents on that evening. If enough interest is demonstrated, subsequent talks will be scheduled.

# # #

There has been a heartening response to the request for volunteers to act as guides for the Orientation Tours which we expect to initiate in January. It is the Committee's hope that this attempt to familiarize newcomers with the Skyline House community will make the transitional period easier for them. Equally important, it will present the opportunity to suggest ways in which the new resident can contribute towards maintaining the high quality of life we want in our home.

# # #

As it was felt there would be a poor turnout for the January meeting of the Community Relations Committee, there has been a postponement of

of deliberations until February 7th. The Community Relations Committee meets on the first Tuesday of every month. We look forward to your joining us.

# # #

When you are considering New Year's resolutions, how about adding some volunteer work to your schedule for '84! The Voluntary Action Center of Fairfax County has need for helpers in many areas. For example:

Enjoy bowling? You could share your skills with a group of moderately retarded fellows 30-45 years old.

Want to be a tutor? There are many people in our area for whom English is a second language and who need help with the basic reading and writing skills.

There is a need for a volunteer bookkeeper at Hospice International, an office which provides support for seriously ill children and their families.

Even the District and Circuit Courts need help. Clerk aides could be used, who have skills in computers, typing, filing, and answering questions.

Almost any form of training or expertise can be useful in some phase of community work. A telephone call (691-3460) is all it takes to find out how your talents can be used.

[EDITORIAL NOTE: "Today is the first day of the rest of your life." Is there a better time to get involved?]

1984

JANUARY

1984

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2 ECR BRIDGE 7:30 PM	3 WCR FINANCIAL MANAGEMENT CMTE 7:30 PM	4 EPR AEROBICS 6:30 PM	5 ECR RECREATION CMTE. 7:30	6 WPR T.G.I.F. 6:30 PM	7
8	9 ECR BRIDGE 7:30 PM	10	11 EPR AEROBICS 6:30 PM WPR TOWN MEETING 7:30 PM	12 WCR PHYSICAL PLANT CMTE 8:00 PM	13	14
15	16 ECR BRIDGE 7:30 PM	17 EPR BOARD MEETING 7:30 PM	18 EPR 7:30 PM NAT'L ORTHOPEDIC HOSPITAL SPEAKER WPR AEROBICS 6:30 PM	19 WCR BINGO 7:30 PM	20 WPR MIDDLE EASTERN NIGHT 7:00 PM	21
22	23 ECR BRIDGE 7:30 PM	24	25 EPR 6:30 PM AEROBICS ECR 8:00 PM SECURITY WCR 7:30 PM COVENANTS	26	27	28
29	30 ECR BRIDGE 7:30 PM	31				

FEBRUARY 1984						
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26	27	28	29			

DECEMBER 1983						
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25	26	27	28	29	30	31

## FINANCIAL MANAGEMENT & ADMINISTRATION COMMITTEE

The end of the year brings with it a little breathing room for the Financial Management and Administration Committee as the 1984 Budget has been approved by the Board and the 1982 overdue audit has been completed, with all adjustments being made to the financial accounts. The firm of Goldklang and Associates, Inc., has been reengaged to perform the 1983 audit of our financial records and statements which will begin immediately after the start of the New Year. Completion is estimated by the middle of March, 1984.


At the Committee meeting on December 6, 1983, the primary items of discussion were a review of the 1982 audit report and audit methods, as well as a review of the approved 1984 Budget. Although work on the 1984 Budget has been completed, the Committee is and will continue to discuss and review budget items for the 1985 Budget right up to the time we begin our review of the proposed 1985 budget to be submitted to the Committee by the Property Manager.


*Bill Miller, Chairman*

The main item still before the Committee is the determination of the method most advantageous to the Association for computing and fully covering replacement reserves for major equipment items of the common elements. This will require coordination between several committees of the Association and the Board of Directors.

The members of the Financial Management and Administration Committee desire at this time to wish all the Unit Owners a Very Happy and Prosperous New Year. You might even include in your New Year resolutions, a commitment to participate in the Association's affairs through attending meetings of one of the Association's seven committees.

\* \* \* \* \*





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PHYSICAL PLANT &  
OPERATIONS COMMITTEE

*Diets Gerstner, Chairman*

On December 8, 1983, at 8 p.m. in the East Card Room, the Physical Plant and Operations Committee held its monthly meeting. Six members, including the Chairman, were present. Also present was the Board liaison to the Committee.

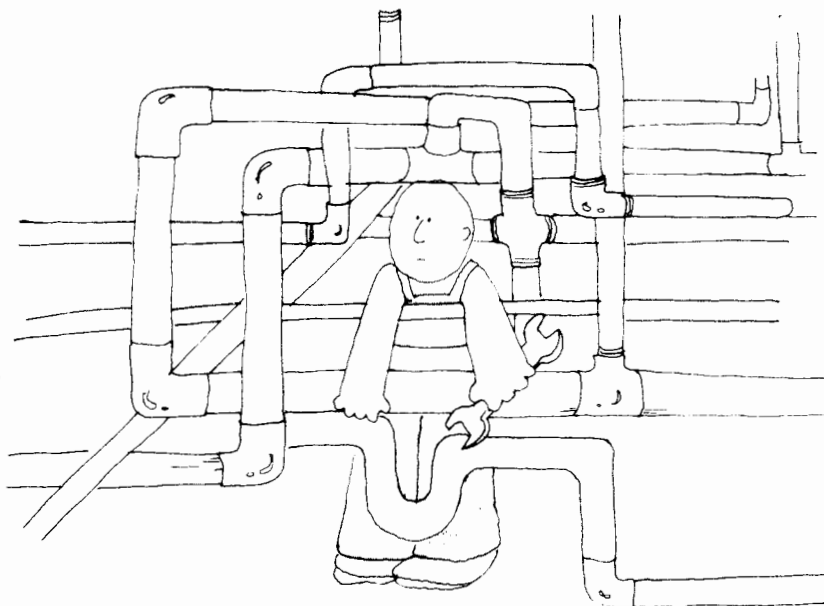
Grounds Restoration. The Chairman of the Board of Directors asked the Physical Plant and Operations Committee for final recommendations on corrective action to be taken to restore the far west area of the grounds. This area was never restored by Build America after it put in sewer lines for the shopping center. The Committee made the following recommendations on spending \$8,000 received from Build America as settlement:

1. Sod should be installed in the lawn area that now has sparse grass and surface rock, so as to prevent a washout during heavy rains.

2. The curb should be left as is. It may not exactly match the adjoining curb, but it appears solid and is functional.

3. The patched asphalt pavement should be left as is. It appears to have been properly installed and has not sunk appreciably in nearly two years.

4. All asphalt pavement around and about the complex should be sprayed with a black sealant. This would hide the asphalt patches, as well as seal the numerous narrow cracks that have appeared in the



pavement. The application of a sealing agent to all asphalt pavement should be done after warranty issues for the pavement have been resolved with the developer. There are wet weather springs in the asphalt pavement in front of the garage entrance and exit. This has been brought to the attention of the developer for corrective action.

Phone Purchase. The break-up of AT&T (scheduled to take effect on January 1, 1984 and called "divestiture") will mean substantial changes in phone service. Since these changes will most likely impact secretarial phone service at Skyline House, the Physical Plant and Operations Committee was asked to investigate the situation with regard to the Unit owners' phones that are connected to the front desk switchboard. Currently these types of phones are leased by Unit owners from C&P Telephone Company of Virginia on a monthly basis and are not being offered for sale.

(continued on next page)

After January 1, 1984, these phones will be owned by a new subsidiary of AT&T and not the C&P Telephone Company of Virginia. AT&T does not know at the present time what the future status of these phones will be, i.e., whether Unit owners will be given the option to buy the phones or will be required to continue leasing them. AT&T also does not know about the future status of the front desk switchboard. The whole situation now is very confused, and it may be some time before all the implications of the divestiture are worked out. The Committee will continue to monitor the situation and make recommendations to the Board regarding phone/switchboard options once AT&T can provide more information.

Monthly Maintenance Lists. With regard to the monthly list of maintenance items that the Committee submits to the Resident Manager for corrective action, progress continues to be very good. As of December 1, 1983, sixteen monthly lists had been submitted. They contained a total of 268 items, of which 252 had been repaired and 16 were in the process of being repaired.

#### NEXT MONTHLY MEETING.

The next monthly meeting of the Physical Plant and Operations Committee is scheduled for January 12, 1984 in the West Card Room at 8 p.m.

[Editorial Note: Community participation is inadequate enough. Once again, apologies for the delay in printing this month's issue.]

\* \* \* \* \*

#### SKYLINE HOUSE HOLIDAY FUND REPORT

Two hundred twenty-six residents (an increase over last year) responded to the 1983 Holiday Fund appeal. The total amount collected was \$5,601. We received checks ranging from \$5 to \$100, as well as quite a few cash contributions. This made it possible to present each of the twenty-four members of our staff with an expression of our appreciation for his/her efforts toward the well-being of Skyline House. Any contributor who desires may contact either of the co-chairwomen for a breakdown of the funds.

We wish to thank each person who contributed to this year's Fund. It was an indication that the residents of Skyline House appreciate the efforts of our staff in the maintenance of our home.

Ora Kerlin, 204W  
Edna St. Peter, T-4W

## RECREATION COMMITTEE

*Ann Ricci, Chairman*

### EVENTS IN JANUARY

Every Monday evening, Bridge in the East Card Room at 7:30 p.m.

Friday, January 6th, T.G.I.F. Party in the West Party Room at 6:30 p.m. Set-ups provided. Bring your own beverages and hors' d'oeuvres. The Recreation Committee has T.G.I.F. Parties the first Friday of every month. It's a great way to meet your neighbors. Come join us.

Wednesday, January 11th, Aerobic Classes in the East Party Room at 6:30 p.m. Classes will continue every Wednesday evening for eight weeks. \$15 per person/8-week session.

Thursday, January 19th, BINGO in the West Card Room at 7:30 p.m. \$.50 per card. Don Kerlin has nominated Ray Stamm to take over for him until his return in the spring. Barbara Atchison and Babs De Young have also volunteered to help. We have been having a good turnout, and this month Skyline Square is sending some of their residents to play with us.

Friday, January 20th, Middle Eastern Night in the East Party Room from 7 p.m. to 1 a.m. \$10 per person. Entertainment will be authentic Middle Eastern Music with a Bazoiki player and two shows featuring Sharazad, an Arabian dancer. The menu will consist of authentic

Middle Eastern cuisine: lamb, sausage w/lamb, grape leaves w/lamb, rice, ground sesame, Arabian salad w/sesame dressing, lemon juice and garlic, humus, pita bread, tossed salad, and drinks will be available.

Middle Eastern Night will be a new event for the Recreation Committee. It will be authentically catered and the entertainment will be spectacular. We hope this will be a success.

The Recreation Committee would like to remind all Skyline House residents that all Recreation Committee events are open to all Skyline House residents and guests.

December's special Holiday T.G.I.F. Party was a great success. I would like to thank Carroll Thompson for all his hard work throughout the year making all of our T.G.I.F. parties a success, as well as thanking all the people who have helped him throughout the year. But a special thank you to the committee of hard workers who did all the extra special things to make December's party the highlight of the year. Thank you Louise Alexander, Joan Collins, Bernice and Milton Kaminski, and Edna St. Peter for your help.

Thank you, every member of the Recreation Committee for helping to make Skyline House a more exciting place to live.

Have a Wonderful New Year!!!!

## What Is Diabetes?

Diabetes is a serious incurable disease. It is caused by the body's failure to make use of certain foods in the proper way. Scientists do not yet know the exact cause of diabetes. But they do know that when diabetes develops, two things can happen: (1) the body does not produce enough insulin or (2) the body cannot make use of the insulin that is produced.

Normally, the body changes food to a form of sugar called glucose. With diabetes the body is not able to use food properly. High levels of glucose accumulate in the blood and urine. The kidneys have to work overtime to get wasted glucose out of the body through the urine. When high levels of glucose build up in the blood, it can cause serious, life-threatening complications, such as blindness, heart disease, stroke, kidney failure and amputation from gangrene.

- There is no cure for diabetes yet. But medical science is making steady progress to better prevent and control diabetes and to reduce the severity of future complications.
- Diabetes with its serious complications, is the No. 3 cause of death by disease in the U.S.
- Diabetes is the No. 1 cause of new cases of blindness in adults over 45.
- At least 11 million Americans have diabetes.
- This year alone, 600,000 *new* cases of diabetes will be diagnosed.
- Diabetes strikes women and non-whites more often than other Americans.
- An estimated 5 million people have diabetes and don't know it, thereby increasing the risk of serious complications through lack of treatment.
- Obesity is the leading cause of diabetes in people over 40.

## WARNING SIGNALS OF DIABETES

**INSULIN-DEPENDENT DIABETES**, most frequent in children and young adults, is characterized by the sudden appearance of:

- C** onstant urination
- A** bnormal thirst
- U** nusual hunger
- T** he rapid loss of weight
- I** rritability
- O** bvious weakness and fatigue
- N** ausea and vomiting

These symptoms appear suddenly. **SEE A DOCTOR IMMEDIATELY!** It could mean life for you or your child.

**NON-INSULIN DEPENDENT DIABETES** usually occurs after the age of 30. It may include any of the above signs or:

- D** rowsiness
- I** tching
- A** family history of diabetes
- B** lurred vision
- E** xcessive weight
- T** ingling, numbness in feet
- E** asy fatigue
- S** kin infections and slow healing.

Any one of these signals can mean diabetes. **SEE YOUR DOCTOR AT ONCE!**

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AMERICAN DIABETES ASSOCIATION

# U-CARE®

## GENERAL HEALTH SCREENING

A unique approach to the **EARLY** detection of disease...even before symptoms occur.

**U-CARE®** Kits offers a comprehensive and professional urinalysis performed at a federally licensed laboratory. There is no need to visit a doctor's office and all test results are available to you **without** a doctor's prescription.

EARLY WARNING  
Laboratory Urinalysis Collection Kit

### ABOUT U-CARE® KITS

The purchase of U-CARE® Urine Collection Kit enables the consumer to obtain professional and confidential urinalysis results without a Doctor's prescription.

The kit contains all of the necessary items to collect a urine specimen at home. It includes detailed instructions and valuable health information.

All the consumer needs to do is to follow the instructions for the collection of the urine sample (specimen), fill the order form, and mail both in the pre-addressed envelope provided with the kit to the testing Laboratory.

Tests are performed immediately upon receipt of the urine specimen, and the results are mailed to the consumer in as little as 24 hours. If the consumer does not want the results mailed, he/she can obtain the results of the test by calling the Laboratory. In either case, the results of the tests ordered are held in strict confidence.

### ABOUT THE TEST

Laboratory examination of urine provides vital information on general health status — abnormal results (positive findings) reflect impending or chronic health problems associated with certain diseases and conditions such as **diabetes, urinary infections, kidney and liver disease, and other conditions that affect health.**

### ABNORMAL RESULTS

Urinalysis abnormal results should be further evaluated by a physician. **ONLY YOUR DOCTOR CAN MAKE A DIAGNOSIS OF DISEASE AND OFFER TREATMENT.**

U-CARE® users can check their own health as often as they wish by availing themselves of the laboratory services (Urinalysis) provided through the purchase of U-CARE® Urine Collection Kits.

**CHECK YOURSELF. . . CHECK THE WHOLE FAMILY. . .** It is easy, convenient, economic, and totally safe.

General Health Screening, Inc., Dept. 100-A  
A DIVISION OF PG ENTERPRISES OF VA  
7927 Jones Branch Dr., Suite 400  
McLean, VA 22102

YES! Send \_\_\_\_\_ U-CARE® EARLY WARNING LABORATORY COLLECTION KIT(S) at \$12.00 each, Sales Tax and Shipping included. (Allow 2 weeks for delivery if paid by money order; 3-4 weeks if paid by check; and 4-6 weeks if paid by Credit Card.)

☐ My check or money order is enclosed.

☐ Charge my: ☐ VISA ☐ MasterCard®

Acct. No. \_\_\_\_\_ Exp. \_\_\_\_\_

PLEASE PRINT CLEARLY

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Sign Here \_\_\_\_\_



# From Management



## HEAT PUMP FILTERS

Have you checked your heat pump filter lately? It is important that filters be replaced frequently enough so that air can flow thru the filter unobstructed by dirt. If the filter is not changed, it can cause the heat pump to stop working. Filters are available in the Management Office for \$1.00 each. There are two sizes 20X20X1 and 16X20X1. Check the size before purchasing a new filter. The size is on the cardboard end of the filter.

## YOUR RIGHTS AND OBLIGATIONS AS A CONDOMINIUM OWNER

The following is reprinted from the Colonies at McLean Condominium Owners Manual. It was written by Carole A. Folsom, REALTOR, Potomac Land Company, McLean, Virginia.

As an owner or resident of a condominium unit you enjoy access to the social, recreational, and administrative facilities and services provided by the Association. In return, you have the obligation to make sure that Skyline House is properly maintained, protected, operated, and improved. Some of your rights and obligations are outlined below:

- \* You have the right to use the recreational and social facilities of the community. You have the obligation to follow the rules established for the benefit of all residents.
- \* You have the right to seek the assistance of the Board of Directors and the Management for any problem you might encounter. You have the obligation to do so in a courteous manner and at the appropriate time and place.
- \* You have the right to privacy and safety for yourself, your family and property. You have the obligation to comply with the rules and regulations developed by Skyline House.
- \* You have the right to be interested and involved in all aspects of the running of Skyline House, but you have the obligation to do so in a responsible manner . . . and your participation in various committees is invited.

### YOUR RIGHTS AND OBLIGATIONS AS A CONDOMINIUM OWNER (continued)

- \* You have the right to a sound fiscal administration and policies in the operation of Skyline House. You have the obligation to pay your monthly condominium fees or any special assessment fully and promptly. Failure to do so deprives the community of financial well-being, services, and facilities. Failure also subjects the owner to late fees, a possible lien of his or her property, or possibly to a law suit or a foreclosure.
- \* You also have the right and the obligation to participate in all elections. Failure to vote on important issues deprives the community of a clear consensus of what is (or is not) needed or desired by the majority of owners and delays or impedes decisions.

### NOISES IN THE NIGHT

(OR EARLY MORNING)

We continue to receive complaints from residents about noises from other units. Here are a few tips as to what may be disturbing to others:

1. Chairs scrapping on kitchen floor.
2. Walking with high heels.
3. Balcony doors slammed (do not allow the door to close by itself). Hold the door with the handle while closing.
4. Cupboard doors slamming.
5. Stereo and radio too loud or too much bass.

### ARE YOU WASTING WATER?

Did you know that one leaky drop a second can waste 70 to 200 gallons of water? Since water cost is a common cost, all water consumption is controlled by individual owner/residents. Water leaks, faulty plumbing and consumption habits are all the responsibility of the owner/resident. We urge you to repair leaky faucets and commodes at the first sign of a leak. We also suggest that to help conserve water you might try filling the sink when washing dishes or shaving, instead of letting the water run continuously.

The American Water Association estimates that condominium communities normal useage for an average of two people per unit is 50,000 gallons per unit per year. Based on 50,000 gallons per year the cost in Fairfax County is \$116.00 per unit. Let's all help to conserve money and water.

THANK YOU!

All Skyline House Employees wish to thank all residents who contributed to the Holiday Fund. We really appreciate the generous contributions and want you to know that it made our Christmas that much nicer. We wish to extend a special thanks to Mrs. Kerlin and Mrs. St. Peter for the time and effort they put into the collection and distribution of the fund.

HAPPY NEW YEAR TO  
ALL OF YOU FROM ALL OF US!

## **WATER, WATER MONEY DOWN THE DRAIN**

