

all FAIRLINGTON BULLETIN



www.fca-fairlington.org

APRIL 2023

Volume 49, Number 4

Local Narcan training offers lifesaving information to reduce overdose death

Opioid overdose is increasing in Arlington county, which recorded approximately 100 overdoses in 2022. On March 9, more than 35 residents attended a training on how to administer the overdose-reversing drug naloxone, more commonly known by its brand name, Narcan. The training was led by Master Trainers for Arlington Addiction Recovery Initiative (AARI), Jim Dooley and Emily Sigveland.

Residents learned how to recognize the signs and symptoms of a potential drug overdose as well as how Fentanyl is increasingly found in “fake” or street drugs disguised as common prescription drugs.

“When you go home, try to shake out 7 grains of salt from the shaker. That is the amount of Fentanyl needed to kill a person,” Dooley explained.

During the presentation, Dooley pointed out common misconceptions that discourage bystanders from helping. The first is the misconception that you could face charges for participating in drug use. There are laws that protect people who are helping in an emergency. Safe Reporting Law protects individuals who overdose as well as those that call 911 from being arrested for any substance related charges. The Good Samaritan Law protects individuals from civil liability.

The second is the misconception that you can cause harm by administering Narcan incorrectly. Narcan is safe, regardless of age, weight or height. It will not cause harm if the medication is not needed.

The third is the misconception that you need special permission to obtain or carry Narcan. Anyone can carry Narcan in Virginia. You do not need a permit. Anyone can go to a pharmacy and request it. The only difficulty with the drug is that it cannot be kept in high temperatures (above 100° F)

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Fairlington middle and highschool students attend training. Photo by Jennifer Davies.

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April's Fairlington 5K is canceled—read more on pg. 5

Coming up

The FCA Board invites all Fairlington residents to attend its meetings that occur on the second Wednesday of the month at the Fairlington Community Center (3308 S. Stafford St.) unless otherwise noted. Before the beginning of each monthly Executive Board meeting, FCA members have three minutes to address the board on matters affecting the community.

FCA monthly meeting

The FCA board will hold a work session, there will be no special presentation.


Regular board business:

- Approval of March minutes
- Officer and committee reports
- Unfinished business
- New business

Meeting minutes: Minutes of prior meetings can be found on the FCA website.

Online resources:

Find more information on the FCA website www.fca-fairlington.org. Sign up for updates delivered to your inbox.

 Find us on Facebook at Fairlington Citizens Association.

Find the latest AFB online at the FCA website the week before hard copies hit doorsteps.

Web design by Avatar Tech LLC, Alexandria, VA, www.avatartech-llc.com.

USEFUL CONTACTS

If you see something immediately alarming or suspicious, call 911.

Police, Alexandria (non-emergency)	703-746-4444
Police, Arlington (non-emergency)	703-558-2222
Animal Warden	703-931-9241
Dominion (power outages)	888-667-3000
Fairlington Community Center	703-228-6588
Metrobus Complaints	703-228-7929
Miss Utility	811
Pothole Patrol Hotline	703-228-6485
Shirlington Library	703-228-6545
Street Light Hotline	703-228-6511
www.arlingtonva.us/departments/EnvironmentalServices/dot/traffic/streetlights/index.htm	
Helicopter Noise Complaints	Mike Lucier (VA 8th Dist.) 202-225-4376

Fairlington Citizens Association

PO Box 6182 • Arlington, VA 22206-0182
571-403-1943 • president@fca-fairlington.org

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All Fairlington Bulletin

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— DEADLINE —

6 p.m., **10th of month** preceding publication month for commercial advertising, mini-ads, and editorial copy. Editorial announcements, story suggestions, and letters to the Editor should be sent to: afbeditors@yahoo.com.

Ad payment can be sent to: FCA • PO Box 6182 • Arlington, VA 22206-0182, locally dropped-off at the drop box in the Fairlington Community Center, 3308 S. Stafford Street, Arlington VA 22206 or pay via PayPal to fca.fairlington.ads@gmail.com. Ad file(s) should be included with payment and emailed to the Ad Manager at fca.fairlington.ads@gmail.com.

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Artwork and checks made payable to FCA are due the 8th of the month preceding desired publication date. Direct inquiries regarding advertising file requirements to the Advertising Manager at fca.fairlington.ads@gmail.com.

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Full-Page Insert (2 Sides)	11 in.	8.5 in.	\$570

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Fairlington is a National Register and Virginia Landmark Historic District

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Calendar

FCA monthly meeting

Wednesday, April 12, 7 p.m.
Virtually on Facebook,
www.facebook.com/FCAcivic

Fairlington diners

Thursday, April 13, 6:30 p.m.
Ramparts
1700 Fern St
Alexandria, VA 22302

E-CARE recycling

Saturday, April 15, 8:30 a.m. – 3 p.m.
Wakefield High School

Fairlington book group

Tuesday, April 25, 7:30 p.m.
FCC
3308 S. Stafford St.

Northern Alexandria native plant sale

Saturday, April 29, 9 a.m. – 2 p.m.
1701 N. Quaker Lane

Scouts deliver 90 dozen donuts



Scout Troop 350, which has a number of Fairlingtonians among its members, sponsored the donut sale to raise money for a summer trip to the Philmont Scout Ranch in New Mexico. Photo by Trey Hawkins.

Contributors this month: Regina Bethencourt, Barbara Berti, Lynne Blasi, Sharon Burd, Teresa Cordova, Jennifer Davies, Guy Land, Beth McGinn, and Bill Sullivan.

Some images in this publication may be digitally enhanced.



PRESIDENT'S MESSAGE

I have traditionally been an enthusiastic booster of Arlington County. A well-run government with a AAA bond rating. Strong political and civic leadership. Quality schools focused on closing the achievement gap. Capable and dedicated professional staff. An emphasis on governing by consensus.

But recent trends have caused me to temper my enthusiasm, and some broader developments suggest looming challenges.

Some of my discontent is parochial. As you can read in this newsletter, the county has now adopted a rule that will effectively kill the Fairlington 5K by requiring that all cars be removed from the street along the race route. The 5K has been a great neighborhood event that brought residents together in support of our local school and one of our families.

The rule change may also have implications for the Fourth of July parade, another key community activity.

County leaders talk about the importance of supporting neighborhoods, but the effect is to eliminate neighborhood events that are part of what is special about living in Fairlington. We have also heard stories about de facto changes in the permitting process for improvements in Fairlington units, with residents now being required to get expensive permits for things that previously were routinely, and inexpensively, approved.

FCA is talking with the county to see if there are ways to overcome these permitting hurdles. But the image that has been created is one of a cold bureaucracy that makes it harder for Fairlingtonians to enhance their units.

At the macro level, I hear growing dissatisfaction with the leadership of Arlington's schools. Parents who have kids in various Arlington middle schools have told me that their children try to avoid the school bathrooms because of the likelihood of vaping, bullying, and drug use.

Although it doesn't directly affect Fairlington, the "missing middle" housing debate has divided the county. It has been maladroitly handled by both county board leaders and staff.

In March Amazon announced it was pausing construction at its HQ2 site, with potential ramifications for the county's economy.

All this comes when the county board is losing two of its seasoned leaders.

There is still much to celebrate about Arlington. But political and civic leaders should be alert to warning signs of trends that could tarnish the county's reputation.

Guy Land, FCA President, president@fca-fairlington.org

Every Home Has a *love* Story

Living Room – After



Living Room – Before



This love story is one of dedication and perseverance. When it came time to sell their family's original Arlington home, these siblings chose to improve the home's aesthetics and value, all while keeping the integrity of the original structure. Scan to see how it turned out! **Preparation and Presentation conquer all!**

Fairlington Update: Spring is in the Air!



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County decision cancels Fairlington 5K indefinitely

The Fairlington 5K, which was set for April 29, has been canceled. Race organizers were informed March 9 by Arlington County that all vehicles on the race course must be moved by 6 a.m. the morning of the race.

Given Fairlington's high density, dependence on street parking, and already limited parking situation, car-free streets are not possible.

The request that the race track must be car free is not official Arlington County policy, rather the result of a case-by-case evaluation completed six weeks before the event. The county cited safety and security concerns as the primary impetus behind the decision.

"This is a sad day for Fairlington," said FCA President Guy Land. "The annual 5K has been a highlight of our community for nearly a decade. While the safety of our runners is paramount, it is a shame that a workaround could not be found."

The Fairlington 5K committee is working to refund the registration fees of hundreds of people who have already registered. Registrants should have received an email



Beth McGinn and her daughter Ellie, who suffers from a rare brain and spinal cord condition called LBSL, at the 2022 Fairlington 5K. Photo by Guy Land.

notifying them of their options, which include receiving a full refund or leaving the fee as a donation to race beneficiary Cure LBSL.

Over the last seven years, the race has raised over \$130,000 to help scientists at Kennedy Krieger Institute find a cure for Fairlington resident Ellie McGinn, who was born with a rare brain and spinal cord condition called LBSL. A portion of the proceeds also supported activities at Abingdon Elementary. To make a donation in place of a

registration visit www.curelbsl.org.

Last year, despite cold and rainy conditions, the 5K had its highest ever participation, raising more than \$23,000 for medical research.

Race leaders Joe Reed and Beth McGinn wish to thank the hundreds of people who came out year after year to support Ellie in the name of "fitness, friendship, and fun." Your participation showed what an incredible community we have here in Fairlington.

—Beth McGinn

Spring E-CARE recycling slated for April 15



Photo courtesy of www.arlingtonva.us.

first time the drop-off site is nearby at Wakefield High School, 1325 S. Dinwiddie St. You can access the drop-

The semiannual Arlington Environmental Collection and Recycling Event (E-CARE) allows Arlington residents to safely dispose of household hazardous materials and electronics through an environmentally friendly drop-off event.

This spring's event will be Saturday, April 15, from 8:30 a.m. to 3 p.m. For the

off from S. Columbus St. and S. George Mason Dr.

Talk to neighbors and combine loads, saving extra trips to the collection site. The event is for Arlington residents only, so bring an ID. Business and commercial waste is not accepted.

Acceptable items include batteries, car care products, compact fluorescent light bulbs (CFLs), corrosives (acids/caustics), paint products, pesticides, and printer ink/toner cartridges. Medical wastes and prescription medications are not acceptable.

For a full list of accepted items, see <https://www.arlingtonva.us/Government/Programs/Recycling-and-Trash/Household-Hazardous-Materials-HHM/E-CARE>.

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Because your safety, health, and peace of mind is our top priority, you can rest assured we are taking every precaution to ensure your safety and well-being. We have asked all members of our team to wash their hands repeatedly throughout the day and requested they do not come in to work if they feel sick or if they have a fever. They have also been instructed to be extra vigilant to wipe down all surfaces before, during, and after their shifts, to wear protective gloves and masks, and to support the social distancing guidelines with homeowners and co-workers.

Until this crisis is over, we will continue to monitor the developments set by the CDC and our local governments and will make any necessary adjustments to our practices to keep you safe.

We support our community and feel that it is everybody's job to limit risk of exposure and spread of COVID-19 and in that light, we encourage you to take advantage of telephone, Facetime, and video consultations for all your home improvement needs.

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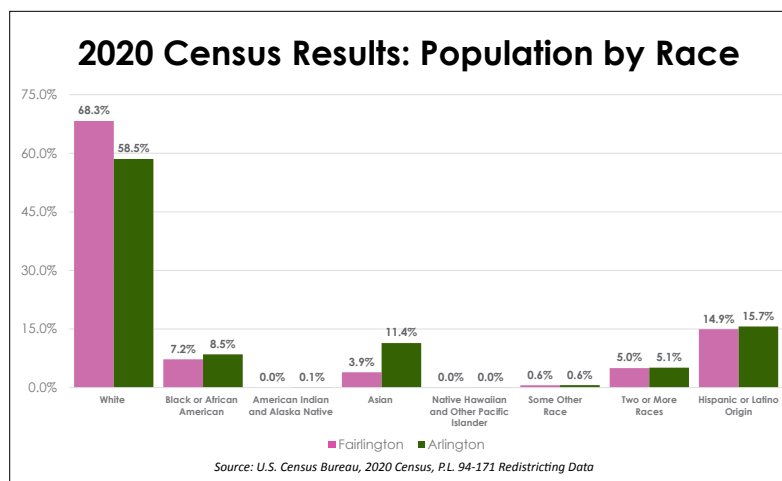
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Demographers outline Fairlington census data

Fairlington is whiter, better educated, with smaller households, than Arlington County as a whole, according to the 2020 Census and Community Planning, Housing, and Development (CPHD) estimates presented to FCA's March 8 meeting by Arlington County demographers Elizabeth Hardy and Emily Garrett.



Census data shows Fairlington's breakdown of population by race. Data courtesy arlingtonva.us.

Hardy and Garrett presented results from the 2020 census, which summarized census blocks that mostly aligned to the FCA territory but still included some external areas. The results show that 8,282 people live in Fairlington, which is 3.5 percent of Arlington residents. A little more than 18 percent of these residents are under 18 years old, a rate that is slightly higher than that for the county overall.

The 2020 Census data show that Fairlington is 68.3 percent white, compared to the county level of 58.5 percent. Residents of Hispanic or Latino background make up the next largest racial demographic, with 14.9 percent of the area's population.

Black or African American residents make up 7.2 percent of the community's population, while Asians constitute 3.9 percent. Five percent identified as two or more races.

FCA's geography includes all of North and South Fairlington, as well as Park Shirlington and Shirlington House. Data cited by Hardy and Garrett comes from Census Bureau geographies (tracts, block groups, and blocks) that do not always align to civic association boundaries. For the FCA numbers, these census geographies include housing up to Walter Reed Drive and parts of Shirlington.

Hardy and Garrett unveiled the beta version of the CPHD Population and Demographic Estimates, a new population estimates tool that enables the public to search for current demographic data by civic association boundary. Available information includes population by age and ethnicity, household composition and income, housing occupancy and costs, and employment data.

According to data from the most recent American Community Survey (ACS) estimates, 78.4 percent of Fairlington residents have a bachelor's degree or higher, compared with 77.1 percent countywide.

Fairlingtonians on average have lower household incomes than the county average. The average household income in Fairlington is \$138,833, compared

with the county's \$165,575 average.

Although Fairlington has experienced an increase since 2010 of roughly 500 in the number of residents under age 18, almost half of the community's households consist of only one person. ACS estimates indicate that roughly 46 percent of Fairlington's households are one-person households.

When FCA board members expressed surprise that the percentage of one-person households was that high, Garrett noted that South Fairlington has a higher number of households with 3 or more people than the rest of the area, but South Fairlington makes up only about a third of the total households in FCA's coverage area.

The employment data show that Fairlington has a very low unemployment rate (2.6 percent) and a high labor force participation rate (83.6 percent). Both are slightly better than the overall numbers for Arlington County (unemployment rate of 2.9 percent and labor force participation rate of 79.8 percent).

A high labor force participation rate is generally seen as a sign of a very dynamic and productive economy. Nationally, the labor force participation rate in February was only 62.5 percent.

The demographic data for the FCA area, as well as for other Arlington civic associations, can be found at <https://www.arlingtonva.us/Government/Projects/Data-Research/Demographics/Population-and-Demographic-Estimates>.

—Guy Land



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Fairlington farmers market opens May 7



Mark your calendar for the return of the Fairlington Farmers Market! Sunday, May 7 is the start of our beloved neighborhood market's ninth season. Many of your favorite vendors will be back, along with some new companies and product offerings. The market will

be open every Sunday from 9 a.m. to 1 p.m. through November 19, and is located on the back patio of the Fairlington Community Center, 3308 S. Stafford St. A list of vendors and their products will be published in the May issue of the *Bulletin*, along with information on pre-ordering options.

Learn about what our vendors will be bringing each week and plan your visit ahead of time by signing up for our weekly e-newsletter at fairlingtonfarmersmarket.org. Stay connected by following Fairlington Farmers Market on Facebook and @FairlingtonMkt on Twitter.

The market committee is looking for additional members to help make decisions about vendor selection, market operations, and special events, as well as volunteers



A salmon vendor chats with customers at the final farmers market of the fall in 2022. Photo by Guy Land.

to help out on Sundays. For more information, contact fairlingtonfarmersmarket@gmail.com. Please consider helping this year to ensure another successful season.

—Lynne Blasi

Fairlington Historical Society announces new board of trustees

In response to the Fairlington Historical Society's request for volunteer support, 10 new residents came forward to serve. Martha Hermann, Beth Hoffman, and Lisa Sabol are the new board of trustees. Dan Burd, Linda del Bene, Gavin Hilgemeier, Amy Jones, Shawn Moura, Kelly Phipps, and Phil Snelling have volunteered to work on a variety of projects.

The group is discussing a range of activities, including the Home & Garden Tour, local history research, oral history collection, community education for children, historically themed coloring books, and updating Fairlington at 50. Expect to hear details in these pages soon. If you have ideas to contribute, you can reach us at the FHS website: <http://www.fairlingtonhistoricalsociety.org/contact/>.

Thanks to this remarkable group, the FHS is in excellent hands and facing a bright future of service to Fairlington. FHS also wants to express its gratitude to outgoing Trustees Terry Placek, Cindy Kunz, and Patty Clark for their more than 20 years of service.

—Fairlington Historical Society

Letter to the Editor

It seems the *AFB* is becoming a vehicle for liberals to advocate their political positions on controversial issues of the day. In the last issue, March 2023, we were treated to two separate articles advocating mediocrity over merit (pp. 13 and 25) in the so-called "Diversity, Equity and Inclusion" Group, and some more climate alarmists trying to scare kids about the weather (p. 16).

Is it too much to ask the *AFB* to keep progressive politics out of the condo association newsletter? Let's stick to gardening, pools, and trash.

—Timothy Starker, 4824 29th St. South

The All Fairlington Bulletin welcomes letters to the editor and will print them as space permits. However, the opinions expressed are those of the writers and do not represent endorsement by this publication or the FCA. In addition, the AFB reserves the right to edit letters for length or clarity, and the AFB may refuse to print letters that are not appropriate for a community newsletter. Letters may be emailed to afbeditors@yahoo.com.

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For the love of NATURE



Attracting butterflies to your patio using host plants

If you enjoy watching butterflies in the summer, and finding their larvae (caterpillars) in your garden, the secret is to plant butterfly host plants. Butterfly host plants are the plants that butterfly larvae, famously picky eaters, are able to eat. You can find host plants at native plant nurseries, both local and mail order: <https://www.plantnovanatives.org/native-only-sellers>.

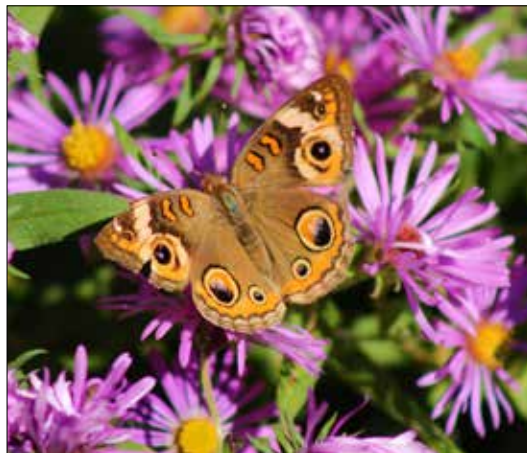
Birds also love butterfly host plants, because they feed the caterpillars to their babies. For example, each baby chickadee eats over 1000 caterpillars before they can feed themselves.

Here are some host plants that thrive in Fairlington:

Sunny side:

If your patio is sunny and your soil medium-dry, here's a patio plan. Plant our tiniest host plant, pussytoes, along the front edge of the bed. Behind it, plant a mix of mid-level host plants: beebalm, foxglove beardtongue, and little bluestem grass. Against the fence, plant blue false indigo, and black-eyed Susans. With these host plants, you will feed the caterpillars of American lady, clouded sulphur, dogface, eastern-tailed blue, raspberry pyrausta, silverspotted skipper, silvery checkerspot, and wood nymph butterflies.

If your patio is sunny and your soil medium-wet, here's a patio plan. Plant a mix of lanceleaf coreopsis, butterfly-weed and Turtleheads in front. Then plant smooth blue aster, dwarf joe-pye weed, and liatris in the middle zone. Plant wrinkle leaf goldenrod and New York aster against the fence. You will be providing food for the caterpillars of the Baltimore checkerspot, monarch, painted lady and pearl crescent butterflies, and the wavy lined emerald moth.



Common Buckeye butterfly on native plant New England Aster. Photo by Tona Napoli.

Partially shady:

If your patio is partially shady, and your soil not too wet and not too dry, you can plant a mix of Robin's Plantain, Spiderwort, Blue Wood Aster and White Wood Aster. You will provide food for Buckeye and Pearl Crescent caterpillars.

Shrubs:

If you'd like to replace overgrown or spindly shrubs around your unit, you can talk with your grounds committee or Board about replacing them with New

Jersey Teas, Sassafras, Spicebush, local Viburnums, Winterberry, or Witch Hazel. You'll attract Elfin, Red-Spotted Purple, Spicebush Swallowtail, and Spring Azure butterflies, and Virginia Creeper Moths at night.

Turf buddies:

Clover and violets are tiny and mighty butterfly host plants. With these in the lawn, you'll provide food for Fritillary and Sulphur butterflies, among others. You can ask your grounds committee or Board to allow these little hosts in the lawn in your area.

Trees:

Small and big, deciduous and evergreen, fruiting and not, native trees are the premier butterfly hosts. Oaks, for example, host over five hundred different kinds of Lepidoptera. You can't plant trees in your patio, but your grounds committee or Board can get a free one from the county. (They'll be grateful if you volunteer to water it!)

Happy planting and butterfly watching!

Please send any questions or comments to fortheloveofnature@googlegroups.com, and follow Fairlington Gardening Community on Facebook.

—Teresa Cordova



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Native plant sale set for April 29

The popular Northern Alexandria Native Plant Sale returns Saturday, April 29, from 9 a.m. to 2 p.m. in the parking lot of The Church of St. Clement at 1701 N. Quaker Lane. Free masks will be available if you would like one.

Come find native perennials, shrubs, and trees for sun or shade. Nine or more vendors from Virginia, Mary-

land, and Pennsylvania will be hosted at this event, the largest native plant sale in the D.C. metro region.

Vendors are listed on the sale website at www.NorthernAlexandriaNativePlantSale.org. The sale is entirely organized and run by volunteers. Questions? Contact Scott Knudsen at 571-232-0375 or cscottknudsen@gmail.com.



Shoppers browse specimens at the 2022 plant sale. Photos by Guy Land.



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2928 S Buchanan St #C2 - Berkeley	2	1	1,238	1/23/23
3497 S Wakefield St - Edgewood	1	2	1,400	2/7/23
4305 35th St S - Clarendon I	2	2	1,500	2/28/23
3448 S Utah St #B - Clarendon I	2	2	1,500	3/15/23
4644 34th St S - Edgewood	1	2	1,400	3/22/23
4117 36th St S - Dominion	3	2	1,830	3/31/23



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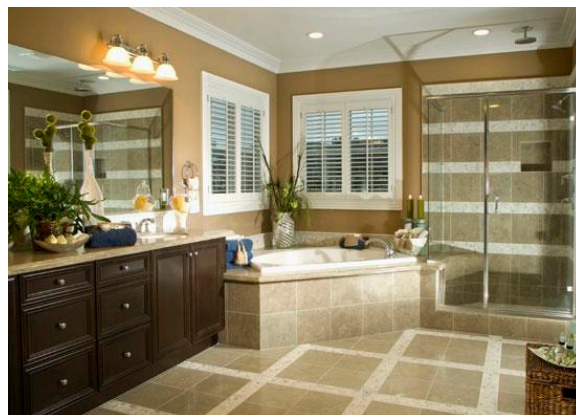
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FAIRLINGTON

pet profiles

Bonjour Watson: a wine and cheese connoisseur

South Fairlington is home to yet another French bulldog which, according to the American Kennel Club announcement in March, is now the top breed in the U.S. Watson (nicknamed Bubba) is a verifiable “Frenchie,” he is cultured, debonair, and full of *savoir-faire*. He prefers relaxation and observation in his gentle surroundings and is an *homme vivant* with all his neighbors...human, canine, and feline. Watson frequently attends wine tastings and eats a special vegan diet because he’s allergic to animal protein. That could account for why he’s in such good shape; a fit and trim 15 pounds. He also goes regularly to a barre studio where he was voted most popular and helped attract new clients. He is living *la vie en rose* in South Fairlington. Pet Profiles was able to get some questions in during the moments he wasn’t napping.

How do you spend your day at the winery? Do you have any tips for wine tastings?

When I’m not doing my rounds as the resident sommelier, I enjoy lounging on a sunny patio chair whilst admiring the nearby human’s charcuterie boards, which also allows humans a chance to admire me. My best tips are to always dress for the winery; I haven’t met a cardigan or bow tie that I didn’t like. You’ll also always want to start with French wines. Next to me, they are the best export from France. If I had to make a wine pairing suggestion, I’d go with the Cotes du Bone.

Would you recommend a vegan diet (fruits and vegetables) to other dogs?

Absolutely not. I strongly endorse a diet of ice cream cones and hamburgers. But that’s in my dreams. I do love fresh cucumbers, and recommend them as a snack as well as to depuff your eyes after a rowdy playdate with your best puppy friends. Given my propensity for winery trips, I’d also endorse whipping up a “barkuterie” board of peanut butter, apples, blueberries, zucchini, and carrots. Bone appetite, chef’s kiss!



Watson reluctantly takes a break from his nap to pose for a photo. Photo courtesy of Stasia Levin.

You go to Pure Barre (exercise studio) on a regular basis. How has that helped strengthen your core and overall physique?

My mom says I have a natural swimmer’s body, but it is the time I spend dragging myself in an army crawl along the Pure Barre studio lobby carpet that keeps me trim. Supervising regular classes with my mom has also allowed me to strengthen my napping skills. There’s an ideal spot right by the front door where I work out my snoring muscles.

Are you really the Assistant Mayor of South Fairlington? Why do you think Frenchies have become so popular here?

I’m admittedly self-appointed, following in the footsteps of the infamous Frenchie Gus from the Glen, who is the true Mayor. This neighborhood is ideal for Frenchies, lots of easy walking paths, bountiful squirrels to chase, excellent stick selection to carry, and many grassy courtyards to catch the zoomies in. Seems to me I need to start a Fairlington FOA, Frenchies Owners Association!

Aside from sleeping, what do you like to do best in the neighborhood?

I find delight in standing at every corner and surveying Fairlington’s wonderful landscape, people, and creatures; this is one of my duties as Assistant Mayor. I’m a big fan of all the cats I’ve stared at from a distance, but they seem intimidated by my grumbly breathing, fit physique, and exceptional coat. Come the summer months, you’ll catch me with my face pressed up to the pool fence, looking longingly inside, hoping someone sneaks me in so I can clean up all the snacks and go for a dip to cool off. If you see me around the neighborhood, come over for a high-five and to say hello!

Editor’s note: Yes, this dog can really give you a high-five and even a high-ten. We saw him do it!

Interested in sharing your pet with Pet Profiles?
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Abingdon gets a new garden shed

The Abingdon campus recently acquired a new addition: a custom built garden shed. Yorktown High School student and Troop 106 Scout Thomas Totten successfully completed this assignment for his Eagle Scout Service Project for Abingdon's school garden.

Over the course of three days, nearly 40 fellow scouts and parents worked under Totten's leadership to prepare the shed's foundation and build the shed over President's Day weekend.



Yorktown high school student Thomas Totten is framing the school garden shed's roof with his grandfather. Photos by Sharon Burd.

Our school community greatly admires Totten's thoughtful input and leadership to execute this much-needed project, especially with spring planting coming up soon. The Abingdon PTA is grateful for this beautiful addition to the school campus in support of the Cardinal flock's outdoor learning and community-building garden events.

In other news, the school library magi-

cally turned into a bookstore for a week with many carts of books featuring popular titles that students love.

On the first day, students in preschool, kindergarten, and first grade previewed the books and added books to their wishlist. This wish list assists our school librarian Ms. Fatourous with popular book selections that could be added to the school library's collection.

Teachers also provided their own wish lists so that families could purchase books for the classroom too. All proceeds from the Abingdon book fair were donated to the school library.

Furthermore, students enjoyed celebrating Abingdon's Winter Wonderland Ice Skating Night at Pentagon Row



Abingdon teacher Ms. Carranza highlights the school book fair's Spanish book selection to her kindergarten students.

on February 28. Students and their families met up at the rink to enjoy ice skating with friends and a pizza dinner. It was great to see students wear their Abingdon spiritwear or school colors (red and black) at this successful event. The penguins—an auxiliary ice skating aid—were especially helpful and in high demand too.

There are many volunteer and sponsorship opportunities to support our neighborhood school. For example, we welcome the community to fulfill our teachers' classroom wishlists: www.abingdonpta.org/wishlists. I hope you will consider staying engaged and connected with us as we continue advocating for our Cardinals: Facebook, Twitter, and www.abingdonpta.org.

—Sharon Burd

APS School Year Calendar:

Monday-Friday, April 3-7: Spring Break

Monday, April 10: No School for Students (Grade Preparation Day)

Friday, April 21: Holiday—Eid al-Fitr



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for prolonged periods of time. Do not keep it in your car.

Dooley explained how to recognize an overdose, including common signs such as slow or shallow breathing, cold or clammy skin, blue and gray skin or lips, or a deep gurgling sign. When a person is overdosing, their brainstem that controls breathing is effectively shutting down and it is as if they are drowning.

“If you see any of these signs, try to wake them up, they could be overdosing which will result in a premature death,” he said. Dooley provided examples of a sternum/chest rub or pinching earlobes with finger nails as hard as you can.



Jim Dooley demonstrates how to administer Narcan to a person who has overdosed. Photo by Guy Land.

the plunger into the nostril before releasing the spray. Then step back and give the person space to recover. Narcan should take effect in 30–45 seconds. If they do not revive, give rescue breaths or chest compressions for three minutes, then administer another dose.

“Please remember to be kind. They are experiencing something brutal,” Dooley counseled.

Narcan safely reverses an opioid overdose by physically displacing the opioid from the receptors in the brain, allowing a person to breathe again. However it is very important to be prepared to administer a second dose as the effect may be temporary. The best thing to do is call 911 or get the individual to a hospital. If they decline, you should go to the pharmacy to get more Narcan.

Dooley demonstrated how to administer the nasal spray into an unresponsive person suspected of overdosing. With the individual lying on the ground, a person must fully insert

Common Narcan Myths

1. **MYTH:** You could face drug charges. **FACT:** Good Samaritan laws protect people helping in an emergency.
2. **MYTH:** Narcan can hurt someone. **FACT:** Narcan is safe regardless of age, weight or height and will not cause harm even if it's not needed.
3. **MYTH:** You need special permission to carry or administer Narcan. **FACT:** In Virginia, anyone can obtain Narcan from their local pharmacy and administer it.

At the end of the presentation and training, participants were invited to ask questions.

One resident asked about carrying it on an airplane. Dooley responded that it is completely legal, provided there is prescription on the Narcan box.

Dooley addressed concerns about cross contamination: A person cannot get sick from residual opioids when administering Narcan or basic first aid.

On the question of the efficacy of Fentanyl strips, Dooley explained that they can give a false sense of security. The strips can only test a small portion of the pill. Using the analogy of a chocolate chip cookie, not every little bit will have a chocolate chip.

“The strip is trying to find one of those 7 grains of salt,” alluding to the amount of Fentanyl in a pill that could kill someone.

At the conclusion of the event, all participants received a box of Narcan that included 2 spray bottles.

Fairlington resident Elizabeth Lyons had this to say: “The training was extremely helpful and timely. The recent events at area schools have been disconcerting for both my 10th and 7th graders. Having both the training and tools (Narcan) allows them to feel more equipped to respond in an emergency.”

For more information or if you would like to receive Narcan for free, please email narcan@arlingtonva.us or call 571-302-0327 or go to www.onearlington.org

—Jennifer Davies

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neighborhood news

Fairlington Diners

The Fairlington Diners generally gather monthly for relaxed dinners nearby. We focus on having a good meal and an opportunity to chat with neighbors. In March, we broke with tradition and gathered on a Saturday for lunch. We enjoyed a delicious meal at Duangrat's.

Here's what's planned for April:

Thursday, April 13 at 6:30 p.m., Ramparts, 1700 Fern St, Alexandria, VA 22302, (703) 998-6616, <http://www.rampartstavern.com>. We'll return to this perennial local favorite on a Thursday, which is Smokehouse night, with specials on ribs, pork, and salmon. The rest of the menu is also available.

Please call Carol at 703-379-6840 if you plan to attend, and leave a voicemail if you don't reach her—include your name and how to contact you the day of the event, in case plans change. If you want to receive a copy of these notices early in the previous month, send your email address to carol_dabbs@yahoo.com.

Book Group



Join the Fairlington Book Group in April to discuss *The Last Painting of Sara de Vos*, a novel by Dominic Smith.

"Gliding gracefully from grungy 1950s Brooklyn to the lucent interiors of Golden Age Holland and the sun-splashed streets of contemporary Sydney, the novel links the lives of two troubled, enigmatic, and hugely talented young women, one of them an artist, the other, her

forger. A page-turning book with much to say about the pain and exhilaration of art and life." —Geraldine Brooks

The Book Group welcomes first-time visitors and drop-ins. No commitment required! Join us for our discussion, even if you haven't read the book. We are meeting Tuesday, April 25, at 7:30 p.m. in the Fairlington Community Center, 3308 S. Stafford St. We hope you'll join us.

Fairlington Moms' Club

The Fairlington Moms' Club is a group where moms can meet friends, form a support network, and create opportunities for children. The Club organizes several community service projects, routine playdates, craft days, family parties, and moms' nights out. We have a great listserv for sharing advice and connecting with other Fairlington families, as well as our own classifieds listserv. We welcome all Fairlington moms! Please email fairlingtonmomsclub@gmail.com for further information.

Diversity, equity, and inclusion discussion group

The FCA Committee on Diversity, Equity, and Inclusion hosts a monthly article discussion group. The group meets on the third Wednesday of the month at the Fairlington Community Center to discuss an article on a DEI topic.

This month we will be discussing "24 Years is a Long Time to Desegregate" by Arlington resident Wilma Jones on Wednesday, April 12, at 7 p.m. All are welcome to join, even if you don't read the article! For a link to the article, please scan the QR code.

If you have any questions, please contact Lydia Redway at lydia.redway@gmail.com.



Friends of the Abingdon Community Garden

Abingdon Elementary would love your support to create a successful, sustainable community garden. It is our goal to enrich students' and families' knowledge of environmental sustainability and to be good stewards of our Earth, while providing first hand experience in learning about our food supply and our pollinators. To sign up, please scan the QR code or check out: <https://tinyurl.com/2p82y7rv>.



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DOWN TO EARTH *patio gardening*



A look at spring's earliest bloomers

Spring's arrival comes with many signals—robins hopping on the soil in search of earthworms, sidewalks filled with walkers, and baseball players soft tossing to warm their arms for the season.

Plants also grab our attention with their precocious flowers showing on leafless branches. It's almost an oddity to see beautiful blooms while wind chills numb our faces and snow flurries still appear.

Below are nature's frontrunners signaling winter is over (or almost over).

Bradford pear: Seen everywhere in Fairlington, they bear 4-inch wide, ivory corymbs on its 24-foot-tall and 45-foot-spread habit. In the fall, their leaves turn a vivid red while tan-colored fruit (a pome) forms on branch ends. It's probably the most common flowering tree in the local landscape.

Tulip magnolia: Shows gorgeous cup-shaped flowers with pink and white petals that stand upright on the branches. The tree blooms so early, its petals turn brownish from March's harsh winds and near-freezing temperatures. It's a smallish tree, growing just 14-feet-high with a similar spread.

Star magnolia: This flowering tree blooms the same time as the tulip magnolia but its flowers are white with each petal in the shape of your pinky finger. Look closely and notice petals radiate from the center like spokes on a wheel axis.



Blooming Bradford pear trees line S. Wakefield St. Photo by Guy Land.

Winter jasmine: is aptly named since its nickel-sized flowers appear in cold weather. Each yellow bloom forms on thin strands. Usually, winter jasmine is planted just inside the top of a stone wall where cascading plant stems filled with flowers tumble into a yellow waterfall.

Carolina jessamine: Easily mistaken for winter jasmine but this specimen is a vine with stems that grow upright. Normally, you will notice it on a trellis. Its yellow flowers are fragrant. If you have shade, plant one at a fence for an espaliered look.

Quince: Rare in the local landscape but there is a white-flowering one in Fairlington on 34th St. S, just west of S. Wakefield St. Quince has a rounded habit and grows 6-feet-tall with a similar spread. Its fruit is used for jams and jellies. Quince is a

late-winter bloomer that also bears red and pink flowers. Its branch structure is dense, thus ideal for bird nesting.

Forsythia: This is the one of the first flowering shrubs in March and April. Its upright branches are filled with yellow flowers where each 1-inch-long petal reaches outward like a geyser. Its branches are beige. You'll notice forsythia everywhere in northern Virginia.

Pieris: This late winter/early spring bloomer has white, bell-shaped flowers with a soft fragrance. The leaves are green and its stems are maroon. One pieris cultivar ("mountain fire") has reddish foliage. This plant will reach 6-feet-tall with a shorter spread. It prefers shade.

Heather: This ground cover has white, lavender or fuchsia flowers on spikes atop its basal foliage. The compact shape is 12-inches-tall with a similar spread. Ideal for a border, Heather needs full sun.

Camellia: This shade-preferring evergreen shows in two seasons—fall and winter. The fall-bloomer has smaller leaves and flowers from late September into December. The winter-bloomer has fatter leaves and flowers from January into April. Each flower is a rosette with red, pink or white petals. Every camellia has a yellow eye (center). Its branches are sturdy and grow in a vertical habit. Camellia looks best when planted at a fence or wall.

—Bill Sullivan

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LOCAL & PROFESSIONAL PROPERTY MANAGEMENT. We know Fairlington! Leasing, comprehensive tenant screenings, online rent collection, property inspections, itemized monthly e-statements & more. Contact Allegiance Property Management – info@allegiancepm.com, 703-824-4704, or www.allegiancepm.com

Home Improvements

HANDYMAN SERVICES. Carpentry, painting and drywall repairs, basic electrical and plumbing work. Clean, reliable, insured. Igor 703-944-8402

HARDTIMES HANDYMAN SERVICES. Home and office repair, rental maintenance, painting, drywall repair, pressure washing, minor electrical and plumbing, to do lists and more. Free estimates, fair pricing and friendly service. Since 2008. Fairlington references available. Tim Miles cell 443-995-3825. Please, no texts. timmiles74@gmail.com.

INTERIOR PAINTING. Chelsea Paint and Paper, Inc. Painting, wallpapering, and plastering. 25 years of experience. Professional, clean, neat, reliable. Licensed, bonded, insured. References available. Free estimates. Steve Chute. 571-216-9338/703-912-1450. Chute285@aol.com.

JOEL RIGGS REMODELING AND HOME IMPROVEMENTS: Joel Riggs Home Repair Service. Your Fairlington specialist. Kitchen and bath renovations, bath ceramic tile repair, painting, drywall, handyman services, trim work, flooring, carpentry, wallpaper removal. Free design services. Free estimates. VA. Class-A lic./ins., fast turnaround time. 20 years N. Va. Experience. Joel 703-929-4676.

ELECTRICAL SERVICE. Master electrician. Lights, fans, panel replacements. Licensed, insured credit cards Allegro LLC 703-314-1287 info@allegroLLC.net

STAPLES REMODELING. For all of your improvement needs. Specializing in bathrooms, basements and painting. Give us a call to set up an appointment for a free estimate at 703-499-2249 or visit our website at www.staplesremodeling.com.



Enhance your community by volunteering for FCA activities.

MARIO'S HOME IMPROVEMENTS. 26 years of experience, kitchen and bath granite countertop remodeling, tile, plumbing, electrical, carpentry, crown molding, painting, drywall, handyman services. Class A license. Call Mario 703-501-7506. mzambrana60@yahoo.com

House Cleaning

FAIRLINGTON MAID SERVICE. Thanks to our great customers, we have reached our 45th anniversary! We are family-owned and operated. For a free estimate call 703-820-8635 or text 703-477-2317.

HOUSE CLEANING. Reliable and experienced. Good references. Flexible scheduling. Reasonable rates. We are licensed, insured, and employees covered through Worker's Comp. We bring our own equipment. Weekly, biweekly, monthly, occasionally, one-time, move in/out, offices. For free in-home estimate, call Maryen/Raul at 703-321-5335.

MICHELE'S MAIDS. Reliable, honest, affordable. BACKGROUND CHECK ON EVERY EMPLOYEE. Window cleaning now available. LICENSED, BONDED INSURED. 15 years in Fairlington. Fairlington references available. 703-820-1808. Visit our website at www.michelesmaids.net

JADA'S CLEANING LLC. Reliable, experienced and good references. Weekly, bi-weekly, monthly, occasionally, move in/out, windows and offices. Other services: carpets steam cleaned. Call us for free estimates 571-643-8371 or mjadaservices@aol.com

A color version of this newsletter is available online at www.fca-fairlington.org.

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Kathy Norwine
MSW, LCSW, LICSW

The Garden Contessa

Penny Spinney - Home Gardening
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 ContessasHome@gmail.com
 Contessas.net



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to go it alone



JESSIE HARRELL
 personal trainer & nutrition consultant
 jessieharrellfitness.com / trainerjess32go@gmail.com



IRS Enrolled Agent can prepare your individual, business, amended and prior year tax returns, and respond to IRS and state tax letters.

Former Fairlington resident with 25 years of experience.

Flexible time and place appointments. Call Christine at (703) 407-7545 or email: christine.atb3@gmail.com
 www.Alexandria-Tax-Bookkeeping.com

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MINI-ADS INSTRUCTIONS

Due date for ads and payment: 6 pm on the 10th of the preceding month (April 10 for May issue).

- Checks payable to "Fairlington Citizens Association."
- Pay via PayPal at fca.fairlington.ads@gmail.com.
- Send mini-ad copy via email, regular mail, or drop off at FCA drop box.

Email: fca.fairlington.ads@gmail.com
Mailing Address: FCA-AFB, PO Box 6182, Arlington, VA 22206-0182.
Drop Box Location: Fairlington Community Center, 3308 S. Stafford St.
Cost: 50 cents per word.
Include with ad copy: Name, address, phone #, email address, and ad category (see Mini-ads for options).

Hella Spring



LONG & FOSTER®

REAL ESTATE

April 2023



2822 S Buchanan St
Arlington, VA 22206
2BR/2BA *Clarendon Model*
For Rent!
Listing Price \$2,800/month

Listing Agent
Joanne Ritchick



4110 Whispering Ln
Annandale, VA 22003
4BR/2.5BA * Family room/FP*
Under Contract!
Listing Price \$825,000

Listing Agent
Patricia Quinlin

FREE PAPER Shredding Event

Saturday, April 29, 2023
9AM-12PM

The Long & Foster Sales Office
@4600 Cherry Hill Road,
Arlington, VA 22207
(Parking Lot)



Shred documents on site



Will collect household items



Will collect canned goods

Sponsored By:

LONG & FOSTER®
REAL ESTATE

For questions, call 703-522-0500



3801 N Oakland St
Arlington, VA 22207
4BR/3BA
RENTED!
Rented for \$4,200/month

Listing Agent
Lisa McGee



3006 S Columbus St #B1
Arlington, VA 22206
2BR/1BA *Staunton Model*
Under Contract!
Listing Price \$399,000

Listing Agent
Michele Graves



Patricia Quinlin
703.835.7312



Lisa McGee
571.239.6603



Jim McCowan
703.395.0166



Joanne Ritchick
571.215.3350



Julie Flory
703.599.3111

Reach out to these experienced agents for real estate services in Fairlington and beyond!

Arlington Sales Office | 703.522.0500 | 4600 Cherry Hill Road, Arlington, VA 22207

