# **BULLETIN**





www.fca-fairlington.org

DECEMBER 2011

Volume 37, Number 12

### FCA monthly meeting

Wednesday, December 14, 7 pm FCC 3308 S. Stafford St.



### Fair Golds business meeting

Thursday, December 1, noon FCC

### Fair Golds holiday luncheon

Thursday, December 8, noon Chez Andree, Alexandria

#### Flu vaccine clinic

Saturday, December 10, 10 am – 1 pm FCC

### Fairlington Diners holiday supper

Saturday, December 10, 6:30 pm Fairlington

#### Art show and sale

Friday, December 16, 3 – 8:30 pm Saturday, December 17, 10 am – 4 pm FCC

#### Firehouse Santa ride

Saturday, December 17, 3 – 5 pm Starting at the firehouse, traveling Fairlington streets

### **Fairlington Diners**

Monday, December 19, 6:30 pm Ramparts half-price burger night Alexandria

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# Alexandria delays vote on Safeway's renovation plan until Fairlington receives a formal presentation

On Tuesday, December 6, the Alexandria City Planning Commission will vote on Safeway's application to build a "Lifestyle" Safeway on the site of its current grocery store near the Bradlee shopping center. The Commission was to have voted on Safeway's proposal at its November 1 meeting. However, the vote was pushed back a month when the commissioners learned that the Fairlington community—arguably, Safeway's nearest and most



Plans call for the old Safeway to be demolished and a new, two-level store to be constructed in its place. The new store will be like the "Lifestyle" Safeway stores in Bethesda and Georgetown. Photograph by Gretchen Fallon.

numerous neighbors—had not been officially consulted or informed about the project by Safeway, Inc.

The *All Fairlington Bulletin* has published reports of Safeway's plans, based on what could be found in marketing documents from Safeway, Inc. and from the city's planning documents. But the store had not conducted any outreach to the FCA, which represents Fairlington's broader, communitywide civic interests. (The FCA was first officially notified of the project in late October, when it received a certified letter from Safeway announcing the November 1 meeting and scheduled vote.) Safeway did contact two other nearby civic associations (Seminary Hills and Northridge) about the project, as well as participate in several meetings across Alexandria.

FCA president Rosiland Jordan addressed the planning commission at the November meeting and, within the three-minute time limit, provided the following points of information: 1) Anecdotally and unofficially, Fairlington neighbors seemed to welcome the prospect of a new and better store; 2) also informally, some residents questioned how Safeway's traffic management plans would fit into the larger context of the city's traffic improvement design for the B/K/Q intersection (Braddock, King, Quaker); and 3)

### Coming up ...

The FCA Board invites all Fairlington residents to attend its meetings, which occur on the second Wednesday of the month at the Fairlington Community Center (3308 S. Stafford St.) unless otherwise noted. If you would like to discuss a neighborhood issue at the meeting, please e-mail president@fca-fairlington.org or leave a voice-mail message at 703-243-1735 by the Sunday before the meeting. You can find more information on the FCA Web site, www.fca-fairlington.org, and on Facebook at "Fairlington Appreciation Society."

### Preliminary agenda:

**7 p.m. Special program:** FCA will conduct the annual election of board officers and members for calendar year 2012.

### 8 p.m. Regular business meeting:

- Approval of November minutes
- Treasurer's report
- Old business
- New business
- Officer and committee reports

### Sign up for updates

Visit www.fca-fairlington.org to sign up for neighborhood news delivered right to your inbox.

### AFB on the Web

The AFB is posted online at www.fca-fairlington.org a week earlier than the hard copy hits your front stoop.

Web design by Global Thinking, Alexandria, VA, www.globalthinking.com.

### **USEFUL CONTACTS**

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Shirlington Library	703-228-6545		
Street Light Hotline	703-228-6511		
www.arlingtonva.us/departments/Environmental			
Services/dot/traffic/streetlights/index.htm			
Helicopter Noise Complaints	Bob Laser (FAA)		

### **Fairlington Citizens Association**

PO Box 6182 • Arlington, VA 22206-0182 703-243-1735 • president@fca-fairlington.org

#### **Board of Directors**

Officers	Directors
Rosiland Jordan, President	Kent Duffy
Bryan Pettigrew, Vice President	Mark Jones
Carol Dabbs, Secretary	Brenda Kriegel
Ed Hilz, Treasurer	Guy Land

### Fairlington-Shirlington Neighborhood Conservation Committee

Chair: Ed Hilz • 703-379-6435 • treasurer@fca-fairlington.org

#### All Fairlington Bulletin

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Assistant Editor: Christine Chirichella Advertising Manager: Beth Andrews Distribution Manager: Noemi Rivera

#### — DEADLINE —

6 PM, **10th of month** preceding publication month for commercial advertising, mini-ads, and editorial copy.

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Community Center, 3308 S. Stafford Street

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Artwork and check made payable to **FCA** are due the 10th of the month preceding desired publication date. Direct inquiries regarding advertising file requirements to Beth Andrews at 703-243-1735 #1.

Ad Size	Height	Width	Rate
1/8 page	2 3/16 in.	3 5/8 in.	\$47
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Full-Page Insert (1 Side)	11 in.	8.5 in.	\$525
Full-Page Insert (2 Sides	s) 11 in.	8.5 in.	\$570

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### Fairlington is a National Register and Virginia Landmark Historic District

For more information, visit www.fca-fairlington.org

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bob.laser@faa.gov

### Calendar, cont.

### **Book Group**

Tuesday, December 27, 7:30 pm North Fairlington CC

See Neighborhood News on pages 23-24 and related articles for details about calendar events.

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### PRESIDENT'S MESSAGE

Happy December, Fairlingtonians! We're now in the heart of the holiday season. For many of us, it's a time to celebrate, to reflect, and to make plans for the upcoming year. It's a hectic time, but also a joyful one, what with the thousands of tiny lights outside people's homes, the return of Firehouse Santa, and the invigorating chill in the air.

One thing I have learned in my short time leading the FCA is just how connected Fairlington is to other communities. The strength of those connections is built by the amount of time, interest, and energy we invest in them. What excites me is that other neighborhoods and government agencies want to nurture their ties to Fairlington. This can only be to everyone's benefit, and in 2012 the FCA will aim to build upon those ties, to reflect your views, and to help boost the quality of life we all enjoy here.

In the middle of the shopping and gift-wrapping and celebrating with colleagues and friends, please make time to attend the FCA's Annual Meeting on Wednesday, December 14, from 7 to 9 pm at the FCC. In addition to treats and beverages, we'll present an annual report as required by the Bylaws and hold elections for the 2012 term. The slate was published in the November *AFB* (archived on the FCA's Web site, www.fca-fairlington.org) and is reprinted below.

Wish lists aren't just for Santa: The FCA wants to hear from you! We can't handle every issue that affects residents (many day-to-day issues fall within the purview of your condo association and board), but we can find out what might need to be done and share the information with residents and the condo associations. E-mail me with your ideas.

On that note, the FCA is wishing you and yours a wonderful end of the year and a festive start to 2012. Be safe, have fun, and please stay in touch.

Rosiland Jordan president@fca-fairlington.org

**Candidates for FCA 2012 board:** The FCA will hold annual elections for the 2012 board at the December meeting. Currently, candidates for officers and directors are:

President, Rosiland Jordan Vice-president, Bryan Pettigrew Treasurer, Ed Hilz

Directors: Carol Dabbs, Kent Duffy, Jacob Gelbaum, Mark Jones, and Brenda Kriegel.

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### FCA offers news of nearby developments

After acknowledging the community's loss with the passing of Reed Franklin, FCA president Rosiland Jordan opened the November informational forum about nearby developments. The meeting, delayed since September, focused on real estate development or other construction that might have an impact on Fairlington. In efficient, five-minute segments, FCA board members summarized what is known about seven different development topics, based on their research, attendance at public hearings, and liaison with businesses and associations.



Construction of commercial condominium retail space at the Battery would replace the current structures next door to the firehouse on S. Abingdon St. Photograph by Gretchen Fallon.

A larger than average crowd attended to the crisp recital: Ed Hilz reviewed details about the new Safeway at Bradlee in Alexandria and directed participants to the Safeway-specific meeting on November 16; Bryan Pettigrew and Brenda Kriegel summarized recent reports of Walmart's interest in building a store in the Shirlington area, together with news of the County Board's zoning-language change that would require review/approval of any big-box development; Kent Duffy outlined the current status of two HOT lanes projects—the one now being built on the Beltway (I-495) between Springfield and Tysons Corner and the one proposed for I-95 from about Edsall Road south to Stafford, scheduled to begin construction next year; Mark Jones reviewed efforts by DoD and the City of Alexandria to mitigate the impacts on traffic, intersections, and neighborhoods of the influx of 6,400 new employees to the Mark Center in Alexandria (BRAC-133); and Carol Dabbs, in reviewing parking options at Shirlington, confirmed residents' sense that parking can be tight but is usually available. For additional details about development projects, see page 12.

Finally, Jordan reviewed the potential development that is certainly nearest (and perhaps dearest) to Fairlingtonians: The Battery at Fairlington proposes a redevelopment of the structures on S. Abingdon St.,

next to the firehouse, as office and retail space for, possibly, a medical office, wine shop, book shop, coffee shop, and/or café. The new construction would create a commercial condominium: The builder constructs what is essentially a shell; then individual stores or merchants buy their space, instead of leasing it, and build it out to their own specifications. (Commercial condos, already common on both coasts, are gaining popularity across the country.) For the Battery project, the plan calls for demolition of the current structures, to be replaced by a new twolevel building; two levels

of underground parking; and a design that conforms to the general look and feel of Fairlington's Colonial Revival style. Fire Station 7 would be unaffected since it sits on county land. If the owner determines that it is financially viable to go forward, construction could begin next year and take 12 to 18 months to complete. Some residents have voiced concerns about issues typically associated with retail space and commercial construction, such as noise, traffic, and parking difficulties.

The land parcel is commercial/business space, zoned C-1. As such, any construction would be "by-right" development, which means the owner may build whatever he chooses as long as it complies with the zoning for the land. Thus, "what the neighbors want" is not a legal impediment. Nor does Fairlington's historic designation impede by-right development. However, a representative of the landowner, Corinthian Contractors, expressed a willingness to communicate fully about the builder's plans and listen to neighbors' concerns. Until the meeting, what residents knew about the Battery came only from chance discovery of the project's Web site, www.thebatteryatfairlington.com, which surfaced earlier this year in comments posted to the FCA's Facebook page (Fairlington Appreciation Society).

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### Improved landscaping for street features







Photographs by Jill Yutan.

This fall during peak planting season, three of Fairlington's many traffic circles, islands, and medians grew greener with the addition of native perennial and evergreen plants, including wintergreen boxwood, a variety of fountain and feather grasses, liriope, "Autumn Joy" sedum, blue sage salvia, and blue Pacific juniper. Benefiting from this landscaping attention were the traffic island and median at 34th Street S. near the bridge; the traffic circle near the Fairlington Community Center; and the traffic islands on S. Wakefield Street near King Street. These street features are in the public right of way—that is, they are part of the street and they "belong" to the county—although often the plantings in

circles and medians are maintained by the landscaping contractor of a neighborhood's condo association.

Landscaping plans for the enhanced street features were developed by Fairlington Mews, Fairlington Meadows, and Fairlington Arbor in partnership with Jill Yutan, the county's Neighborhood Conservation program land-scape architect. The plants were purchased and installed with funds Fairlington received through Arlington's NC micro projects program. Fairlington was eligible to participate in the program because in 1987 the FCA developed a Fairlington-Shirlington neighborhood conservation plan, which is currently being updated.

### Letters to the Editor

Kudos to Christine Chirichella for the *Animal Talk* column in the October issue—Christine hit several nails on the head in her piece. I have lived here since 1999, and one of the reasons I was drawn to Fairlington was the positive animal policy. I've owned a dog since 2000, and, while out walking my dog, I, too, have noticed the growing lack of civility in our neighborhood.

My dog is people-friendly, but not dog-friendly, so she is always leashed. In August and September, there were at least five occasions when unleashed dogs came running up to us, and, to prevent contact, I had to try to pick up my 40 pound dog (which is getting more difficult to do). Not because I was worried about what the other dog might do, but because I was worried what my dog might do. Also, not everyone likes dogs—some people are even afraid of dogs—which I understand, and which makes it even more important to keep your dog leashed. We live in the city; there is a leash law; it should be obeyed.

And another point: I have had many a jogger come up behind me without warning—while my dog is never startled, I quite often am! I then try to move quickly out of the way if I can. Almost never do I hear a thank you. I love living in Fairlington and I think if we all take a minute to read and reflect on Christine's column, and just become a little more respectful of each other, Fairlington will be an even happier place to live.

Kelly Blythin Fairlington Villages

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.



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### Santa rides again! December 17, 3 – 5 pm



On Saturday, December 17, Santa will visit Fairlington, escorted by the elves of the Fairlington firehouse and riding atop Engine 7. (We're told that "atop" is properly called "on the hose bed.") Santa's shiny, red sleigh with flashing lights will make its way slowly (5-10 mph) through

Fairlington streets, making occasional stops to dispense candy and fire-safety treats. Starting at 3 pm at the firehouse, Santa's ride will first make a loop through Fairlington Villages, ending with a brief stop (about 15 minutes) in the parking lot of the North Fairlington community center. Then Santa will proceed south of the bridge to do a loop around south Fairlington, ending with a brief stop in the parking lot of the Fairlington Community Center. Santa's ride-along with our neighborhood firefighters—a well-loved Fairlington holiday tradition—will take about two hours, from 3 to 5 pm; a duty call for Engine 107 may, of course, delay, interrupt, or cancel the ride. Directions for Santa's route, in loops through north and south Fairlington, can be viewed on the FCA Web site, www. fca-fairlington.org. Also check the FCA's Facebook page, Fairlington Appreciation Society.

### Holiday art show and sale at FCC, December 16, 17

The Arlington Artists Alliance will hold its holiday show at the Fairlington Community Center on Friday and Saturday, December 16 and 17. The show will feature oil paintings, watercolors, acrylics, pastels, and ceramics by Arlington artists—four are Fairlington residents. Come browse the walls of the FCC's multipurpose room, which will be covered with paintings, ranging from traditional to abstract, and view a variety of tabletop and shrink-wrapped items. The art is original and reasonably-priced for gifts—each artist will display one painting priced \$100 or more; everything else will be under \$100. The show opens at 3 pm on Friday; stay for the reception from 6:30 to 8:30 pm. On Saturday, the show resumes, from 10 am to 4 pm.

### Food treats for AFAC

The Arlington Food Assistance Center, Arlington's food pantry, offers an easy way to make a significant contribution this holiday season. Because their clients very much appreciate kitchen staples, like sugar, cooking oil, and flour, AFAC's goal is to collect 1,500 of each item by December 15 in order to fill out holiday baskets. Donations can be dropped off at AFAC (2708 S. Nelson St. off Four Mile Run), Monday-Friday, 8 am to 4:30 pm, and Saturday, 9 am to 11 am. Alternate route: ART buses are holding food drives for AFAC until December 16—you can just drop off your donation when you get on the bus.

### Holiday wreath workshop, December 3

On Saturday, December 3, adults and children 12 and above can join a holiday wreath workshop, from 1 to 4 pm, at the Long Branch Nature Center (625 S. Carlin Springs Rd., Arlington, VA 22204). The workshop will use all-natural materials for you to create decorative craft items for your home or to give as gifts. The workshop provides basic instruction and enough materials for each participant to make at least two seasonal decorations. Participants should bring hand pruners or wire cutters (if you have them) and any extra materials or special decorations you may wish to add.

The fee for the workshop is \$30, and registration is required for activity #612941. Register online at the county Web site, https://registration.arlingtonva. us or call 703-228-4747. For more information, call 703-228-6535.

### Toys for Tots at FCC

Arlington Mill Senior Center at Fairlington is an official sponsor and drop-off point for new, unwrapped toys (elementary age) going to the U.S. Marine Corps' Toys for Tots program. During the holidays, FCC staff, with the assistance of local social welfare agencies, church groups, and other local community agencies, will distribute the toys to less fortunate children. If you would like to help, please drop off items in the donation box located in the FCC lobby before December 20.



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### Snowtober caused short delay in tree stand planting

October's unseasonable nor'easter, delivering wind, rain, and snow flurries on the Saturday before Halloween, pushed the planned planting at the S. 32nd Road tree stand to Sunday. Equipped with shovels and determination, habitat-rehab organizer Lenny Bankester and neighbor Kathy Brion made short work of digging holes in the storm-wet soil for the native trees, two winterberry hollies and one staghorn sumac, that Bankester had secured for the site—courtesy of the county's free tree distribution program. In addition, neighbor Beth Burns researched appropriate plants for the site and donated four Christmas ferns, four cinnamon ferns, and two winterberry hollies.

Bankester hopes that the small fruit of the holly trees and sumac will prove attractive to songbirds and draw them to the tree stand. In particular, he hopes the holly's bright red berries will entice cedar waxwings. The beautiful, intricately patterned cedar waxwing (so striking-looking that it's worth a Google search) is pale brown on the head and chest fading to soft gray



on the wings; the belly is pale yellow, and the tail is gray with a bright yellow tip; the face has a narrow black mask outlined in white; and there are red waxy tips (sometimes hard to see) on the wing feathers. The staghorn sumac (despite the name, the tree is not poisonous) also provides a food source for about 300 species of songbirds. The sumac is also a vigorous spreader and will serve as a native competitor to the aggressive ailanthus tree—making a stand of its own, Bankester hopes, until the ailanthus can be removed.

In addition to the bird-magnet trees, the crew put in the donated ferns to make best use of the tree stand's many damp, shaded spots. And, before the first freeze, there are plans to broad-

cast the seeds of native wildflowers, with hopes of luring Monarch butterflies during their annual fly-overs between Canada and South America. Like everyone who has worked this year to rid the habitat of invasive plants, Bankester is eager to see what appears once greening begins in the spring.

### New trees added to the urban canopy



Arlington's free tree-giveaway, or tree-distribution program, successfully found homes for more than 1,250 trees and tree-like shrubs the weekend of October 15-16. The number accounts for about 500 major canopy trees and 600 understory trees, including, to name a few, black oak, pin oak, cherrybark oak, tulip poplar, winterberry, river birch, red maple, staghorn sumac, Virginia pine, arrowwood viburnum, redbud, and sweet bay magnolia. In a new-this-year process, the trees were dispensed from the county nursery off Four Mile Run

Drive: Tree-seeking residents walked the gravel road from the ball field back to the nursery to pick up their reserved tree, and they thereby took advantage of a rare chance to tour a tucked-away and interesting facility not usually open to the public. County landscape staff and TreeStewards were on hand to assist with selections, inform residents of a tree's growth habits and maintenance needs, and provide general tree-planting and care education to hundreds of county residents.

Arlington's Environmental Landscape Supervisor, Patrick Wegeng (at left), describes Arlington's residential yards and gardens as "the new frontier" for expanding the county's urban canopy. The tree-distribution initiative ensures that there will be more trees in Arlington by supporting tree-planting on private land. "We are running out of room on our streets," says Wegeng, and park spaces are becoming limited, too, due to the spread of invasive exotic (non-native) plant materials. "These giveaway trees get planted and cared for and therefore have the potential for a longer life," adds Wegeng, who is pleased to note the program's positive cost/benefit ratio for the county.

# The devil is in the details: More about nearby developments

More details will emerge about the possible real estate and construction developments in the local area, and the *Bulletin* will print what becomes known and confirmed. From the November FCA meeting (*see page 5*), a few more interesting details follow:

**Safeway:** The new building will be 52 percent larger than the current store and there will be about 50 percent less parking. There are 201 spaces now; there will be 110 spaces. The thinking is that more people will walk to the store.

**Walmart:** Walmart has made no formal proposal nor filed paperwork with the county about building a store in Arlington; however, the realty agent they work with made inquiries on their behalf about the piece of land in the Shirlington industrial area that is referred to as the Rosenthal overflow lot. The tract of land has been for sale for years.

**BRAC133:** Improved transportation options include DoD shuttle buses running to the Mark Center from the Pentagon, West Falls Church, King Street, and Franconia. Alexandria police and sheriff are monitoring traffic and the intersections near the Mark Center, and will do so for about a year. A reversible on/off ramp from I-395 for the BRAC building is scheduled to be built by 2014.

**HOT lanes:** The Beltway HOT lanes are scheduled to open in late 2012. For I-95 HOT lanes, there will be roadway widening from Edsall Road south to Stafford. Preliminary construction is set to start in the spring.

**Shirlington:** Four of Shirlington's parking garages share their parking spaces, so that spaces designated for office workers during the workday become available for public parking and retail employees during evenings and on weekends. During weekdays, there are 879 public parking spaces; on evenings and weekends, that number increases to 2,446. Shirlington's property management is considering some kind of way-finding or electronic signage to help drivers know (before driving to the top of a garage and back) whether or not the garage has available spaces.

### Continued from page 1

Safeway had not formally notified Fairlington's almost 3,500 households about its plans, nor had the company included Fairlington in its formal outreach program to nearby neighborhoods.

City planning commissioners were sufficiently troubled by Safeway's outreach omissions that they cancelled the vote for the November meeting. The vote was re-scheduled for 30-some days later, on December 6, to give time for Safeway to make a formal presentation to Fairlington. (The presentation, featuring an informational slide show and a question-and-answer period, will have taken place at the FCC on November 16, weeks before residents receive this issue of the *Bulletin* at the end of November. There will be a report in the January issue.) FCA president Jordan has been invited to speak again at the December 6 planning commission meeting.

Many Fairlington residents have known bits and pieces of information about Safeway's plans for the last year, and many residents have seemed favorably disposed to the overall project—at least in so far as that can be known from scattered, word-of-mouth reports. FCA is now working with Safeway to improve communications about the Bradlee store renovation, a project that is expected to take approximately 18 months to complete.



The neighborhood was treated to a colorful display on October 31, when costumed Abingdon students and teachers took their annual Halloween parade through the streets of Fairlington, led by the Washington-Lee High School marching band. *Photograph by Steve Andrews*.

### Police give stay-safe holiday advice



As we enter the end-of-year holiday season, ACPD Captain Brett Butler, commander of the Third District, cautions that the holidays can also mean "an increase in burglaries, street robberies, and thefts from vehicles." Thus, the following timely safety tips:

Burglary: If you will be going out of town, it's safest to have a trusted neighbor or friend collect your mail and/ or newspaper. If you notify the Post Office to suspend your mail or notify the Post to stop newspaper delivery, you are potentially announcing your absence from home to many strangers. Also, have lights, internal and external, on a timer; program them to come on at different times. And if you're gone for an extended time, have a neighbor park his car from time to time in your usual parking space or in front of your home.

Robbery/theft from vehicles: Often, these are crimes of opportunity. The unwitting victims may be preoccupied while talking on a cell phone or listening to music they don't realize they're being targeted until it's too late. Some simple strategies to lessen your chances of becoming a victim are: Stay alert to your surroundings; be aware of who is around you. Do not walk in areas with poor lighting. If you feel uneasy about someone, cross the street if that's practical. Do not flash large amounts of cash when making purchases. Keep packages and other valuables out of sight in your vehicle by locking them in the trunk. Scan the area in and around your vehicle prior to getting in/out. Have your keys and cell phone handy, and have 911 and the police non-emergency number pre-programmed in. If you feel uneasy about walking to your vehicle, ask the mall or store security to walk with you. Off-duty police officers often work in/around the malls during the holidays, and they would be happy to ensure that you get safely to your vehicle.

# Neighborhood College applications due by January 30

The Arlington County government is offering a free, eight-week course on civic leadership. Sometimes called Neighborhood College, the course is designed to provide the inside scoop on how government works and help participants hone community leadership skills. Applications for the 25 slots open in the 2012 Civic Leadership Development Program are due by January 30, 2012. By spending one evening a week for eight weeks, you can learn:

- Core communication and influencing skills
- How to give and receive feedback
- Conflict management and negotiation
- Consensus building
- Organizing for action.

Participants engage in dialogue with a broad range of county officials. They receive an overview of county services, with special focus on: Police and sheriff's departments; code enforcement; parks and recreation; neighborhood planning; tax assessment issues; and volunteer opportunities. Graduates use the skills they are taught in very practical ways to become more effective advocates for their neighborhoods and for issues they care about.

The program will take place on Thursday evenings, from March 1 through April 26, 2012, at the Arlington Career Center, 816 S. Walter Reed. (There is no class on April 5.) For more information about the program, go online to http://news.arlingtonva.us/pr/ava/arlington-offers-residents-free-217864.aspx.

### Election news

Arlington County Board member Barbara Favola won November's election for the state Senate seat in the 31st District. County records show voter turnout for the race at about 26 percent of active voters (23 percent of total voters). As a result of the election, Favola will resign her County Board seat, and Arlington will hold a special election in the spring of 2012 (date to be determined) to fill her unexpired term on the board. Next year is shaping up to be busy for the staff at the county Office of Voter Registration. In addition to the special election in the spring, there will be a presidential primary election on March 6; a primary for other offices on the November ballot on June 12; and the General Election on November 6. For more information, go online to www.arlingtonva.us and search voter or election.



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Edward Getterman,
 Fairlington Resident

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- Rick Micker, Former Fairlington Condo VP

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— Denice McCullough, Fairlington Resident

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### My aching back!

Don't let heavy, wet snows cause back injuries. The orthopedic experts at WebMD say that no one is immune to back injury—not even young, healthy folks with "strong" backs—and back injury is best avoided at all costs. After the first time you injure your back, it becomes more vulnerable to future injury. A back injury can alter your entire quality of life, especially if it returns and becomes chronic. With shovel-loads of snow in mind, consider the doctors' advice about protecting your back while lifting:

- Slow down. Plan in your mind the best way to lift a heavy load and where to deposit it.
- Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).
- Squat down—don't lean forward from the waist bending at the hips and knees.
- Maintain good posture. Keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while maintaining a slight arch in your lower back.
- Move slowly as you lift, by straightening your hips and knees (not your back). Keep your back straight. Don't twist as you lift.
- Hold the load as close to your body as possible, at the level of your belly button.
- Use your feet to change direction, taking small steps. Keep your shoulders in line with your hips as you move.
- Set down or toss your load carefully—no jerking or twisting.

The time you take to use the right lifting mechanics is far less than the days, weeks, or months it can take to heal from a back injury.

**Shovel easy:** Here's a winter snow-shoveling tip from Lifehacker.com: Make tossing the white stuff a bit easier by first giving your shovel a misting of cooking spray, which will help you dislodge the heavy, wet, sticky clumps.

### Get ready for winter, December 4 – 10

Virginia is calling for winter preparedness during the first week in December. The Virginia Department of Emergency Management urges everyone to get ready now for snow storms, icy roads, power outages, and closed schools and businesses. You and your family can take a few simple steps, now, to prepare.

Make a plan. Decide on a meeting place outside of your neighborhood if your family is separated and cannot return home because of closed roads. Choose an out-of-town relative or friend to be your family's point of contact for emergency communications. With your family, write down your emergency plan—get a free worksheet at www.ReadyVirginia.gov.Click on Make a Plan for more details.

**Get a kit.** Start with these basic supplies for winter weather: three days' food; three days' water (a gallon per person per day); a battery-powered and/or hand-crank radio with extra batteries; and your written family emer-

gency plan. After you have these essential supplies, add a first aid kit, medications if needed, blankets and warm clothing, supplies for special members of your household, and pet items.

**Stay informed.** Before, during, and after a winter storm, you should listen to local media for instructions from emergency officials. There may be times when you are advised to stay in place until it is safe to travel. Stay informed about winter storm watches and warnings and road conditions. You can get road condition information 24/7 by calling 511 or checking www.511Virginia.org.



For more information, go online to www. ReadyVirginia.gov or call the state offices of emergency management, 804-897-6510.

### Let it snow....and keep these numbers handy

Last month, the Capital Weather Gang at washing-tonpost.com issued their winter weather forecast for 2011-12. There will be no repeat of Snowmageddon, the record-breaking 56 inches of snow in 2009-10, they say. This winter will be much like last year, with snow totals around 10 inches, and perhaps up to 14 inches. So keep those shovels ready, and make of note of the following phone numbers:

Report power outages, downed power lines:
Dominion Virginia Power, 1-888-667-3000
Check with county inclement weather hotlines before venturing out in a storm:
Public schools, 1-866-322-4APS (4277)
Snow clearing status, 703-228-6485
Parks snow desk, 703-228-6525
Sports, recreation, classes, 703-228-4715.

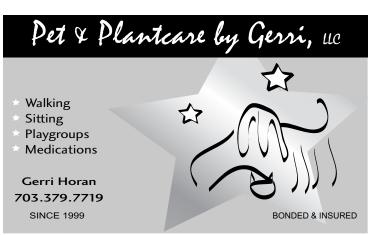


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### Tips for night running

—Excerpted from active.com



Actually, that could be running in the early morning hours before work, or running after work. Either way, depending on your schedule, that usually means "running in the dark." Some people say running at night compels you to pay closer attention to how your body is working; others say it's particularly calming; still others think they go faster at night. If you

want to maintain your road miles outside during the shortest days of the year, stay safe, stay alert, and make it easy on yourself with these tips from Active.com.

### 1. Take along a light.

Whether you prefer a headlamp, a chest lamp, or a handheld flashlight, bring something along to light your way. Headlamps are great because the beam follows wherever you look. Some people do not like running with headlamps because of the shadows they can create. If this is the case, use a light source at waist level.

### 2. Stay visible.

Always try to be seen, especially if you are running where there is vehicular traffic. When running on trails, don't forget about the mountain bikers—they enjoy trails after dark, too. These days, almost all running gear includes reflective patches; make sure yours does. If not, consider running in a reflective vest.

#### 3. Know the route.

It's easy to get confused and disoriented when running at night. Some areas may seem familiar one minute, and then completely alien a few minutes later. Make a point of running your route during daylight hours at least once, and pay attention to signs or landmarks that you can identify in the dark. Another option is to run the route with someone who is familiar with it.

### 4. Lift your feet.

The shadows caused by flashlights and headlamps can throw off your depth perception, causing some people to trip and stumble. *Think* about lifting your feet and *practice* lifting your feet with every step until it comes naturally.

#### 5. Leave the music at home.

You want to stay alert during your night runs and headphones can distract you. Your sense of sight is already impacted, so you'll want to compensate by being able to use your sense of hearing as much as possible.

## FACOMMUNITY Center news



### Flu shots at the FCC, December 10

It's not too late to get a flu shot this season, and you can do it conveniently on December 10 at the Fairlington Community Center. Arlington's public health division will be offering a flu vaccine clinic from 10 am to 1 pm at the FCC (3308 S. Stafford Street, Room 134), for everyone six months of age and older. No appointment is necessary. Bring any immunization records you may have. The cost is \$30; payment accepted is cash, check, or credit card. (Free for Medicare Part B participants.) Note: The clinic does not file insurance claims. For more information, call the immunization plan coordinator at 703-228-1242 or the clinic coordinator at 703-228-1621. Leave a message with your name and a phone number where you can be reached.

### Workshops and programs

For questions or registration, go online to www.arlingtonva.us/prcr or call 703-228-4747.

"Opulent Ornaments" with Jody Lee, Saturday, December 3, 10 am – 1 pm: Ring in the holidays with this unique ornament-making workshop. Create beautiful ornaments for your home or give one-of-a-kind gifts to special people. Students will have the opportunity to make four ornaments; glass fusing, metal work, and bead work are a few areas that will be covered. All materials included. To register, contact Jessica Sauer at 703-228-5922 or jsauer@arlingtonva.us. Adults, one session, \$40.

**Mystery Academy: Magic craft** holiday camp, December 27 -**30, 9 am – 3 pm:** This fun, active program is designed for children who are interested in constructing their own props, tricks, and magic apparatus in order to perform magic with a holiday theme. This holiday camp turns holiday craft projects into magic tricks. Make your own trick cards! Make a magic paper Christmas tree! Paint and create your own magic wand! All supplies are included in the camp fee. Campers must provide their own snacks, lunch, and beverages. Staff to participant ratio is 1:10. Ages 5-7, fee \$250 (pm extended hours \$50). To register go online to www.mysteryacademy. com/register or call 240-449-9394.

### Winter classes

Online registration for winter classes begins December 13: Start the New Year on a positive note by registering for classes. There's something for everyone at the FCC. For complete class listings, pick up a copy of Enjoy Arlington at the FCC or subscribe by calling 703-228-4747. Classes include:

### FCC hours and contact Info

Monday through Friday, 8 am – 9 pm Saturday, 8 am – 5 pm Sunday, closed.

Hours are subject to change. For updates and more information, call the FCC at 703-228-6588. The center manager is Patrick Mallon, 703-228-6590, pmallon@arlingtonva.us.

### FCC programs

The FCC has six multi-purpose rooms, art studios, a gymnasium, a state-of-the-art fitness room, day-lockers, accessible pre-school and school-aged playgrounds, outdoor basketball courts, a fitness trail, a playing field, a picnic shelter, and accessible public restrooms. There is indoor open play for children 13 and under in the multi-purpose gym on Saturday 3 to 5 pm—children must be supervised by an adult (18 and older). In addition, there are a Senior Program, a creative preschool (three to five years old), parent/child Co-op Program for children one and two years old, and summer camp.

#### For adults

Adapted arts & crafts Capturing your children Cardio kickboxing Cardio-sculpt

Continued on page 19

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### Continued from page 17

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Hand in hand
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Mixed media family fun
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Tot soccer

### For tots, tot/youth

Pre-ballet and movement I Pre-ballet and movement II YoKid yoga Little shots Silver knights class

### For youth, youth and teen

Basketball
Drawn simply
Knitting for beginners
Manga drawing
New! Intro to sewing
New! You, me, wee Spanish
Tennis I, II

#### For teen and adult

Art of sketching
Ballet barre
Beading fun for all
Digital photo beginners
Glass fusing for jewelry
Knitting for beginners
Paint your own pottery
Painting: beginning and beyond
Tai Chi: beginning
Yoga: flex, strength, and relax

### Senior center events

**Arlington Mill Senior Center at Fairlington:** Regularly scheduled programs are Tuesday through Friday from 8:30 am to 1:30 pm for resi-

### Apply now for 2012 Tree Stewards classes

Applications are now being accepted for the 2012 class of TreeStewards. The TreeStewards of Arlington and Alexandria are volunteers dedicated to improving the health of our urban trees through educational programs, tree planting and care, demonstrations, and tree maintenance throughout the community. New volunteer training will be held on Wednesday evenings, February through April 2012, with some Saturday mornings. The fun and interactive training is provided by recognized experts in tree care and citizen advocates for urban forestry. Join the class and learn how to care for trees on the streets, in parks, at schools, at houses of worship, and in your neighborhood.



For more information and to complete an application, visit the Web site at www. TreeStewards.org or call 703-527-2349.

Tree Stewards, who manned information tables during the county's tree giveaway program weekend in October, dispensed expert advice and instructions on tree planting. Photograph by Gretchen Fallon.

dents 55 and older who hold a 55+ pass. Call Emma Valencia at 703-228-7791 for more information.

New Year's Eve bash, Friday, December 30: You're invited to a special county-wide New Year's Eve event. Join us at the Italian Café (7161 Lee Hwy, Falls Church) to celebrate with friends, family, and great food. Cost is \$25 per person; includes choice of Italian meal. For more details or to register call 703-228-4748.

NEW! Let's get fit! Wednesdays, November 16 – January 4, 10 –

11 am: This fun-filled, low-impact dance and sculpting exercise class is designed for beginners. Start and keep your New Year's resolutions with great music and a variety of exercises that make the workout fly by! Fee is \$28 for seven classes. For more details or to register call at 703-228-4748 or visit https://registration.arlingtonva.us.



**Open play in the gym 13 and older**, Saturday, 3 to 5 pm. **13 and younger**, whenever no other scheduled programming is ongoing.
Check the FCC bulletin board or call the day-of to confirm availability.

Master Gardeners plant clinic Monday through Friday, 9 am to noon. Help Desk, 703-228-6414.

# DOWN TO EARTH patio gardening



### Azaleas don't bloom in December....do they?

"Azaleas are beautiful, but it's a shame they bloom just two weeks out of the year. The other 50 weeks, they're kind of dull."

In the 19 years I've run a landscaping business, this is the most frequent "complaint" I hear from customers and gardeners. Consider nearby Beverley Hills, with groves of azaleas lining the fronts of those 70-year-old brick homes. Yes, for 50 weeks a year, those banks of azaleas are simply masses of bland, green shrubbery.

But in 1998, all that changed: the azalea "Encore" was created. The shrub has the same habit and leaf of the original azalea, but it flowers intermittently from May to early December. A few years ago, I was working inside at a customer's home and looked out the window to discover a fully foliated shrub in full bloom. Then, I remembered: I had planted that "Encore" months earlier.

Tim Guy, retail manager at Merrifield Garden Center in Fairfax, accurately described the cultivar's habit to me one rainy afternoon in November. "It blooms intermittently for seven months. The flower is the same, but they don't cover the shrub like the other azalea." The "Encore" has more leaf presence since the flowering is "here and there" and not a blanket of color.

In mid-November, I planted an "Encore" at a home in Alexandria. The pink blooms were trumpet-shaped and three inches wide. The homeowner came out and said,



Azalea "Encore" can surprise Virginia gardeners with multi-season color.

"Wow, what is that plant?" When I told her it was an azalea "Encore," she was happily surprised. The "Encore" flower differs from the winter-blooming camellia in that it doesn't have a yellow center and isn't flat. But both flowering evergreens will bear flowers even with snow settling on the branches. Another pink-flowering shrub you may notice into early December is the "Knockout" rose, which has prolific, cup-like blooms that fill its branches.

"Encore" was developed in 1998 by horticulturist Robert Lee in Louisiana. Since then, 23 hybrids have been created. It has the same culture as the original azalea, meaning its pH is about neutral (5.0-5.5), and it should be pruned after its flowering in May. The more sun it receives, the more flowers it will bear. And as with any plant, moist but well-

drained soil (not clay) is best. Lee created the "Encore" by crossing the spring-blooming azalea with the summer-blooming azalea (Rhododendron oldhammi). The result was a shrub that bore the beautiful azalea flower for an extended period of time.

"Encore" dwarfs are just two feet tall and wide, while other hybrids reach three to four feet tall with a similar width. Dwarfs have extended branching out of the shrub's center. Left un-pruned, this offers a reaching, meandering habit. Go ahead and plant some. You will find them blooming in pink, lavender, or white at local nurseries. (Shop around because prices differ.) Like me, you will be amazed to see the azalea flower blooming with temperatures in the 30s.

— Bill Sullivan, www.sullivanslandscaping.net

## ABING School news



### The Holiday Shoppe returns December 13

The Penguin Patch Holiday Shoppe is coming to the Abingdon gymnasium on Tuesday, December 13 from 6 to 8 p.m. In this unique gift shop, only children are allowed! Staff members and other community volunteers will be available to help students make gift selections and monetary decisions. More than 100 different gift items (mugs, figurines, hats, bookmarks, key rings, pencils and pens, jewelry, small toys, and more) can be purchased for as little as 25 cents and up to \$10, with the majority of the items costing \$4 or less.

As an addition to the Holiday Shoppe, the PTA will have free craft tables for children to "Make and Take" their own holiday ornaments. The fifth grade class will offer food and drink for sale during Holiday Shoppe hours. All profits will go toward fifth grade field trips.



Elizabeth Haley and Marisa Temoshek enjoy Abingdon's recent Library Night entitled, "Where the Wild Things are, A Night of Raptors." Photograph by Dana Andy.

### Thank you for another fantastic fall festival!

The hard work and tireless dedication of Co-chairs, Deb Staren-Doby and Michelle Marston, resulted in a fun-filled night at Abingdon for the fall festival on October 21. The added support of our organizing committee chairs made it possible for many Fairlington families to enjoy the various games, two moonbounces, cake walk, face painting and a newly added haunted house.

We also received fabulous support from our area businesses, whose generous contributions to our raffle helped raise funds for the PTA and food for AFAC. Thank you to: Marti Mefford Photography, Randall Lewis with Long & Foster Real Estate, Johnny Rockets, Banner's Hallmark, Diversions, Fairlington Dental, Thrive Pilates, One Two Kangaroo, Energy Club, PR Partners, Ilusions Hair Salon, Le Village Marche, Extra Virgin Restaurant, Cake Love, Harris Teeter, and Great Harvest Bread Company.

### Cars 2 for family Movie Night

Movie Night on December 2 is open to ALL! Abingdon's first showing of the year will be the blockbuster hit, *Cars 2*. Bring the kids, pack up their pjs, pillows, and sleeping bags for a free night of family fun. Doors open at 6 pm and the movie will begin at 6:20. The PTA will be selling \$1 pizza slices with snacks and drinks for just 50 cents. We'll also raffle off 2 DVD copies of *Cars 2* and other related prizes. This year's Movie Night dates are December 2, January



Maddy Maxwell, Jenny Reeder, Kate Maxwell, and Isaac Maxwell use a beautiful fall weekend day to work in the garden at Abingdon. Photograph by Dana Andy.

6, February 3, and March 16. We'll have a *Diary of a Wimpy Kid* double feature for our January Movie Night.

### Mormon members lend a hand at Abingdon

On October 9, local members of the Mormon Church (The Church of Jesus Christ of Latter-day Saints), many of whom are Fairlington residents, cleaned up the Abingdon garden with the assistance of Anne Swylok, Abingdon's science teacher. The garden was in great need of weeding, raking, etc., in preparation for winter. The back playground also received a facelift with new four square and hopscotch paint. Thanks to all who participated in this service!

—Contributed by Kate Maxwell, Michelle Marston, Dana Andy, and Dan Branch

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### neighborhood news

### Drama at Wakefield HS

"The Marriage of Miss Hollywood and King Neptune," by Robert Schenkkan, is a comedy set against the backdrop of early Hollywood and LA political corruption. Performances are December 2, 3, 9, and 10 at 7 pm in the WHS auditorium. Tickets are \$8 for adults and \$5 for students.

### Card players welcome

Join your Fairlington neighbors for a friendly game of Canasta. No previous experience is necessary to enjoy this card game. We are happy to teach you. The group meets Tuesday mornings at a local church hall near Fairlington. Call Carol Ann at 703-931-8533.

### Fair Golds

The Fair Golds, a social group in and around the Fairlington area, meets at the Fairlington Community Center on the first and third Thursdays of the month at noon (except in August). Regular meetings begin with a brown-bag lunch; dessert and beverages are provided. We always welcome guests and/or new members over 55 years of age. This month, Fair Golds will meet on Thursday, December 1, for a business meeting and on Thursday, December 8, for a holiday luncheon at Chez Andree in Alexandria (the second, rather than the third Thursday, due to holiday schedules).

### **Fairlington Diners**

December brings a special annual treat for Fairlington Diners. It has become a treasured tradition that Sharon invites us to her house for a covered-dish supper and gift exchange, and we thank her for extending the invitation to us again this year. We are a relaxed group of Fairlington and non-Fairlington friends who gather for a lively dinner a couple of times a month, and focus on having a good meal in great company. Come out and join us this month!

Saturday, December 10, 6:30 pm. For our holiday covered-dish supper, each attendee brings food or drink to share. We'll have our traditional gift swap, with a \$10 limit. Please call Sharon at 703-578-1763 so that she can coordinate food and drink, and provide you with the

address and directions if needed.

Monday, December 9, 6:30 pm. Half-price burger night at Ramparts Restaurant, 1700 Fern St., Alexandria, 22302, 703-998-6616. This will be a chance to share our plans for the upcoming holidays and wish each other well for the New Year. Please call Carol to let us know if you plan to attend, so we can choose the right size table when we arrive. Prior to the day of the event, please call at 703-379-6840. Please leave a voicemail if you don't reach Carol directly—include your name and how to contact you the day of the event, in case of a change in plans.

If you'd like to be included in our e-mail list, please send your e-mail address to carol\_dabbs at yahoo.com.

### **Book Group**

Sir Randolph Nettleby's Oxfordshire estate late in the autumn of 1913 is the scene of *The Shooting Party*. A world, a way of life, are about to change, and Isabel Colegate's compact novel explores foreshadowing issues of class, gender, and the propriety of blood sport. Join us to discuss the book on Tuesday, December 27, at 7:30 pm in the North Fairlington Community Center, 3005 S. Abingdon St. For more information, contact Terry Gough at tjgough@verizon.net.

### Fairlington Babysitting Co-op accepting new applications

Fairlington families have been enjoying the benefits of this unique organization for 30 years. Parents who are ready for some time away from the kids, but don't know who to call, should consider joining the Co-op. The Co-op is a network of Fairlington families who exchange free babysitting services. It's perfect for parents who would like to know dependable adults to watch their children and meet other families in the community. Whether a parent is single or married, working or staying at home, the Co-op can accommodate diverse schedules and situations.

The Co-op works on a card system, where each member starts out with 15 one-hour cards and can use them to pay for sits. Sits may be requested during the day,

### neighborhood news

Continued

evenings or weekends. During the day children are normally brought to the sitter's house, and in the evenings the sitter usually comes to the children's house; however, different arrangements may be made. The Co-op holds quarterly social events where children play together, parents converse, and a few business items are discussed.

For an application or more information, contact the FBC via Google Groups at http://groups.google.com/group/fairlington-babysitting or by e-mail at fairlington.babysitting@gmail.com.The Fairlington Babysitting Co-op looks forward to hearing from you!

**Shirlington Library news:** For complete program descriptions, go online to the library Web site at www.arlingtonva.us/departments/Libraries/LibrariesEvents.aspx. See also http://shirlingtonlibrary.wordpress.com.

### Get your Fairlington T-shirt



- 100% cotton
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To order, come to an FCA-sponsored event or monthly meeting; e-mail president@fca-fairlington.org; or call the FCA at 703-243-1735 to leave your name and phone number. Visit www.fca-fairlington.org for additional details or to find the next FCA event.

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**HEALING TOUCH.** Massage therapy services. 1225 Martha Custis Drive Suite 2. Alexandria, Va. 22302. 5-10 minutes from Fairlington. Phone 703-980-5304. For more information check out: www. healingtouchmassagetherapy.biz.

**COMPUTER PROBLEM?** Don't overspend to fix it. Free Estimate - Evening Hours - On-Site Service. We can handle anything computer related. (267) 250 – 0594. BeltwayPC.com.

**COMPUTER HELP.** Fairlington resident will help resolve problems with computers and other electronic equipment. Jim 703-820-8767 - jandgonline.com.

**REFINANCE.** Purchase prices and interest rates are rock-bottom! It's an ideal time to buy cash-flowing investment rentals or refinance to save hundreds each month. Extra money for holiday shopping! Fairlington resident sincerely at your service seven days a week. Andrew Sterling, WestStar Mortgage, asterling@weststarmortgage. com, andrewsterlingrealestate.com, 703.244.5881.

### **Need Help Moving or Unpacking?**

Do you need help with decluttering, downsizing, moving, unpacking? We can help sort, make moving arrangements, unpack, get items sold or donated, and more. Call 703-966-3158 or email beth@movingforseniors.com. http://www.movingforseniors.com/

ACADEMIC TUTOR FOR HIRE. Experienced tutor available for evenings, some weekend tutoring (K-Undergraduate) in local area. Has multiple years of experience working with youth, including service/training as a professional tutor. Fee is \$15 per hour. Will tutor most subjects, excluding Calculus/Physics. Email A. Lopez: HomeworkTutor911@gmail.com for inquiries.

### **Child Care**

**CHILD CARE.** Professional in-home daycare. FT/PT. CPR and first aid certified. Excellent references. Worked with children for 25 years. Infants welcome. Call Pat at 703-370-2603 or 703-566-7448. www.patkids.com

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Fairlington Maintenance Service is now on "Angie's List" of contractors. Thanks to all Fairlingtonians who voluntarily recommended us. Company ID 462536. Call 703-379-7733.

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### Miscellaneous

**THANK YOU FAIRLINGTON!** We are so very grateful to so many wonderful pet lovers who helped keep an eye out for Hobbes the cat. He was lost (10 days), but now is found! Thanks from new resident Gayle & Hank Schlenker.

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Due Date for All Ads: 6 pm on 10th of the preceding month (Dec 10th for Jan issue)

Payment: BOTH payment and ad copy must be received by the 10th.

Make checks payable to "Fairlington Citizens Association."

NEW E-Mail Address for All Ads: admanager@fca-fairlington.org

Mailing Address for All Ads and Checks: FCA-AFB, PO Box 6182, Arlington, VA 22206-0182 Drop-Off Location for Ads and Checks: Drop-Off Box in Fairlington Community Center,

3308 S. Stafford Street

### MINI-AD FORM

Mini-ad copy can be e-mailed to admanager@fca-fairlington.org and then submit your payment by mail to FCA AFB, PO Box 6182, Arlington, VA 22206-0182 or drop off ads and checks to the drop-off box in the Fairlington Community Center, 3308 S. Stafford Street. E-mailed ad text will not be processed until payment is received. Write key words from your ad on the check for reference. (Example: "Yard Sale" or "Lost Camera") Cost is 50 cents per word (e.g., "998-0000" and "stove" are each one word; "interior/exterior" are two words).

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