

all FAIRLINGTON BULLETIN



JULY 2010

Volume 36, Number 7

www.fca-fairlington.org

July 4th festivities

Calendar

FCA Monthly Meeting

There will be no FCA-hosted speaker or presentation in July.

Fourth of July parade

Sunday, July 4, 10 a.m.

Fairlington firehouse

Fairlington Diners

Monday, July 12, 7:30 p.m.

Rabieng Thai Restaurant

Falls Church

MOMS Club meeting

Wednesday, July 14, 3:30 p.m.

FCC

Fair Golds business/social

Thursday, July 15, noon

FCC

Thirty Somethings

Thursday, July 22

Time, place, and activity TBA by e-mail

Fairlington Diners

Monday, July 26, 7:30 p.m.

Ramparts Restaurant

Alexandria



Photographs by Gretchen Fallon.



Come celebrate Independence Day with your neighbors at the annual 4th of July parade. You'll be taking part in one of Fairlington's most popular and well-attended neighborhood events. Residents come decked out in red-white-and-blue or other colorful combinations, and dogs, too, strut their patriotic stuff. Each year there are ever more imaginative decorations for strollers, wagons, bikes, trikes, and scooters. Anticipated crowd-pleasers include AFD's shiny new Engine 107 (if not on a duty call) and the flashing lights of ACPD police cars (who provide traffic control).

We'll meet up at the Fairlington firehouse, Station 7, at about 9:45 a.m., with step-off for the parade at about 10 a.m. Together, hundreds of residents will march—actually it's more a leisurely stroll—up S. Abingdon Street to the North Fairlington Community Center parking lot. An equal number of cheering, flag-waving residents line the street and then join marchers at *après-parade* festivities. While mingling with neighbors after the parade, you can stop by the FCA table for your Fairlington T-shirt and the Fairlington MOMS club table for temporary tattoos. Choose between cool drinks and hot dogs (while they last) or coffee and doughnuts, as well as sweet treats on sale at the annual Great American Bake Sale. Come join the neighborhood in this cherished tradition.

Continued on page 3

Coming up ...

The FCA Board invites all Fairlington residents to attend its meetings, which occur on the second Wednesday of the month 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 by logging on to Facebook and joining "Fairlington Appreciation Society."

Preliminary agenda

7 p.m. Special program: There is no guest speaker/presentation in July.

8 p.m. Regular business meeting, date/time TBD

- Approval of June 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

Police, Alexandria (non-emergency)	703-838-4444
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	800-552-7001
Pothole Patrol Hotline	703-228-6485
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	Colonel Steward Remaly
	Jeryl.Ludowese@jfhqncr.northcom.mil

Fairlington Citizens Association

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

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All Fairlington Bulletin

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— DEADLINE —

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

Send material on disk with paper proof to:

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E-mail editorial announcements to:

editor@fca-fairlington.org

E-mail commercial and mini ads to:

admanager@fca-fairlington.org

Drop off location: Drop box in the Fairlington Community Center, 3308 S. Stafford Street

COMMERCIAL ADVERTISING RATES

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
1/4 page	4 5/8 in.	3 5/8 in.	\$94
1/2 page	4 5/8 in.	7.5 in.	\$195
Full-Page	9.5 in.	7.5 in.	\$395
Back Cover (Full Page)	9.5 in.	7.5 in.	\$505
Full-Page Insert (1 Side)	11 in.	8.5 in.	\$525
Full-Page Insert (2 Sides)	11 in.	8.5 in.	\$570

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

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Calendar, cont.

Book Group

Tuesday, July 27, 7:30 p.m.
North Fairlington CC

See Neighborhood News on pages
21 – 22 and related articles for
details about calendar events.

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*Some images in this publication may be
digitally enhanced.*



PRESIDENT'S MESSAGE

While you enjoy Independence Day, I encourage you to reflect on the significance of this holiday. The Declaration of Independence has woven a long and sturdy thread into the fabric of American history over these past 243 years. It is a statement of grievance and redress repeated again and again over the years in the lofty words of many Americans—they all sought the promise and purpose of the Declaration, in words just as relevant today as centuries ago.

The founding fathers risked their lives to guide these “united States of America” onto a new path—note the lower-case “u,” which is exactly as it appears in the Declaration on display at the National Archives. In 1776, the founders asserted American independence because King George II “has obstructed the Administration of Justice”....and deprived us of “the benefits of Trial by Jury....He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.”

On Independence Day in 1852, Frederick Douglass reminded us of enslaved Americans, the nation’s most painful unfulfilled promise: “Fellow citizens, above your national, tumultuous joy, I hear the mournful wail of millions! Whose chains, heavy and grievous yesterday, are, today, rendered more intolerable by the jubilee shouts that reach them.”

In 1945, the death of FDR and the allied victory in Europe were headlines when President Harry Truman wrote words that resonate even today: “This year, the men and women of our armed forces, and many civilians as well, are celebrating the anniversary of American Independence in other countries throughout the world. Citizens of these other lands will understand what we celebrate and why, for freedom is dear to the hearts of all men everywhere.”

And in 1976, on the nation’s 200th birthday, President Gerald Ford took an optimistic view of life in America, as he recalled the purpose and hope implicit in the words of the Declaration: “In this country, individuals can be the masters rather than the helpless victims of their destiny. We can make our own opportunities and make the most of them....In the space of two centuries we have not been able to right every wrong, to correct every injustice, to reach every worthy goal. But for 200 years we have tried, and we will continue to strive to make the lives of individual men and women in this country and on this Earth, better lives—more hopeful and happy, more prosperous and peaceful, more fulfilling and more free.”

The great American adventure continues.

I remain, faithfully,

Sam Anthony



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Arlington schools address challenges with innovation



School board chair Sally Baird (right) and vice-chair Libby Garvey discuss APS issues at the FCA meeting in June. Photograph by Gretchen Fallon.

Hiring a new superintendent is the Arlington County School Board's most important responsibility, said vice-chair Libby Garvey. Last year, the board fulfilled that duty by hiring Patrick Murphy, whom Garvey describes as not only an academic leader, but also an interesting person (he's a beekeeper) who reflects a broad world view and the willingness to apply new thinking and businesslike approaches to seemingly intractable problems. It was a fortunate coincidence, Garvey said, that the board was able to hire a new superintendent at the same time that the county was dealing with the budget crisis. The stage was set for new ideas to emerge.

At the FCA meeting during the last full week of school in June, the board leadership, chair Sally Baird and vice-chair Garvey, discussed the issues facing Arlington Public Schools. In the coming years, the board and APS will explore changes to what may be described as the "factory" model for schools, in order to better serve Arlington's very diverse student population. The desire is to build flexibility into the system, in order to meet students where they are, rather than force them to conform to the factory model. Innovative ideas that will be explored, and some selectively tested, include the multi-age classroom, which might find a class composed of Kindergarteners, and first, second, and third graders, and looping, in which students would stay with the same teacher for a period of years.

Perhaps the most pressing issue for APS is capacity. Simply put, says Garvey, "we have no space—at school we fill every room." The need for a completely efficient use of space, which is particularly acute at the elementary level, means some changes that will expand capacity or recapture lost capacity. For example, class size may be raised,

selectively and within a small margin. (If that tactic had been employed last year, APS would have "gained" 23 classrooms throughout the school system.) There will be more "relocatables," or trailers, to supplement a school's footprint. There will be more kinds of school choice available across boundaries (but no one will have to change schools that they're going to now). Among many other initiatives moving forward on parallel tracks, APS is now discussing with the county using some county facilities to create, for example, a pre-K/K center and thereby free up space in other school buildings. Another option is to think innovatively about delivering instruction: This coming year Washington & Lee HS will try out offering a core of five classes, beginning at 7 a.m.

As the schools explore various initiatives and do some experimenting, Garvey said, "I expect pushback," because change is hard, for the simple reason that people get comfortable with what they know.

New FCA director to be appointed

At the FCA meeting on September 8, a new director will be appointed to the FCA board by a vote of the executive board. The new director will fill out the term of our friend and neighbor Bob Schaffer in his absence. If you are interested in serving as an FCA director for the remainder of the calendar year, please contact FCA president Sam Anthony by August 1. Call 703-243-1735 and leave a message, or send an e-mail to president@fca-fairlington.org. Information regarding the duties of the executive board can be found in the FCA by laws on the FCA Web site at www.fca-fairlington.org under FAQs.

Shovels at the ready: The snow removal ordinance passed by the Arlington County Board in June requires all property owners, occupants, or persons in charge to clear public sidewalks adjacent to their property of snow and ice (up to thirty-six inches wide, to accommodate wheelchairs, strollers, and adults with children in hand) within 24 hours after the snow stops falling when accumulations are less than six inches, and within 36 hours when six inches or more accumulate. Noncompliance could result in a civil penalty and fine of \$50 – 100, and the county may then remove the snow/ice and charge the cost to the owner. The ordinance also prohibits transferring/depositing snow and ice from private property onto a county street, pedestrian walkway, or transit stop, with penalties for noncompliance. For complete details, go online to the county Web site, www.arlingtonva.us, and search snow removal.

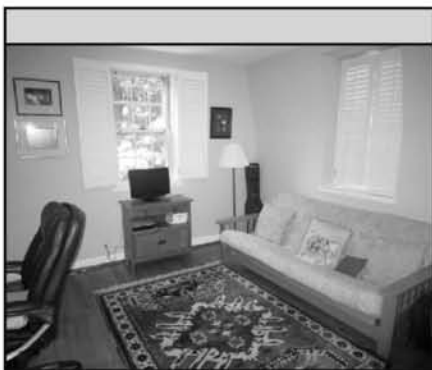
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Help stock the food pantry

Plot Against Hunger is the Arlington Food Assistance Center's project in support of Plant a Row for the Hungry—a nationwide movement of gardeners and farmers who plant an extra row of vegetables in their gardens and fields and donate the harvest to a local food bank like AFAC. Here in prosperous Arlington, hunger is seldom thought of as a problem, but AFAC provides supplemental groceries (milk, eggs, bread, canned goods, produce, etc.) to more than 1,200 county families and individuals in need each week. In FY 2009, AFAC distributed groceries to an average of 1,038 families each week and provided 2.2 million pounds of food. Whether the extra vegetables you produce come from containers on your back patio or from your plot in a community garden, AFCA welcomes the donation. In south-side Arlington, you can drop off your produce at the AFAC office at 2708 S. Nelson Street (off Four Mile Run Drive, near Shirlington), Monday through Friday from 9 a.m. to 5 p.m.; Thursday evenings, 7 to 8 p.m.; and Saturday mornings, 9 to 11 a.m. For more information, go online to www.afacinfo.org.



Get your Fairlington T-shirt



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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.

New hours for public libraries—Shirlington closed Thursdays

The Arlington Public Library system will operate under a new schedule of operating hours beginning with the new fiscal year on July 1. The changes are the result of reduced funds for library staffing in the FY 2011 budget and reflect cost-saving measures to balance the budget. For example, the Central Library will open an hour later, at 10 a.m., Monday through Saturday. Columbia Pike, Shirlington, and Westover branch libraries will be closed on Thursdays while maintaining the remainder of their current schedules. Cherrydale, Aurora Hills, and Glencarlyn will be closed on Tuesdays, open on Thursdays. To serve the public best on a geographic basis, if a library branch is closed on a Thursday, the nearest branch will be open on a Thursday. For more information about all branches' operating hours, go online to the county Website, www.arlingtonva.us and search library.

Free paper shredding now available

The county now offers free document shredding on the first Saturday of each month from 8 a.m. to 4:30 p.m. Residents can take materials for shredding to the earth products recycling yard at the Solid Waste Bureau, 4300 29th St. S. (Follow Taylor St. to the top of the hill, then turn right.). A county employee will process the materials while you observe. There is a limit of two boxes (no bigger than 18 x 11 x 10 inches) or two paper bags per customer. Not accepted are credit cards, three-ring binders, phone-book sized material, magazines, and catalogues. One hundred percent of shredded material is recycled.

View stolen bikes online

If your bike goes missing, you can check the county Web site to review pictures of recovered bicycles in hopes of finding yours. Go online to www.arlingtonva.us and click on the featured link at the bottom of the home page or search recovered bikes. If you see a match, you can inquire by calling 703-228-4057. Have handy the following information: Your bike's make, model, color, and identifying marks, as well as the number assigned to the photo as shown on the Web site, your police report number, and the bike serial number and proof of ownership (if the last two are available).



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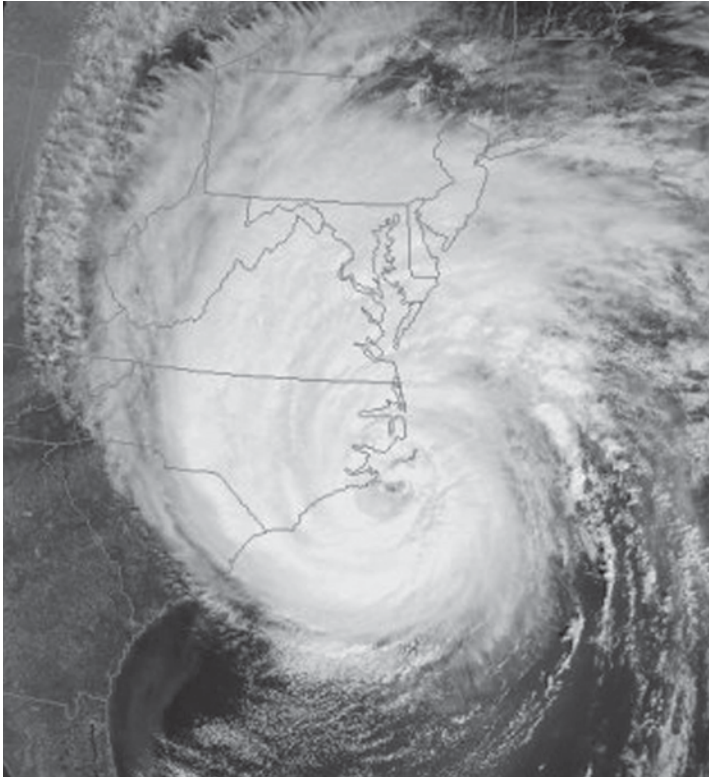
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Assemble an emergency supply kit



One month into the Atlantic tropical storm and hurricane season (which runs until November 30), the forecasting experts at AccuWeather.com are predicting a “much more active 2010 season with above-normal threats on the U.S. coastline.” They remind us to follow the suggestions for emergency preparedness from the American Red Cross and the Department of Homeland Security’s preparedness Web site, Ready.gov: First, think about having to take care of yourself for three days—with no electricity, no running water, and no outside help. And then assemble a basic emergency supply kit. The following combines recommendations for supplies from both organizations:

- Water: one gallon of water per person per day for at least three days, for drinking and sanitation
- Food: at least a three-day supply of non-perishable food, including high-protein items requiring no refrigeration, no cooking, nor additional water, such as energy bars, ready-to-eat soup, and peanut butter; plus a can opener for canned food
- Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert—and extra batteries for both
- Flashlight and extra batteries
- First aid kit, with a reference guide
- Whistle to signal for help

- Dust mask, to help filter contaminated air
- Sanitary supplies: toilet paper, personal hygiene and cleaning items, bleach, moist towelettes, garbage bags, and plastic ties for personal sanitation
- Tools: wrench or pliers to turn off utilities, can opener, hammer, screwdriver, knife, duct tape, plastic sheeting, and more garbage bags
- Local maps
- Cell phone with chargers (inverter or solar charger)
- Medications: prescription, non-prescription, and glasses
- Clothing: one change, including sturdy shoes and gloves
- Money: cash, traveler’s checks, change
- Important papers: ID and copies of important documents, like insurance policies and bank account records in a waterproof, portable container
- Pet food and extra water for your pet
- Fire extinguisher
- Mess kits: paper cups and plates, plastic utensils, and paper towels
- Paper and pencils

Emergency information online

- Arlington County: www.arlingtonva.us; Search “emergency management” and “personal response”
- Red Cross, Arlington Chapter: www.arlingtonredcross.org; click on Disaster
- U.S. government emergency preparedness: www.ready.gov
- National Hurricane Center: www.nhc.noaa.gov/HAW2
- National Capital region preparedness: www.makeaplan.org
- Virginia Department of emergency management: www.vaemergency.com
- Northern Virginia Regional Commission’s emergency preparedness brochure: www.novaregion.org/index.asp; click on Publications.

Emergency alerts: You can receive emergency alerts, notifications, and updates on cell phones, pagers, e-mail, and satellite radio, direct from Arlington County’s Office of Emergency Management. Sign up at www.arlingtonalert.com.

Tips for exercising in hot weather

As you might expect, the more physically fit you are, the better you can tolerate the heat. Factors like your age, sleep loss, excess body fat, poor cardiovascular fitness, high humidity, or a sudden increase in training will all reduce your ability to tolerate heat. So consider the following.

- During your initial hot-weather workouts, decrease your exercise duration or intensity. Start off slowly and monitor your pace.
- To replace muscle glycogen stores and speed recovery from your workout, you should start replacing carbohydrates within 90 minutes after exercise. You may not feel like eating so soon after a workout, but a piece of fruit and some water will help you refuel and rehydrate.
- Monitor your heart rate and slow down if your pulse is higher than your target zone or if you just don't feel good.



In general, avoid exercising during the hottest part of the day, drink plenty of fluids, and wear light-weight, loose, white or light colored “wicking” fabrics. Expose as much skin as possible to increase cooling through the evaporation of sweat—so also use sunscreen. If you are unsure about your level of fitness, train with other people because they will see if you're in trouble even if you are unaware. If you start to experience any symptoms of heat stress (nausea, dizziness, headache, breathlessness, reduced sweat rate), stop exercising, get cool, and rehydrate.

—By Martha McIntosh, Health Psychologist/Wellness Specialist, www.designyourhealthylife.com.

Enjoy outdoor music— Thursday nights, all summer, at Pentagon Row

You can hear a great band every Thursday night, from 7 to 9 p.m., at Pentagon Row's summer concert series, at 1101 South Joyce Street. The eighth annual outdoor music-fest began in June and runs through August 26. For the complete concert schedule, go online to www.pentagonrow/events.

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Reminder: Great American Bake Sale, July 4

Fairlington's Great American Bake Sale will take place on Sunday, July 4 after the parade. One of hundreds of such events occurring across the country to support ending childhood hunger, our local bake sale is organized by Cathy Malin and hosted by Fairlington Commons and the FCA in the parking lot of the North Fairlington Community Center. You can take part by delivering your homemade sweet treats to the bake sale tables on Sunday morning between 9 and 10 a.m. Whole pies, cakes, and coffee cakes are prized by families who are entertaining over the holiday weekend. A sell-out hit last year was a supply of homemade doggie biscuit treats. Every brownie, cookie, and muffin can make a difference. (Please, no frostings or fillings—they melt in the summer heat.) In addition to choosing among baked items, you'll have the chance to buy a



raffle ticket for one of four gift items donated by local stores (four chances to win on each ticket)—restaurant gift cards, a grocery bag of goodies, and a signed cookbook basket. To volunteer to help set up

or man the till for a short time, contact Cathy Malin at 703-931-9260 or arniemalin@gmail.com. For more information about the bake sale's national scope, go online to www.greatamericanbakesale.org.

Help for ailing plants is available, free of charge

If you wonder why your azaleas didn't bloom, how to control pests on ornamentals, or which tree is best for your landscape, Virginia Cooperative Extension and Master Gardeners can help you find answers at weekly plant clinics: at the Arlington County Farmers Market, intersection of N. 14th Street and Courthouse Road, Saturdays from 8 to 11 a.m., through the last Saturday in November, and at the Arlington Central Library plant clinic, 1015 N. Quincy Street, Thursdays from 6:45 to 8:45 p.m., through October 7.

Also, at the Fairlington Community Center, the Master Gardener help desk is staffed from 9 a.m. to noon, Monday through Friday, year round: Call 703-228-6414 or visit the office in person during open hours. If possible, to aid identification of the problem, you should bring fresh samples of problem plants, weeds, or insects in plastic bags or clear containers. You can also go online anytime to the VCE Web site, www.ext.vt.edu.



The place to be on Memorial Day weekend: On May 29, the Sunday of Memorial Day weekend, between 9 and 10 a.m., hundreds of residents gathered on the bridge over I-395, which provided a perfect reviewing stand for the annual gathering of Rolling Thunder. Photograph by Gretchen Fallon.

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TESTIMONIALS

"It's much easier to tolerate than my CPAP, so I use it every night! My snoring has stopped and I feel more rested in the mornings now." — Todd, Vienna, VA

"Finally! I can sleep through the night thanks to my husband wearing a night-time sleep appliance. Haven't slept like this for years!" — Terri, Vienna, VA

"Before I received my sleep apnea appliance, I was really tired and miserable in the mornings or throughout the day. Now that I've been wearing it, mornings aren't as terrible and I am less tired throughout the day." — Christine, Arlington, VA

"No more lugging the CPAP machine case on trips and trying to find electrical outlets in hotel rooms! My dental night appliance is so much easier and less cumbersome." — Dena, Alexandria, VA

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FAIRLINGTON

community center news

Construction update

Phase 2 outdoor renovations are almost completed. The playground reopened at the end of June and the new parking lot will be available in early July. Moreover, you will soon be able to enjoy the FCC grounds' new landscaping, courtyards, basketball court, and pedestrian walkways. The athletic field will remain closed over the summer as new grass sod is established. A ribbon-cutting celebration will be held once the field is open in the fall.

Summer classes and workshops

Get the complete description online or pick up a copy of *Enjoy Arlington* at the center. For questions or registration, go online to www.arlingtonva.us or call 703-228-4747.

Classes, tots

Signing Smart™ Beginner Play, ages 5 months to 2 years

410200A Thur, July 1, 4:30 – 5:20 p.m., 6 sessions, \$102

410200B Fri, July 2, 11 – 11:50 a.m., 6 sessions, \$102

Signing Smart Zoo Play, ages 5 months to 2 years

410201A Thur, July 1, 3:30 – 4:20 p.m., 3 sessions, \$51

410201B Thur, July 29, 3:30 – 4:20 p.m., 3 sessions, \$51

410201C Fri, July 2, 10 – 10:50 a.m., 3 sessions, \$51

410201D Fri, July 30, 10 – 10:50 a.m., 3 sessions, \$51

Classes, teens and adults

Techniques in painting, ages 17 to adult

440141A Thur, July 8, 7 – 9 p.m., 8 sessions, \$202

Basic drawing, ages 15 to adult

440136A Mon, July 12, 7 – 9 p.m., 7 sessions, \$103

Paint with tissue paper, ages 16 to adult

440143A Tues, Aug 3, 7 – 9 p.m., 5 sessions, \$178

Classes, adults

Design by mosaic

440105A Thur, July 1, 7 – 9 p.m., 4 sessions, \$101

Shakira-style belly dance

440247A Thur, July 1, 5:30 – 6:30 p.m., 9 sessions, \$89

Belly dance level 1

440248A Thur, July 1, 6:35 – 7:35 p.m., 9 sessions, \$89

Belly dance level 2

440249A Thur, July 1, 7:40 – 8:40 p.m., 9 sessions, \$89

Yoga for flexibility and relaxation

440919B Fri, July 2, 5:40 – 6:55 p.m., 10 sessions, \$159

Workshops, adults

Meditation plus

440813A Sat, July 10, 9 a.m. – 2 p.m., \$68

Linoleum block printmaking

440107A Sat, July 10, 10 a.m. – 1 p.m., \$40

Continued on page 14

FCC hours and contact info

Monday through Friday, 8 a.m. – 9 p.m.

Saturday, 8 a.m. – 5 p.m.

Sunday, closed.

Hours were effective February 1 but 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 p.m. and Sunday noon to 3 p.m.—children must be supervised by an adult (18 and older). In addition, there are a Senior Program, a creative pre-school (three to five years old), parent/child Co-op Program for children one and two years old, and summer camp.

Try yoga once!

440899A Sat, July 10, 2:30 – 4:30 p.m., \$25

Decoupage jewelry

440109A Sat, July 24, 10 a.m. – 1p.m., \$32

Precious metal clay jewelry

440110A Sat, July 31, 10 a.m. – 4 p.m., \$90

Senior center events

Regularly scheduled programs are Tuesday through Friday from 8:30 a.m. to 1:30 p.m. for residents 55 and older. Call Emma Valencia at 703-228-7791 for more information. Special programs (call for times):

July 2: "Be Stroke Smart" (Virginia Hospital Center)

July 6: Baltimore National Harbor

July 7 – 28: Cranium crunch with Nancy Connor

July 15: "Understanding Hospice Care Today" (Capitol Hospice)

July 16: Flower arranging (Virginia Cooperative Extension)

July 30: July birthday celebration

Cooperative playgroup

Monday and Wednesday, or Tuesday and Thursday, or Fridays only, from 9:30 to 11:30 a.m. For tots 12 to 36 months (1 to 3 years old). The playgroup's fall registration takes place in July. New applications for Arlington County residents are processed beginning July 15. Non-resident applications are processed beginning July 29. Fairlington Cooperative Playgroup has classes for 1- and 2-year-olds. Children must be 1 but not yet 3 by September 30 to qualify for the fall session of playgroup. Applicants **MUST** preview a class before applying. For more information, please visit the Web site at www.fairlingtonplaygroup.org or e-mail pr@fairlingtonplaygroup.org.



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Email: dhidelong@aol.com

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— Edward Getterman,
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— Rick Micker, Former Fairlington Condo VP

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— Denice McCullough, Fairlington Resident

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DOWN TO EARTH patio gardening



Patio crops: One Fairlington gardener makes the most of a small space

Sue from the Mews wrote recently, asking if I'd ever written about vegetables. She's an accomplished vegetable gardener, so I visited her patio to look over the crops.

Her tips are: 1) maximize space (small, in Fairlington); and 2) take full advantage of the growing season. Even though snow still falls in early March, Sue is outside March 1 to plant snow peas, spinach, lettuce, and carrots in her plot. When doing so, she plants crops between one another—lettuce in between rows of carrots and rows of snow peas. She then plants radishes in front of the snow peas. The taller plants shade the lettuce to maximize its growth, she points out.

When the weather warms, she tills the soil, usually around the first of May. For many people, this closely calculated regimen might be confusing, but to Sue, it's a science. First, she plants "Cherokee Purple" tomatoes and bush beans. Around mid-June, she harvests the snow peas and drops pole beans into the soil. In early-to-mid July, she harvests the bush beans and then plants zucchini.

This system ensures Sue will have green beans on her table most of the season. By summer's end, she plants more lettuce, as well as radishes and spinach. Even in winter, she grows vegetables, planting more spinach at Thanksgiving. A horticulturist friend of Sue's planted spinach last November and it survived the two blizzards.



Red chard from a Mews resident's garden. Photograph by Corey Hilz, www.coreyhilz.com.

Every gardener experiments. This year, Sue tried "Little Ceasar" mini romaine lettuce. She planted one bunch indoors (later to be transplanted outside) and another batch outdoors. She says the taste was similar although the lettuce grown indoors from the start produced "nicer looking" heads.

Besides her crops, she nurtures flowers. I noticed a line of Gladiolus along the south fence. She had two types of Echinacea (purple and peach coneflower), as well as Tradescantia (spiderwort), Lavendula (lavender), Aquilegia (columbine), and Perovskia (Russian sage).

Maybe the most interesting features of her garden were the seven bird houses, all seemingly homemade. One was a blue and white porcelain pitcher turned on its side and mounted on the fence.

—By Bill Sullivan,
www.sullivanlandscaping.net

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Animal Talk

The sounds of summer can scare pets

While some Fairlington residents may disagree with me, I love D.C. summers. What could be better than a summer thunderstorm to break the pall of heat-and-humidity? And who doesn't love a 4th of July fireworks display? But loud noises like a rolling series of thunder claps or the *sssst-boom!* of pyrotechnic salvos can seriously stress and frighten your pet, resulting in a variety of negative responses—panting, whining, hiding, and sometimes destructive behavior.



What can be done to help your pet overcome its fears? The answer is more complex than I would have thought—merely forcing your pet to “deal” with the offending noise can actually result in increasing his fear. There are basically two routes you can take: behavioral action called desensitization and counter-conditioning, or medication. The very first step, however, is to talk to your vet to rule out any medical factors

and to ask for a recommendation on how best to proceed.

The ASPCA Web site has some great articles on a pet's fear of noise and the entire desensitization process, which is complex and takes some time. The ASPCA recommends working with a certified animal behaviorist or trainer, since you must be careful not to provoke an even greater fear in your pet while trying to desensitize it. Below

are some helpful, though long, links to find good information on the process. Or you can simply go online to www.aspcabehavior.org and search for key terms like “noise” or “thunderstorms.”

If you have a pet that is extremely fearful of noises, take heart—help is available. With a little time and patience you can find a solution that works for you and your pet.

ASPCA resources:

www.aspcabehavior.org/articles/32/Finding-Professional-Help.aspx

www.aspcabehavior.org/articles/9/Fear-of-Noises.aspx

www.aspcabehavior.org/articles/14/Desensitization-and-Counter-conditioning.aspx

—By *Christine Chirichella*, AFB
Assistant Editor

Emergency preparedness for pets

The ASPCA says that the best thing you can do for pets is to prepare now for their care in the event of an emergency.

Get a rescue alert sticker: This easy-to-use sticker lets people know that pets are inside your home, so you'll want to place it so that it is visible to rescue workers and includes the types and number of pets in your household and the name and phone number of your veterinarian. If you must evacuate with your pets, and if time allows, write EVACUATED across the stickers. For a free emergency pet sticker, go online to the ASPCA Web site, www.aspcabehavior.org. Pet supply stores may also carry similar stickers.

Arrange a safe haven: Not all Red Cross disaster shelters accept pets, so you'll want to plan ahead for

emergency evacuation. Ask your local animal shelter about emergency shelter or foster care. Contact your vet for a list of preferred boarding kennels. Identify hotels/motels outside your immediate area that accept pets. Check with friends and relatives who might be willing to take your pet.

Prepare an emergency pet-supply kit: Keep an evacuation-supply kit for pets that is pre-assembled, clearly labeled, and easy to carry. Items to consider including: Seven days of water supply; three to seven days of canned (pop-top) or dry food; feeding dishes; litter or paper toweling; disposable garbage bags for clean-up; extra harness, leash, and yard stake; copies of medical records and photos of your pet; a traveling bag, carrier, or crate.

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Abingdon student wins writing contest

Ethan Thomas, an Abingdon third grader, recently won *first place* in a national writing contest. Ethan and several third graders have been working with a reading and response program called *The Exquisite Corpse*. The program is sponsored by the Library of Congress and Reading Rockets, an educational initiative of WETA.

The Exquisite Corpse is based on an old game in which a story is written or picture drawn by multiple creators—each without having any control over the previous entry. This story, launched in September 2009, includes some of the biggest names in children's literature. The related K-12 program is launching young readers, like Ethan, into the world of writing.

One of Ethan's prizes was a video conference for him and his class with Megan McDonald, author of the popular children's books, the *Judy Moody & Stink* series. His class visited the WETA offices for the virtual interview. All of Abingdon is very proud of our young author!

Abingdon strings teacher to offer summer program

Kristin Gomez, the fabulous strings teacher at Abingdon Elementary and Yorktown High School, has received a \$950 grant from the Arlington Community Foundation to provide a six-week summer strings workshop. Students will meet one evening a week for a two-hour strings workshop at Wakefield High



A small group of Abingdon fourth and fifth grade strings students entertained the crowds at Fairlington Day in May. Photograph by Tina Masciangioli.

School. The program will be open to instrumental music students of the violin, viola, or cello from Abingdon and Carlin Springs Elementary. Students will play a number of pieces from the Suzuki repertoire. But they will also play bow-development and note-reading games. A number of skills will be woven into the lessons, including ear-training, intonation, physical technique, reading, and musical phrasing.

There will also be a multi-cultural drumming class offered as part of this summer program. Percussion ensemble has been proven to develop focus, concentration, and even math skills. It is already a very popular activity at both Abingdon and Carlin Springs. The percussion teacher, from Benin in West Africa, has three children in Arlington schools, and he currently volunteers once a week at Yorktown for guitar classes. On August 3, the final evening of the summer music festival, there will be a concert with strings and percussions.

Help Abingdon recycle this summer

During the school year, the Abingdon PTA runs a variety of programs that both reinforce important messages about recycling and raise funds for the school. We'll continue that tradition throughout the summer and we'd appreciate your help! We've set up a plastic recycling container on the bench in front of the school. Please feel free to drop by and leave the following in the bin for pick up and recycling by the PTA:

- Box Tops for Education
- Campbell's labels
- Soda can pop tabs
- Capri Sun pouches
- Lunchables containers
- Glue sticks and bottles

For a list of other items that Abingdon is collecting, please visit www.terracycle.net and look up the Abingdon Elementary PTA "brigade."

—By Michelle Marston, Abingdon PTA co-president



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neighborhood news

Fair Golds

The Fair Golds, an Arlington County social group in and around the Fairlington area (including Alexandria), meets at the Fairlington Community Center in South Fairlington at noon on the first and third Thursdays of each month, with the exception of the months of July and August when there is only one meeting on the third Thursdays of those months. The meetings begin with a brown-bag lunch. Dessert and beverages are provided.

In July, the Fair Golds will have a business/social meeting on Thursday, July 15. We always welcome guests and/or new members. The only requirement is that you be over 55 years of age. Please feel free to join us at one or more of our meetings and see if Fair Golds is a group you would be interested in joining. We try to arrange a special program or engage a speaker for the second Thursday meeting of the month. If you would like more information about Fair Golds, feel free to call Gertrude Frankel at 703-931-3759 or Vernetta Kukolich at 703-548-8571.

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.

Fairlington Diners

We're an easy-going group of Fairlington and non-Fairlington friends who gather for dinner a couple of times a month, exploring a variety of ethnic restaurants, especially those near our neighborhood. Our dinners are informal and they allow participants to meet more neighbors, with whom there's always something in common. In July we'll return to a long-time favorite, Rabieng, and the ever-popular Ramparts. Come out and join us this month!

Monday, July 12, 7:30 p.m., Rabieng Thai Restaurant, 5892 Leesburg Pike, Falls Church, VA 22041, 703-671-4222, www.duangrats.com. It's just beyond Bailey's Crossroads—very close to Fairlington. We've been here several times; it's always great food and good company in an informal atmosphere.

Monday, July 26, 7:30 pm., Ramparts Restaurant, 1700 Fern St., Alexandria, VA 22302, 703-998-6616. We'll gather at our friendly local, which we visit monthly—usually with a large turnout. As we have done many times, we'll meet for half-price burger night.

For either event, please call Carol to let us know that 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. On the day of the event, please call by 6 p.m. at 202-647-2624. If you leave a voicemail, please 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@yahoo.com.

Fairlington Thirty Somethings

On the evening of July 22, the Fairlington 30-Somethings plan to host an outdoor activity, such as volleyball, tennis, or croquet. They would love member input on which activity or activities would be most fun and popular. Final details about the event will be sent out to members by e-mail in July. Please e-mail Kavita or Jeff about your activity interests, suggested locations in Fairlington, and equipment you would be willing to bring that night.

The Fairlington 30-Somethings is a social group for people who live in Fairlington. Members range from their mid-twenties to their mid-forties. Singles and couples are welcome. The F30s have monthly happy hours that tend to alternate between Shirlington and another local neighborhood in Arlington or Alexandria. They also sometimes organize other activities, such as attending concerts or plays, or inner-tubing or beach trips. Kavita Kalsy and Jeff Hewitt would love your help with organizing events. If you'd like to be on the e-mail list or organize, please e-mail kkalsy@hotmail.com or j.b.hewitt@verizon.net.

Book Group

We will meet on Tuesday, July 27, at 7:30 p.m. in the North Fairlington Community Center to discuss *A Diary from Dixie: The Civil War's Most Celebrated Journal, 1860 - 1865*, written by Mary Boykin Miller Chestnut, wife of James Chestnut, Jr., an aide to President Jefferson Davis and a Brigadier-General in the Confederate Army. For further information, please contact Kavita Kalsy at kkalsy@hotmail.com.

neighborhood news

Continued

MOMS Club of Arlington-Fairlington



Corrie Moncrief (left) receives a certificate from Jennifer Lindquist of the March of Dimes in recognition of the club's fundraising for the March for Babies walk.

Are you a stay-at-home parent, pregnant, or on maternity leave, and looking

to connect with other Fairlington moms and dads? The MOMS Club of Arlington-Fairlington, VA© chapter of the International MOMS Club© may be for you. Members and their child(ren) participate in general monthly meetings, member-planned outings/events, family meal support, Parents Night Out, and much more. The weekly age-specific playgroups start as young as birth to 6 months and go all the way up to 3+ years old. Playgroups are great for kids, but they also offer parents a chance to find support and friendship.

In the last year members have also worked on several community service projects benefitting the Abingdon Elementary School, the Arlington Food Assistance Center, and the March of Dimes. Jennifer Lindquist of the March of Dimes recently recognized the club's Service Coordinator, Corrie Moncrief, for her support. This year the club doubled its 2009 fundraising total for the March for Babies.

If you would like to learn more about the club and meet other parents please join us for our general meeting on July 14 from 3:30 to 5 p.m. at the Fairlington Community Center. Children are welcome.

The MOMS Club will also be supporting the Fairlington 4th of July parade. We'll have patriotic temporary tattoos for the kids and we can answer any questions about the club, so please stop by our table in the North Fairlington Community Center parking lot.

For more information about the club, the general meeting, or membership, please contact the membership VP at fairlingtonmoms@yahoo.com. Annual dues of \$25 support quarterly group functions and community service projects.



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CONTACT:

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LOOKING FOR DAYCARE? Retired nurse and in home child care provider for 20+ years. Looking to take care of an infant in my home part-time or full-time during the week starting July 2010. Currently taking care of one other infant and want a playmate for the baby. Please contact Madeleine Floyd. Phone 832-928-0341. South Columbus Street-Fairlington. References available.

Gardening/Landscaping

SULLIVAN'S LANDSCAPING. Ready for a new look in your patio? Email or call Bill at SULLIVAN'S LANDSCAPING, INC. billsullivan41@gmail.com or 571.213.9567. My prices are affordable and my customer service is proven. Interested in learning about landscaping? Register for my class at: www.sullivanlandsclaping.net

Home Improvements

HANDYMAN. Windows, glass, clogged drains, storm door repairs, fixtures, garbage disposal installation, etc. Dave Pearce. 703-201-6303.

WINDOW REPAIR. Best prices. Quality work. Check my ad on new vinyl windows! Dave Pearce. 703-201-6303.

HANDYMAN. Senior Craftsmen, Inc. Biff Henley. Licensed, insured, bonded. 703-403-5354. Seniorcraftsmen@Verizon.net

HOME INSPECTOR. Biff Henley, Senior Craftsmen, Inc. American Home Inspector Training Institute Certified. 703-403-5354.

DOOR SOLUTIONS. 1,000's of pleased customers since 1992. An expert in Fairlington doors. Website: www.doorsolutions.biz (information/prices). Email Bill: bill@doorsolutions.biz.

PAINTING. Greg the painter – Sixteen years Fairlington resident, quality interior painting and drywall repair. Large and small jobs. Call 571-242-2702.

MICHAEL PACHECO CONTRACTING. 40 YEARS EXPERIENCE. No job too small. Interior renovation to include: painting, finish carpentry, window sills and casings, complete kitchen and bathroom remodeling, plaster repair, wallpaper removal, tile installation, tile grouting, linoleum kitchen and bathroom floors, and wall to wall carpeting. Installation of exterior doors all types including storm doors. General household repairs. Your home left clean and neat. Old fashioned quality at an affordable price. Call Michael at 703-379-6725.

HOME IMPROVEMENT. Ask to see finished bathrooms and kitchens to compare quality and price. Call Fairlington Maintenance Service. 703-379-7733. fairlingtonmaintenance.com

KITCHEN CEILING. Serving Fairlington since 1978. We have developed several ceiling designs. Talk to us about your kitchen renovation needs. Call Fairlington Maintenance Service. 703-379-7733. fairlingtonmaintenance.com

HOME IMPROVEMENTS AND REPAIRS. Serving Fairlington since 1978. Hundreds of bathrooms and kitchens renovated. Other services include painting, plumbing, window repairs, leak detection and correction, dryer vent replacement, regrouting, recaulking, drywall repairs, etc. Call Vic Sison at Fairlington Maintenance Service 703-379-7733. fairlingtonmaintenance.com

AWESOME HANDYMAN/PAINTING/REMODEL SERVICES. Painting, drywall, carpentry, tile, kitchen and bath remodeling, renovations. Free estimates. Joel Riggs Home Repair Service. Serving Northern Virginia for over 25 years. Class-A lic/insured Virginia contractor. 703-929-4676.

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Mini-ads

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STAPLES REMODELING. For all of your remodeling needs. Kitchens, bathrooms, basements and painting. Call 703-499-2249 for a free estimate. Visit our website at www.staplesremodeling.com.

JON NORDLING, LLC. A Class "A" licensed building contractor with 20 years experience. Kitchens, baths, basements, replacements, repairs-and more. A master in all aspects of construction projects, big or small. Unsurpassed in honest evaluations, workmanship, and customer relations. Visit www.jonnordling.com for more information. Free estimates. References. Call Jon. 571-215-3691.

ROMA SERVICES. 15% off discount all plumbing services: faucets, toilets, sinks, drain cleaning, disposer, HWH & more. Plumbing-painting-drywall-carpet cleaning. Licensed & insured, free estimates. Call Roger at 571-259-8247 or e-mail plumbing69@hotmail.com.

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MICHELE'S MAIDS. Reliable, experienced, honest and affordable. LICENSED, BONDED, & INSURED. Regular, one-time, or move-out cleaning available. Specializing in detailed cleaning. No machines to talk to. 703-820-1808.

HOUSE CLEANING. Reliable, experienced, good references, flexible scheduling, reasonable rates. We bring our own equipment. Weekly - bi-weekly - monthly - occasionally. One-time, move-in/out, offices. For free in home estimate call Maryen/Raul at 703-321-5335.

FAIRLINGTON MAID SERVICE. Serving Fairlington since 1978. Family owned and operated. Our staff is reliable, trust-worthy, punctual, and detail oriented. Our prices are reasonable, our service is thorough, plus we love pets, too. 703-820-8635.

JADA'S CLEANING SERVICE. Reliable, experienced and good references. Weekly, bi-weekly, monthly, occasionally, move in/out, windows and offices. Other services: carpets steams cleaned. Call us for free estimates (703) 569-7799.

PURRFECTLY KLEEN CLEANING SERVICE, INC. Residential green cleaning. Professional, English speaking, thorough and reliable service. We are licensed and insured, with workers legal to work in the United States. References from long time clients are always available. Visit our website for pricing and details on the services we provide. www.purrfectlykleen.com. Contact 703-509-8393 or e-mail info@purrfectlykleen.com.

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PET & PLANTCARE BY GERRI, LLC. Reliable, loving care for your dogs, cats, rabbits, birds, or fish. Petsitting, playgroups, walks, feedings, medications. Indoor/outdoor plantcare. Established 1999 by 19-year Parkfairfax resident; bonded and insured. Competitive rates; flexible arrangements. Call 703-379-7719.

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HOME ALONE FELINES. Loving, professional, in-home care of your special feline. 703-671-5504; homealonefelines@gmail.com

FAIRY DOG WALKER. Attention new and seasoned Fairlington residents with furry friends! Are you looking for someone caring and trustworthy to walk your puppy/dog during the day? Look no further! Fairlington resident with excellent rates. Call Heather at 303-931-1313 or e-mail fairydogwalker@aol.com.

DOG WALKER & PET SITTER-REASONABLE RATES. Special rates for regular walks. Mature, responsible, reliable and dependable woman with excellent Fairlington references. Suzanne Mitchell: Pal4Paws.Suzanne@gmail.com or call 703-868-8894.

Avoid late-payment fees, sign up for online bill alerts

The first installment of real estate tax was due to the Arlington Treasurer last month (June). Some people, however, will incur a late payment penalty because they did not receive the bill in the mail, lost it, or forgot about it. The treasurer's office offers a way to avoid late payment by signing up for bill payer notification: You can receive e-mail reminders, view online payment history, and view bills for real estate taxes, personal property taxes, utilities, and parking tickets. "This service is currently enjoyed free of charge by more than 34,000 Arlington households," says the treasurer's office, and it is "far more reliable than traditional mail delivery." Go online to customer Assessment and Payment Portal (CAAP) at www.arlingtonva.us/capp.

County spaces for public use

Need a spot for a meeting, party, or special event? A moon bounce or kiddie activity for your party? A garden plot? A picnic shelter? Arlington County has a wonderful infrastructure of rooms, fields, pools, pavilions, and recreation areas available for use by the public. To find out more or reserve a space, contact the Facilities Scheduling Unit, 703-228-1805.

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NOTICE TO ALL ADVERTISERS

Due Date for All Ads: 6 pm on 10th of the preceding month (July 10th for August 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).

Please include the following information with all ads:

Name: _____ Phone (h): _____

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City, State, Zip: _____ E-mail: _____

Category (see newsletter for options): _____

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1 BR/1 BA
Sq ft: 700

Price: \$262,000
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Fairlington
Arlington, VA
Clarendon

3 BRs/2 BAs
Sq ft: 1,383

Price: \$419,000
MLS# AR7352640



Waycroft
Arlington, VA

3 BRs/2.5 BAs
Sq ft: 1,566

Price: \$672,000
MLS# AR7327499

Brandon Village
Arlington, VA

6 BRs/4 BAs
Sq ft: 1,991

Price: \$629,000
MLS# AR7294047



Arlington Court
Arlington, VA

2 BRs/1 BA
Sq ft: 872

Price: \$274,900
MLS# AR7310868

Dundree Knoll
Arlington, VA

2 BRs/2.5 BAs
Sq ft: 1,088

Price: \$319,900
MLS# AR7314200



Fairlington
Arlington, VA

1 BR/1 BA
Sq Ft: 767

Price: \$255,000
MLS# AR7218145

Courtbridge
Arlington, VA

2 BRs/2 BAs
Sq ft: 1060

Price: \$319,900
MLS#: AR7313245



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703-998-3111