

all FAIRLINGTON BULLETIN



JULY 2011

Volume 37, Number 7

www.fca-fairlington.org

FCA monthly meeting

Wednesday, July 13, 7 pm

NOTE: No speaker or presentation
in July.

July 4th parade

Monday, July 4, 10 am

Fairlington firehouse

MOMS Club meeting

Wednesday, July 13

FCC

Contact for details.

Fairlington Diners

Monday, July 18, 7:30 pm

Ramparts Restaurant

Alexandria

Fair Golds meeting

Thursday, July 21, noon

FCC

Book Group

Tuesday, July 26, 7:30 pm

North Fairlington CC

Fairlington Diners

Sunday, July 31, 1:25 pm water taxi

McCormick & Schmick's

National Harbor

See Neighborhood News on pages
27–28 and related articles for
details about calendar events.

Calling all patriots!

It's time to break out the red-white-and-blue and join your neighbors for the annual Independence Day celebration. The 4th of July parade and *après-parade* festivities are one of Fairlington's most popular and well-attended neighborhood events. Residents come decked out in colorful costumes of all sorts—flag colors are the staple, of course—including top hat and tails, tutus and tiaras. Dogs, too, strut their patriotic stuff. Every year, spectators look forward to seeing Fairlington residents' imagination on display, in increasingly inventive decorations for bikes, trikes, skates, scooters, strollers, and wagons. Sponsored by the FCA and Fairlington Villages, the parade usually features the flashing lights of ACFD's shiny Engine 107 (when not on a duty call) and ACPD's police cars (providing traffic control).

As always, we'll meet up on Monday July 4, at the Fairlington firehouse, Station 7, at about 9:45 am, with anticipated step-off for the parade at about 10. Hundreds of residents then will march up S. Abingdon Street—it's really a leisurely stroll—cheered by flag-waving neighbors lining the street. At the parade's conclusion, in the North Fairlington Community center parking lot, neighbors can mingle, pick up a Fairlington T-shirt, and buy sweet treats at the Great American Bake Sale. Come join the neighborhood in this cherished Fairlington tradition.



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 on Facebook at the "Fairlington Appreciation Society."

Preliminary agenda:

7 p.m. Speaker/presentation: There will be no speaker or presentation at the July meeting. The month's event is the 4th of July parade.

8 p.m. Regular business meeting:

- 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	Bob Laser (FAA) bob.laser@faa.gov

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:

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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
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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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Fairlington is a National Register and Virginia Landmark Historic District

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

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9/11 stories wanted: We have several stories already—on 9/11/01, some people were out of the country, others were right in the Pentagon area. Where were you? At home? At work? Did you find out right away what was happening? How did you get home to Fairlington? Share your memories (can you do it in 100 words or less? FYI, this graph is 99 words) by sending an e-mail to editor@fca-fairlington.org, subject line 9/11. The *Bulletin* will collect stories through August 10 and then print a selection in the September issue to help Fairlington residents mark the 10-year anniversary.

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Some images in this publication may be digitally enhanced.



PRESIDENT'S MESSAGE

Dear Fairlingtonians,

On August 23 there will be an election that is important for Fairlington—the Democratic primary for the 30th district of the Virginia state senate. State Senator Patsy Ticer is retiring after 16 years of service and her replacement will be very important to Fairlington. (You will find more information about the primary and voter registration on page 7 of this *Bulletin*.)

Given the dog-days-of-summer timing, it is likely to be a low turn-out election. Thus your vote will count for a lot. Fairlington's precincts usually boast high voter participation rates, so our community could have a significant impact in the outcome of this primary—which, in turn, impacts the general election in November (it is widely accepted that the Democratic candidate who wins the primary will win the general).

There are three candidates in the Democratic primary. Libby Garvey is the Chair of the Arlington County School Board and a long-time Fairlington resident; Adam Ebbin is a member of the House of Delegates; and Rob Krupicka is a member of the Alexandria City Council and of the State Board of Education. Both Ebbin and Krupicka are better known in Alexandria than in Arlington, and most of the 30th district lies in Alexandria or in the part of Fairfax County that the Post Office thinks is Alexandria.

On August 23, I will vote for Libby Garvey—and here's why.

I have described before my concerns about the way Alexandria elected officials conduct business by contrast to the way Arlington elected officials do. To mention just two transportation-related examples: Alexandria stood by, without demurral, and let the BRAC 133 project go forward with a clearly disastrous plan; Arlington, on the other hand, fought the disastrous plan for HOT lanes. It seems clear that Arlington government is much more open to residents' concerns, while too often Alexandria politicians act like they're in the pockets of developers.

On August 23 we will have the chance to choose among two Alexandria elected officials and one from Arlington. To me, the best choice for our community seems obvious. It is also worth noting that outgoing Senator Ticer has endorsed Libby Garvey.

Given the expected low turn-out, and given Fairlington's historically higher than average number of participating voters, we have the rare opportunity to help ourselves by putting one of our own in the state senate.

Reed Franklin
president@fca-fairlington.org



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Delegate Englin speaks candidly

At the FCA meeting in June, Virginia Delegate David Englin made remarks as stark and sizzling as the record-setting, oven-baked temperatures outside. Englin, who is finishing his third term as our neighborhood representative in Richmond (D-45th district), spoke with candor and then fielded nearly an hour's worth of questions from Fairlingtonians on sometimes contentious issues such as state transportation policy, the pending opening of BRAC 133 (new construction at the Mark Center on Seminary Road at I-395), taxes, and legislative redistricting.



Delegate David Englin speaks at the FCA meeting. Photograph by Rosiland Jordan.

Most residents wanted information about how to cope with the potential impact on the neighborhood of an estimated 6,400 DoD employees set to commute daily to the Mark Center. Englin acknowledged that problems could be expected with the opening of the new buildings (currently scheduled for September), and he said that the recent General Assembly session had set aside funds to help mitigate some of the anticipated traffic problems. But "it won't be enough. One way or the other, we're going to be stuck with a bad situation," he concluded. As for regional transportation needs and funding, Englin said he favored raising the

per-gallon gasoline tax as a sort of "user fee." Asked how long it might take to persuade a majority of state legislators to vote for a hike in the gasoline tax, Englin said candidly that it's just impossible to predict.

Englin also tried to clear up some of the confusion surrounding the state legislative redistricting process and the upcoming August primary. Because of voting rights violations in the past, Virginia's

redistricting plan must be approved by the U.S. Department of Justice. Englin said that candidates for state office have taken to the hustings on the assumption that DoJ will approve the legislature's redistricting plan. If the plan is rejected, however, candidates will have to run in their old districts in this year's primaries and general election, wait for a new redistricting plan to be drafted and approved, and then run for reelection in 2012 in districts created under the new plan.

For more information, go online to davidenglin.org. You can contact Delegate Englin by e-mail, DelDEnglin@house.state.va.us, and phone, 703-549-3203.

—Rosiland Jordan, FCA vice president

So long, Sam



Fairlington bid a fond farewell last month to long-time resident and tireless civic association volunteer Sam Anthony. Sam and his family are moving west—to Falls Church. Serving as the FCA president for four years, Sam led the neighborhood's fight

against HOT lanes and kept the association's agenda focused always on events and partnerships that would benefit Fairlington. Known for his outgoing personality, Sam never met a stranger. He welcomed every newcomer (and frequently handed him or her a task or committee assignment). Fairlington sends all best wishes to our community's biggest booster.

Great part-time, once-a-month work—very local

Several *Bulletin* carriers are off to college next month, so we're looking for new carriers—people to deliver the newsletter to Fairlington homes at the end of every month. For more information, contact the *All Fairlington Bulletin* distribution manager Noemi Riviera at nbrlopez@msn.com.

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>.

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Vote in the primaries on August 23, 2011

—from the Arlington County Office of Voter Registration (OVR)



Primary elections for offices on the November ballot will be held on Tuesday, August 23 this year, not in June as in most years. The later date, for this year only, is necessary because

of redistricting changes. The OVR expects Democratic primaries for the offices of Commonwealth's Attorney (countywide); Virginia Senate (30th and 31st districts); and possibly one House of Delegates District. More information will be available in the next several weeks as redistricting results are known and as candidates decide whether or not to enter the races.

Fairlington lies in the 45th district of the House of Delegates and the 30th state Senate district.

If you want to register to vote in the August 23 primaries (or if you need to update your address information in order to vote): The deadline to register is Monday, August 1. If you are already registered to vote at your current address, you do not need to register again. If you have moved recently within Arlington or within Virginia and haven't updated your address, you should do so; check your eligibility to vote by contacting the OVR.

If you want to vote absentee in the August 23 primaries: You can apply for an absentee ballot as soon as you know you will not be able to go to the polls on

August 23. (Virginia law permits you to vote absentee up to one year before an election.) You can apply for an absentee ballot by e-mailing your request to the Arlington OVR or by going online to the county Web site to download the application form. Return the application by fax to 703-228-3705 or by mail to the Arlington OVR, 2100 Clarendon Blvd, Suite 320, Arlington, 22201.

Your completed application form requests a ballot. You can have the ballot mailed to you or you can go to the Arlington OVR in person to fill out an application, obtain the ballot, and vote the absentee ballot. If you want your ballot mailed, the office must receive your application no later than 5 pm on the Tuesday before the election (August 16). In-person absentee voting is available in the office beginning 45 days before the election and ending at 5 pm on the Saturday before the election (July 8 to August 20 for the August 23 primaries). Under Virginia law, all absentee ballots must either be sent directly to the voter by mail or voted in person at the OVR.

Virginia law requires a reason to vote absentee, and a few of the valid reasons are: absence for business or vacation; absence due to being enrolled at an institution of higher learning; employment as a firefighter or first responder; inability to get to the polls due to disability, illness, or pregnancy; or caretaker responsibility for confined family members.

For more information about all voting issues, call the Arlington OVR, 703-228-3456, or go online to the county Web site, www.arlingtonva.us, and search voter registration.

Virginia General Assembly slate for Fairlington voters

- House of Delegates, 45th District:
— David Englin (D) incumbent;
(uncontested, no primary)
- State Senate, 30th District:
— Adam Ebbin (D),
House of Delegates, 49th District
— Libby Garvey (D),
Chair, Arlington County School Board
— Rob Krupicka (D),
Alexandria City Council member

Crime rate drops in Arlington

Arlington County's overall crime rate dropped 7.6 percent in 2010, the Arlington County Police Department announced this spring. Crime statistics show there were fewer homicides, robberies, burglaries, and aggravated assaults. Index crimes—homicides, forcible rapes, robberies, aggravated assaults, arsons, burglaries, larcenies, and vehicle thefts—are the eight categories generally used by law enforcement as a standardized measure of the incidence of crime. In Arlington arsons are investigated by the Fire Marshal and are not reported by the Police Department. Arlington's crime rate has stayed historically low the past several years, even during the economic downturn. For more information, go online to the county Web site, www.arlingtonva.us and click Police.

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Grocery shopping to become an experience



Photograph by Gretchen Fallon.

We may soon see a major revamping of the nearby Safeway store on King Street, beside Bradlee shopping center (although no dates are yet known). The City of Alexandria has held two public meetings to assess community interest and discuss what regulatory or zoning changes would be required, and last month the Seminary Hills Civic Association hosted a Safeway spokesperson to describe renovation plans for the store. The new and improved Safeway is part of the company's nationwide rebranding campaign that has invested more than \$100 million to redevelop existing stores into the "Lifestyle" format. Renovating older, smaller locations often involves building a new two-story store.

The rehabbed Safeway would include a heavy re-design of store layout, as well as "an earth-toned décor, subdued lighting, custom flooring, and unique display features to impart a warm ambiance that enhances the shopping experience," according to company marketing materials. Lifestyle-format stores often include expanded service departments, such as floral, produce, meat and seafood, an in-store center and café for prepared foods, and an in-store bakery with a café. The re-design focuses on facilitating recipe building and cross-merchandising items, using new fixtures (étagères and cube units) to present related items together from all areas of the store. For example, a display in the meat department might feature a grilling theme, complete with cooking tools, cook books, wines, and accompanying graphics. Lifestyle Safeways have seen significantly higher average weekly sales than the company's other stores.

Local garden benefits AFAC

When you walk or drive past the fire station, cast an admiring eye to the Plot against Hunger vegetable garden growing apace in the strip of land just north of the bridge. Until three years ago, the plot was idle, sun-baked grass; now the garden produces vegetables—tomatoes, squash, okra, green beans, radishes, beets, turnips, and more—for the Arlington Food Assistance Center. The space is donated by landowner, Abingdon Partners, LLC, and the garden is cultivated by Grace Community Church and Corinthian Contractors. You'll see their volunteer gardeners watering and working the soil most days; on occasion they're joined by Fairlington neighbors who stop by to lend a green thumb. For more information about AFAC's PAH program, go online to afac.org.



The well-tended vegetable garden near the firehouse is a Plot against Hunger, benefiting the Arlington Food Assistance Center. Photographs by Gretchen Fallon.

Saturday and Sunday Farmers Market drivers, helpers needed

AFAC needs drivers and helpers to pick up fresh produce at the close of farmers markets at Courthouse and Columbia Pike locations. Saturday at Courthouse, 2100 Clarendon Blvd.: Start at AFAC at 11:20 am, market closes at noon, return to AFAC by 1 pm. Sunday at Columbia Pike, Columbia Pike and Walter Reed Dr.: Start at AFAC at 12:20 pm, market closes at 1 pm, return to AFAC by 2 pm.

In order to qualify as a driver, you must feel comfortable driving the AFAC work van. Drivers must interview with AFAC staff and provide a copy of driver's license and DMV record. Drivers and helpers should be able to lift 30 to 40 pounds continuously and withstand summer temperatures. A minimum once-a-month commitment from now through November is preferred. For more information, contact Puwen.lee@afac.org.



Fairlington's Own....
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Beautiful weather and a handful of energetic volunteers made short work of removing a primary invasive plant, English ivy, from a section of the woodland on S. 32nd Road on May 21. They also pulled other invasive exotics like Japanese honeysuckle and garlic mustard. Uprooted, too, was green briar—a native plant, but one that is seriously overgrown in this slender habitat. Interesting fact: If you think honeysuckle is yellow, that's because you've become accustomed to seeing the Japanese variety (the kind growing along the chain link fence at the top of the hill). American honeysuckle is red. Nature notes for the day include sightings of the blue jay, gray catbird, downy woodpecker,



and that voluble songster, the house wren. Also sighted was the blackpoll warbler—a migrant headed for breeding grounds in Canada, which is seen here only during May.

Besides creating the morning's enormous pile of plant debris, volunteers bagged a lot of trash—wine bottles, soda cans and plastic bottles, chewed-up tennis balls, insulation, chunks of brick, and assorted construction leftovers.

Another invasive plant pull is currently scheduled for June 25—it will have occurred by

the time the July *Bulletin* reaches Fairlington residents. But invasive ivy continues its aggressive march across the woodland plot, so neighbors are encouraged to lend a weed-pulling hand anytime they are inspired to do so.

Irrigation support for street trees: Many young street trees, planted last fall, sip needed water from “gator” bags. Slightly older trees, planted three or four years ago, could use a neighbor's helping hand and hose. Photograph by Gretchen Fallon.



Coming soon to a street near you: Last month, county work crews milled and repaved S. 36th Street. Photograph by Gretchen Fallon.



Pike farmers market, Sundays, 9 a.m. to 1 p.m.

Beginning in the early 1800s and for well over a century, Columbia Pike has served as a “farm to market” route for the nation's capital. It's fitting, then, for the Pike to host a popular Farmers Market, which opened for the summer season last month. Favorite vendors are returning plus some new ones. For a full list of vendors, go online to the Web site, columbia-pike.org

Fairlington homes on parade



Mews homeowner David Price stands outside his featured Edgewood with the FHS Home & Garden tour pennant.

The sidewalks of Fairlington were busy on May 14, when some 400 people walked the length and breadth of the neighborhood to visit ten homes on display for the Fairlington Historical Society's 2011 Home and Garden Tour. Featured renovations, with offerings in many styles and budgets, included opened-up kitchens with islands, spa-like baths, and remodeled laundry rooms. Tour-goers noted with interest the installation of recessed lighting, pocket doors, and built-in storage cabinets and

wine bars. Two comments, inspired by the tour, were heard repeatedly: "Now we have to go home and paint" and "I'm going to de-clutter—and this time, I mean it."

The FHS trustees want to thank the tour's generous sponsors, the tour's co-chairs, Patsy Hester and Kevin Silvia, and the homeowners: Dina Corsi, Katherine Denzel, Deborah Ehlers, Tim Koczanski, Suzanne Langsdorf, Gretchen Martin, Daniela and Antonio Matarazzo, David Price, Charles and Paula Soderlund, and Sabrina Wesley.

Appreciative thanks go also to our volunteers: Sharon Bisdee, Melissa Black, Margaret Boswell, Marilyn Brazier, Joan Carter, Carmel Cassidy, Carol Dabbs, Luetta Donalds, Ian Donegan, Mari Donegan, Elizabeth Drea-son, Betsy Faga, Julie Florie, Lynn Gant, Stephanie Greenwald, Ed Hilz, Brenda Kriegel, Guy Land, Bill Locke, Ellen Marcus, Susie Maxwell, Christy McCampbell, Virginia McGee, Tona Napoli, Leanne Peters, Mary Anne Restuccia, Joanne Ritchick, Lois Robinson, Emily Samaha, Tricia Sawyer, Wendy Shapiro, Roxanne Sykes, and Suzanne Williams.

Fairlington deemed essential for historic preservation

—Excerpted from the *Sun Gazette*

As part of the county's survey of properties that merit historic preservation, county staff looked at garden apartments, commercial buildings, and shopping centers, most dating from the mid-20th century, to create a first-phase list of sites that might be named to Arlington's Historic Resources Inventory. Fairlington is on the list, and preservation is deemed "essential." During the assessment survey, 400 buildings and sites were evaluated and ranked based on historic and architectural significance. The properties were ranked "essential," "important," "notable," and "minor."

The first-phase survey focused on garden apartments and shopping centers built from 1909 to 1962, which represent about 3.5 percent of the more than 10,000 buildings previewed for assessment in a 12-year, countywide architectural survey completed in 2009. County staff and preservationists indicated a strong desire to retain garden apartments—many such complexes, like Fairlington, have since been converted

to condominiums. "The garden apartment as a genre was basically invented here in Arlington, and is among the most character-defining elements of the county's historic built environment," said county staffer George May in a report to county board members. Eleven garden-apartment complexes are ranked as "essential" for preservation: Arlington Village (1939), Barcroft Apartments

(1939-53), Buckingham Village (1937-53), Calvert Manor (1950), Courthouse Manor (1936-55), Fairlington (1943-45), Fillmore Gardens (1942-48), Lee Gardens/Woodbury Park (1949), Lee Gardens/Sheffield Court (1942) and Wakefield Manor (1943).

The selected properties will be discussed at a public hearing and the county board will vote on

approving the list this summer. Virginia law allows very limited powers to local governments related to historic preservation; thus, designation on the county's list would impose no requirement on property owners. For more information, go online to arlingtonva.us/departments/CPHD/ons/CPHDOnsHistoricPreservation.aspx.



Firefly Festival, July 10



Learner.org.

Learn more about this symbol of summer nights at the county's third annual Firefly Festival, Sunday, July 10, 7:30 to 9:30 pm, at Fort C.F. Smith. The firefly, or lightning bug, is really a type of winged beetle, and there are some 2,000 species around the world—

each with its own distinct blinking pattern. Fireflies generate a chemical reaction that produces light but little heat. The blinking illumination is meant to attract mates; males blink in the air and females blink near the ground on a blade of grass or a bush.

The festival includes bug hunts, games, crafts, walks, contests, talks about fireflies, and a live band. For more information and to register, call 703-228-6535. There is a \$5 fee per person (maximum of \$20 for families). There is no rain date. For more information about summer programs, go online to www.arlingtonva.us/departments/ParksRecreation/scripts/nature/TheSnag.aspx.

Hurricane season began June 1, will heat up

The weather experts are predicting a busy Atlantic hurricane season this year. The National Oceanic and Atmospheric Administration announced last month that we can expect more storms than average in the 2011 season, June 1 to November 30. NOAA is forecasting 12 to 18 tropical storms, 6 to 10 hurricanes, and 3 to 6 major hurricanes with winds of 111 mph or greater.

NOAA officials note that ocean surface temperatures are currently two degrees (F) above normal, but not as warm as last season's ocean waters, which were four degrees above normal. In 2010, there were 19 named storms and 12 hurricanes; however, none made landfall along the U.S. East or Gulf coasts. NOAA says the U.S. was "lucky" last year. Declining to speculate on the prospects for landfall this season, NOAA does say that we are "unlikely to see a repeat of last year."

FEMA underscores the need for preparedness. The official emergency management advice is: Be prepared to take care of yourself for three days. For more information, go online to the Web sites hurricane.gov and ready.gov.

Women talk money this summer

This course, in five sessions, focuses on the unique financial needs of women and provides information needed to take charge of one's financial future.

July 12	Financial basics
July 19	Insurance basics
July 26	Investing basics
August 2	Investing for retirement
August 9	Planning for future life events

All classes will be held Tuesday nights, 6:30 to 8:30 pm, at Arlington Central Library (1015 N Quincy Street). The cost is \$25 for the accompanying textbook. To register, contact Jennifer Abel, jabel@vt.edu or 703-228-6417. This is a program of Virginia Cooperative Extension and Arlington Public Libraries.

Be careful with post-storm use of generators

After a series of tornados in late April laid waste to sections of Alabama, Mississippi, Tennessee, Arkansas, and Georgia, the Consumer Product Safety Commission issued a warning about the use of portable generators in the aftermath of severe weather events that cause power outages. CPSC reported that carbon monoxide from generators resulted in at least 43 deaths in 2009. For more information, go online to www.cpsc.gov/cpscpub/prerel/prhtml11/11208.html.

July 4th bake sale reminder: The Great American Bake Sale, sponsored by the FCA, Fairlington Commons, and Great Harvest Bread, will take place July 4 at the North Fairlington community center parking lot, beginning at 10 am. Between 9 and 10, bring home baked sweets to donate (no frostings or fillings that melt in the heat). Help us surpass last summer's donation to Share Our Strength by purchasing treats and raffle tickets for great gifts donated by local businesses. To help with the bake sale, call Cathy, 571 480-9260.

Girl power: Abingdon students are Girls on the Run NOVA team members who, with their coaches, ran in the GOTR 5K held at George Mason University in May. More than 7,300 girls and their buddy runners participated in the 5K. Photograph by Beth Andrews.



Arlington fares well in comparison of economic stress across the country

Arlington emerges as one of the least stressed counties in the U.S., according to the Associated Press' online Web app that measures how the recession affects localities across the country. AP compiles a county's stress index by measuring the combined impacts of unemployment, foreclosures, and bankruptcies. Updated monthly, the stress index snapshot from March 2011 shows Arlington County's overall stress index as 4.79%; unemployment was 4.1%, and foreclosures were 0.36%. That compares quite favorably to the economic distress experienced by residents of, say, Montmorency County, Michigan (stress index of 22.54%, with unemployment at 21%) or Yuma County, Arizona (stress index 25.33%, unemployment 23.2%). The app's interactive map contains monthly data since the onset of the recession in December 2007 (to roll over the smaller counties of the eastern states, it helps to use the map's zoom and grab-and-pan features). For more information, go online and enter the search term, AP economic stress index.

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Library hours restored with the fiscal year

Beginning July 1, in conjunction with the start of the county's fiscal year 2012 budget, Shirlington Library patrons will enjoy some restored operating hours that had been cut back in the previous year's budget. Shirlington will open at 10 am on Wednesday mornings (rather than opening at 1 pm). On Sundays, Shirlington will remain open until 9 pm (rather than closing at 5 pm).

The three hours restored to every branch library (except Plaza) during the Monday through Friday workweek will bring back some needed programs for young children and address the oft-stated need for more evening hours—library supporters say that's especially good news for working parents and teens with homework.

The newly effective schedule for Shirlington Library:

Sunday, 1 pm – 9 pm
Monday, 10 am – 9 pm
Tuesday, 1 pm – 9 pm
Wednesday, 10 am – 9 pm
Thursday, CLOSED
Friday, 10 am – 5 pm
Saturday, 10 am – 5 pm

Pets on parade



**Animal
Welfare
League of
Arlington**

The Animal Welfare League of Arlington has come up with a new way to promote the adoption of pets that have not generated much interest. The League has created a small animal

viewing/meeting area at the front of the organization's headquarters in Shirlington. The "Very Important Pet" lounge will feature a rotating array of dogs, cats, or rabbits. Among the first VIPs were pit bulls, which usually take longer to be adopted than other pets. The idea for the lounge came from AWLA executive director, Neil Trent, who borrowed it from another shelter, according to the AWLA's newsletter. For more information about pets available for adoption, go online to the Web site, www.awla.org.

Ten tips to find your exercise mojo

—excerpted from WebMD, *Exercise Motivation*



1. Set realistic goals: Don't start by trying to work out an hour every day. Begin with 20-30 minutes of exercise, two to three times a week.
2. Chart/track your progress: Seeing incremental improvements (improved time, increased reps, or greater frequency of workouts) can boost motivation.
3. Don't expect perfection: Accept going in that there will be some sidesteps and setbacks. Then resume your plan.
4. Don't compare yourself to others: Recognize the intimidation factor, and then forget about those toned, fatless specimens who strut through the gym. When you're out of shape, it takes courage to don workout duds. Just work your plan.
5. Get support: Not stretchy garments, but anyone who will encourage you—spouses, girlfriends, co-workers. If you need additional help, hire a trainer.
6. Find the fun: From aerobics to Zumba, look for a fitness class that appeals to you. If you're not the gym type, walk around the neighborhood, or intensify activities around the house, such as walking up and down stairs or dancing in the living room.
7. Break it up: Split exercising into two or three sessions. So if you don't feel like exercising for an hour on any given day, do three sessions of 20 minutes each.
8. Make it convenient: Do whatever you can to remove obstacles to exercise. If you're time-pressed, don't spend time driving to a gym—try exercising at home to fitness DVDs instead. Too tired at the end of the day? Set your alarm a little earlier and exercise in the morning.
9. Forget the past: You won't win a letter jacket or make the cheerleading squad—you want to exercise to stay healthy and enjoy your life.
10. Reward yourself: Not with a piece of chocolate cake, but with something enjoyable, like a movie or flowers.



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FAIRLINGTON

community center news

Holiday closing: The FCC will be closed on Monday, July 4.

Check out FCC art

Come check out the art work on public display in Court Yard 2. Created by a group of teens participating in an afterschool program along with staff from the Arlington County Department of Parks, Recreation, and Cultural Resources, "Stepping Stones" is 10 feet tall and 4 feet wide. It was created by nailing 5,200 blue, green, and silver sequins to an aluminum pegboard.

Summer camps, classes, workshops

Camps: FCC hosts several summer camps for kids between the ages of 3 and 15. Search "summer camps" at www.arlingtonva.us/prcr. Camps can be searched by location on the "Browse for Summer Camps" page.

Class and workshop registration: Tennis, swimming, robotics, nature programs, and arts and crafts—there is something for everyone among Arlington's summer classes. Look for the summer issue of *Enjoy Arlington* at FCC or go online to www.arlingtonva.us/prcr to find the class that is right for you. For registration or questions, call 703-228-4747.

Workshops

Meditation plus: For those who think of meditation only as a calming and relaxing exercise, think again. This class will teach you how to calm your mind and body as well as change your thinking, reduce your response to stress, focus and heighten your awareness, and

breathe more efficiently. Each class combines instruction, exercises, and discussion. Wear comfortable clothing and bring a pillow, blanket, and lunch if you like. This class is not affiliated with any religion or spiritual practice. Beginner and practicing meditators are welcome. Instructor is certified to teach Integrative Meditation. Inst: Interdonato. \$64. Adults, one session, Sat., Jul. 9, 9 am – 2 pm. 440813A.

Beading fun for all: This is a family style beading workshop that is a great way for parent/caregiver and child to learn the basics of beading through simple techniques. Make-and-take necklace and bracelet. All supplies included. Register child only. Inst: Lee. \$31. Ages 7 to 12, one session, Sat., Jul. 9, 10 am – noon. 440151A.

Basic beading: Learn the fundamentals of beaded jewelry design using bead crimps, beading wire, leather cord, coil ends, head and eye pins, jump and split rings, basic loops, wrapped loops, and use of a bead board to make necklaces, a bracelet, and earrings. Supply fee of \$30 to \$40 to be paid to instructor. Additional beads and kits available for sale as well. Good eye-hand coordination is helpful. This is a make-and-take workshop. Inst: Lee. \$40. Ages 16 to adult, one session, Sat., Jul. 23, 10 am – 1 pm. 440150A.

Senior center events

Regularly scheduled programs are Tuesday through Friday from 8:30 am to 1:30 pm for residents 55 and older who hold a 55+ pass. Call Emma Valencia at 703-228-7791 for more information.

Master Gardeners plant clinic
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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.

noon. Help Desk, 703-228-6414.

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.

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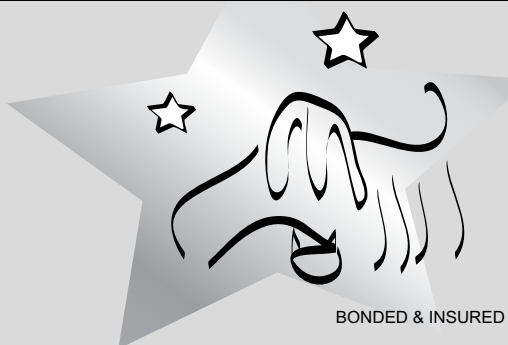
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DOWN TO EARTH patio gardening



Mad dogs and Englishmen...and sun-loving plants

Heat, humidity, heat indices, sun screen, perspiration, cramps, sunburn, and gulps of Gatorade—it's summer in Washington. From early June to late September, we tolerate soaring temperatures, sometimes into the triple digits. We may wilt, but there are plants that like it. And many specimens *prefer* all-day sun. Below is a list of flowering specimens that can take the summer heat and make our gardens easy on the eyes.

Magnolia: The Southern magnolia grows 80 feet tall with a 40-foot spread, but there's a diminutive version. The "Little Gem" grows from 5 to 14 feet tall. It has the same floppy, fragrant white flower and football-shaped, leathery leaf with brown underside as its bigger mate. It is evergreen, dense, and a perfect "front and center" planting.

Crape Myrtle: Cone-shaped blooms show from the third week of June to early October. But I saw "Catawba," a purple-flowering variety, in full bloom the first week of June. Blooms come in shades of pink, lavender, red, and white. The trees, ranging in height from 8 feet to 32 feet, are multi-trunked with smooth, beige bark. The Japanese species, "Faurei," bears cinnamon swirls on its bark. Each tiny crape myrtle flower has a yellow eye,



The showy clematis vine trains well on a trellis or fence.
Photograph by Corey Hilz, www.coreyhilz.com.

and all blooms have earthy scents. When they fade, brown crowns (like royal headgear) appear on the ends of brittle branchlets, where they remain all winter.

St. John's wort: This is a coffee cup-shaped shrub with meandering branches and yellow, buttercup-like blooms that appear in June and throughout the summer. Its leaves are oval, like a locust tree's foliage, and attach to branches on reddish stems. Stamens and pistils protrude out from the petals. You can see the plants blooming in a stone planter just up S. 31st Street from the Shirlington Post Office.

Clematis: Ray-like florets in lavender, purple, pink, or white show from early June to late summer. The plant takes bright sunshine but it also flowers in shade. The vine is flimsy and delicate, so train it on a wooden trellis or through the boards

of a fence. Keep the root zone cool with large-chip mulch or rocks.

Hydrangea: The Bigleaf Hydrangea has snowball-like blooms in blue or pink. Hydrangea Paniculata has arching branches with white flowers. Oakleaf Hydrangea has cone-like, white blossoms that turn soft pink in autumn. Climbing Hydrangea (which also likes shade) flowers white on an exfoliating, rust-colored vine. But

keep in mind: Any hydrangea needs lots of water in summer.

Russian sage: The soft lavender blooms attach to long thin stalks that grow in the shape of a "U" about three feet tall. You will notice the plants on median strips in the middle of the street, so you know they tolerate both sun and pollution. The leaves are aromatic when rubbed. It is the perfect plant for a wildflower garden and mixes well with other perennials such as yarrow and red hot poker. Yarrow has mustard flowers clustered on a flat, even surface—making it an ideal landing pad for pollinators. Red hot poker resembles a fat cigar (12 inches long and two inches wide in the middle). Its flower morphs from yellow to bright orange with a gradation of yellowish-orange blooms in the center.

— Bill Sullivan,
www.sullivanlandscaping.net

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Animal Talk

For the birds

Michael Ebert, a long-time Fairlington Villages resident, says he always wanted birds and “they seemed to fit my lifestyle better than traditional pets.” Thus, he is the owner of two beautiful Macaws, Jude and Rainbow. Both parrots are about 15 years old, and can live at least 25 to 30 years, Ebert says. Bigger birds can live 50 to 75. “If you are considering ownership, I think you have a moral responsibility to ensure your birds are cared for if you depart first.” (Ebert has arranged for his birds to go to the Gabriel Foundation in Colorado.) Ebert says his birds have unique personalities. “They are both very interactive, affectionate, and like to play. Though not big talkers, they say hello or speak when the phone rings or someone comes to the door.” Here, Ebert shares his extensive knowledge of owning exotic avians.

First, you should find a reputable dealer. Avoid what Ebert calls “bird mills” and dealers selling “illegals,” that is, wild-caught birds captured and sold in violation of international treaties and federal laws. Legal birds are registered with the Interior Department and come with paperwork showing hatch date and proof of domestic birth. “My dealer was highly ethical and required me to spend time in the store learning to care for (and clean up after) the birds. I highly recommend putting down a deposit and learning about the bird as it is being hand-fed and transitioned from baby to juvenile. For about six to eight weeks, I stopped by the store almost every evening for at least an hour.”



Photograph by Christine Chirichella.

The care and feeding of birds takes a little education. Ebert’s birds dine mainly on high-quality pellets and water, and some unsalted, shelled nuts like pistachios and almonds. For variety, they get some pasta, whole wheat bread, vegetables, and mangoes. (Be aware that many foods are toxic to birds.) Most birds, says Ebert, are relatively low-cost after the initial tests and investment. Well cared-for birds generally do not need regular exams or vaccinations. But “you should find a qualified, avian board-certified vet, which can take time and increase office visit fees.” Just as dogs require time out of the house daily, so do parrots. Ebert’s rule of thumb: “If you cannot devote an average of three to four hours per day to let your bird out and engage it, a parrot isn’t the right pet.”

Contrary to popular belief, says Ebert, “having birds in small spaces can be challenging.” Certain species might be noisy or messy. Moreover,

you should anticipate jailbreaks! “My Macaws are smart, and both have escaped when I was not home. It’s hard to find a qualified bird sitter when I travel, and it’s often stressful on them, as most bond with their human companion. Novice bird owners might want to consider these “entry level” and lower maintenance birds: finches, budgies, cockatiels, and green cheek or red bellied conures (small to medium-sized parrots).

If you are attracted to a pet bird because “it’s easier than a dog,” Ebert advises that you think again. “Do your homework and make pre-purchase investments of time.” Many birds are stunningly beautiful, he says, and can be victimized by human impulse buying. “As with any pet, whether or not a bird makes a good pet depends more on you than on the bird.”

—Christine Chirichella, AFB Assistant Editor

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Thank you to our translator volunteers

The Abingdon community has a large Spanish-speaking population, so the PTA works hard to provide all communications to parents in both English and Spanish. We rely on the support of volunteer translators to make this possible. Some are parents at the school and some are just supportive neighbors. We'd like to thank our translators for all their hard work this year. We look forward to working with you all again in the coming year!

Mirta Arazoza
Gonzalo Bernal
Susan Frieband
Karina Martinez
Jeymy Pena
Carol Ruppel
Thomas Ternan
Ada Torres

Abingdon community celebrates our diversity

On June 10, Abingdon held an International Dessert Night. Students, teachers, and parents provided a wide array of desserts, including flan con queso and arroz con leche from Mexico, Indian sweets, cannoli from Italy, and Ethiopian flatbread.

The evening also featured entertainment representative of the many cultures of Abingdon's student body. One Abingdon student danced flamenco. A former Abingdon student and his father played classical sitar music. An Abingdon parent sang Bolivian songs. And two of Abingdon's staff played Latin jazz. Our talented Cardinals were



Former Abingdon student, Ishan Chatterjee, played classical sitar music in a duet with his father at Abingdon's International Dessert Night. Photograph by Michelle Marston.

joined by a Bolivian dance group and a pair of heritage rappers from Washington-Lee High School.

Abingdon students publish their second school-wide literary work

Following the success of last year's school-wide poetry project, Abingdon published a book of six-word memoirs written by our students. Students studied portraits and biographies throughout the year. Then, they wrote very short, six-word autobiographical poems and paired them with portraits that they planned to showcase their personalities. Every student got a free copy of the book.

The Abingdon PTA raised money to support this program by selling reusable red tote bags emblazoned with the Project GIFT logo. Project GIFT is the unique, interactive learning program that Abingdon uses to supplement regular classroom instruction. The bags are perfect for grocery shopping, trips to the beach or library, and more. They sell for \$3 each or 2 for \$5. Future sales will all be used for other classroom and school needs. Anyone interested in purchasing an Abingdon tote bag can contact Michelle at michellecmarston@gmail.com.

—By Michelle Marston, Abingdon PTA co-president



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neighborhood news

In Memoriam, James R. Mailler, 1927 – 2011

With regret, we note the passing on March 21 of long-time Fairlington resident James R. Mailler. Jim was a career Army officer who served in Korea, Japan, Germany, and Vietnam. In retirement, he became active in the founding of the Fairlington Citizens Association; as FCA secretary, he signed the organization's 1976 bylaws and he was involved in FCA activities for many years. Friends and neighbors may recall the humorous haiku posted on Jim's front door:

My hut in spring!
True. There is nothing in it.
There is everything!

His ashes will be interred at Arlington National Cemetery.

Fair Golds

The Fair Golds, an Arlington County social group in and around the Fairlington area (including Alexandria), will be on summer schedule in July and August, which means only one meeting per month. Fair Golds will hold a combined business and social meeting at noon on Thursday, July 21, at the Fairlington Community Center. 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. For more information, call Gertrude Frankel at 703-931-3759.

Fairlington Diners

We're an easy-going group of Fairlington and non-Fairlington friends who gather for dinner a couple of times a month and focus on having a good meal in great company. This month, we'll meet for an expedition to National Harbor by water taxi from Alexandria—we hope to have better weather than when we did this in October. If you'd like to be included in our e-mail list, please send your e-mail address to carol_dabbs@yahoo.com.

Monday, July 18, 7:30 pm, 1/2 price burger night at Ramparts Restaurant, 1700 Fern St, Alexandria, VA 22302, 703-998-6616. This is a popular event with a

different group each month. Come enjoy the new burger menu, which has proven to be very tasty.

Sunday, July 31. We plan to take the 1:25 pm water taxi from Alexandria to National Harbor, with lunch at 2:15 pm at McCormick & Schmick's. Round trip tickets for the water taxi are \$16, and may be purchased from the Potomac Riverboat Company, either at their office at Cameron and Union St in Old Town or online. We'll have lunch and then head back later in the afternoon, probably on the 4:50 pm water taxi. Please call Carol at 703-379-6840 not later than 6 pm on Saturday July 30, so we know what reservation to make for lunch. Afterward, please call (not e-mail) Sharon at 703-578-1763 to let us know if you plan to attend, so we can choose the right size table when we arrive. Leave a voicemail if you don't reach Sharon or Carol directly at either number; include your name and how to contact you the day of the event, in case of a change in plans.

Book Group

Syrian-American Abdulrahman Zeitoun sent his American-born wife Kathy and their children to safety, weathered Hurricane Katrina, and stayed to protect his property and assist the stranded. In *Zeitoun*, Dave Eggers tells the true story of an Islamic family: How Abdulrahman was mistaken for a terrorist, arrested, held incommunicado, and imprisoned. All are invited to discuss the book with us on Tuesday, July 26, at 7:30 pm in the North Fairlington Community Center. For more information, please contact Terry Gough at tjgough@verizon.net.

Fairlington Babysitting Co-op

One of the great resources of Fairlington for more than 30 years, the Co-op is a community of parents helping one another balance parenthood and the need to have an occasional evening or afternoon to yourself. The network of families exchanges 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.

How it works: 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 sittings. Members send out their own sit requests via the Fairlington Babysitting Google

neighborhood news

Continued

Group. Sits may be requested during the day, evening, or weekend. 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 group introduces new members at its quarterly meetings/social events.

How to join: If you are a Fairlington resident, e-mail the Summer Quarter co-coordinators, Erica Brown and Erin Snow, at fairlington.babysitting@gmail.com to request an application and a complete set of rules. Once your application is complete, your references will be contacted, and then the coordinators will come for an in-home interview. Once these steps are successfully completed, you will receive a supply of Co-op cards equal to 15 hours of babysitting.

Thirty-somethings will not meet in July. If you want to be added to the list, please contact Kavita Kalsy at kkalsy@hotmail.com.

MOMS Club of Arlington-Fairlington

Are you a full- or part-time stay-at-home parent 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 children participate in general monthly meetings, member planned outings/events, Parents' Night Out, and much more. The weekly age-specific playgroups start as young as birth and go up to 3+ years old. Playgroups are great for kids, but they also offer parents a chance to find support and friendship.

Parents and parents-to-be are welcome to join us for our next general meeting July 13 at the Fairlington Community Center. Children are welcome. For more information about the club, the meeting, or membership, contact Angela Klaus (Membership VP) at fairlingtonmoms@yahoo.com. Annual dues of \$25 support quarterly group functions and community service projects.

Mews resident is a long-time volunteer

Fairlington resident Ron Patterson is well-known to neighbors in the Mews; but not even neighbors always realize the scope of Ron's volunteer contributions to the Fairlington community. He was a founding member of the Fairlington Historical Society and served as its first president. In addition, for the last dozen years, Ron has single-handedly served as the designer and Webmaster for the six Web sites of the condo associations in south Fairlington. He volunteered his time and skills and underwrote any costs involved. The umbrella Web site, www.fairlington.org, grew out of the effort in the 1990s to secure historic designation for Fairlington, which was achieved when the community was placed on the National Register of Historical Places and the Virginia Landmarks Register.

For the last several months, Ron has been working with a resident of Fairlington Green to turn over the task of Webmaster for the south Fairlington condo associations. At this time of transition, we would like to recognize Ron's many years of volunteer work and applaud his contribution to the neighborhood.



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

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.

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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

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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")

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