## 2 FAIRLINGTON BULLETIN





www.fca-fairlington.org

**SEPTEMBER 2014** 

Volume 40, Number 9

## Fisette to speak at September 17 FCA meeting

Arlington County Board Chair Jay Fisette will be the speaker at the FCA meeting on Wednesday, September 17, at 7 pm at the Fairlington Community Center. Fisette plans to answer questions about pressing county-related concerns of Fairlingtonians.

Fisette has focused on three main areas since becoming chair of the board in January of this year: 1) growing school enrollment; 2) affordable housing; and 3) economic competitiveness.

The issues Arlington faces with school growth, particularly with regard to Abingdon Elementary, have been covered in these pages, and Fisette's goal as chair has been to increase communication and collaboration between the county board and Arlington County Public Schools as the schools go through the 10-year Capital Improvement Plan (CIP) pro-



Jay Fisette, Arlington County Board Chair. Photo courtesy Arlington County.

cess. The CIP was approved by the school board in July and the county board recently tasked a working group with evaluating whether an elementary school could be built on the Thomas Jefferson Community Center site, per one of the CIP recommendations. In relation to building and expanding schools, Fisette noted that Arlington is only "26 square miles and is nearly built out," which complicates finding a solution to accommodating increasing numbers of students.

Fisette noted when he became board chair that "[b]etween 2000 and 2011, Arlington lost more than half of its remaining inventory of market rate affordable units—over 11,500 units." Fisette is working to continue the county's efforts to preserve and increase affordable housing, including along Columbia Pike, a focus of recent development efforts.

Another concern of Fisette's is how to attract and retain businesses in Arlington. Arlington faces competition from Tysons Corner and other hubs that will be more accessible due to the Silver Line. Increased remote work options and Federal government cutbacks also have reduced demand for office space in the area. Fisette, though, sees Arlington as uniquely positioned to attract economic development because of the proximity to Reagan National Airport; its transportation infrastructure and smart growth policies; as well as the appeal of good schools, cultural attractions, and attractive residential neighborhoods.

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### Coming up ...

The FCA Board invites all Fairlington residents to attend its meetings, which occur on the second Wednesday of the month at the Fairlington Community Center (3308 S. Stafford St.) unless otherwise noted. If you would like to discuss a neighborhood issue at the meeting, please e-mail president@fca-fairlington.org or leave a voice-mail message at 571-403-1943 by the Sunday before the meeting.

#### September 17 preliminary agenda

(Note: this month's meeting takes place the third Wednesday of the month)

**Special Presentation**, Jay Fisette, Chair, Arlington County Board, will answer questions from the community.

#### **Regular Board business**

- Approval of August minutes
- Officer reports
- Committee reports
- Unfinished business
- New business

#### Online resources:

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



Find us on Facebook at Fairlington Appreciation Society.

Find the latest *AFB* online at the FCA Web site the week before hard copies hit doorsteps.

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Shirlington Library	703-228-6545
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www.arlingtonva.us/departments/Environi	mental
Services/dot/traffic/streetlights/index.htm	
Helicopter Noise Complaints	Bob Laser (FAA)

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#### All Fairlington Bulletin

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#### FCA Calendar

#### FCA monthly meeting

Wednesday, September 17, 7 pm FCC

#### **Fairlington Diners**

Wednesday, September 10, 6:30 p, The Fish Market, 105 King St., Alexandria

#### **MOMS Club**

Wednesday, September 17, 4:30 pm FCC

#### **Fairlington Diners**

Monday, September 22, 6:30 pm, Ramparts Restaurant, 1700 Fern St, Alexandria

#### **Book Group**

Tuesday, September 23, 7:30 FCC

#### **Steering Committee meeting**

on Intergenerational Strategies Tuesday, September 30, 7pm FCC

#### Back to school

Tuesday, September 2, marks the first day back to school for area youth. Students will be walking and biking to school, and school buses will return to their regular morning and afternoon routes. Please observe speed limits, take caution to stop at crosswalks where pedestrians have begun to enter, and follow traffic laws around buses stopped to load and unload passengers. And



as daylight saving time ends in early November, children will be walking to their bus stops in the morning while it is still dark out. Pay extra attention when driving in the early morning hours.

Some images in this publication may be digitally enhanced.



## PRESIDENT'S MESSAGE

The prospects for a farmers' market operating in Fairlington next spring brightened last month when the Arlington County Department of Parks and Recreation concluded that a farmers' market is an appropriate use of the open space adjacent to the Fairlington Community Center (FCC). County staff are now reviewing an application for a permit to operate the market and expect a proposal to come before the county board this fall.

The FCA Board unanimously gave its support to the market last year and reaffirmed that support last month. The board's approval, however, also includes a provision that the impact of the market be assessed after a year of operation, with a particular focus on the traffic, parking, and noise impacts.

The county's finding that a farmers' market would be an acceptable use of the FCC grounds caps an 18-month effort by Fairlington volunteers to examine options for a market in Fairlington. It builds on the work of a special committee that FCA established early last year. Led by cochairs Lane Erwin and Melissa Beene, with a dedicated set of members, the committee explored a variety of alternatives (locations, days, hours) for a neighborhood market for Fairlington. They conducted parking research, door-to-door interviews, and an online survey.

The general sentiment of the community has been very much in favor of having a farmers' market. Residents cite the health benefits and convenience of fresh, locally-grown food, but they also the stress the sense of community that visiting with neighbors at the market could foster.

The main concerns residents have expressed are the possible increase in traffic and the potential additional parking challenges in the couple of blocks right around the FCC. The county is likely to impose certain conditions on the operation of the market to help minimize these sorts of adverse impacts. Throughout the process, FCA and the farmers' market committee have been willing to consider strategies for minimizing inconvenience to neighbors across the street.

There are several key steps yet to come: county negotiation with the applicant over conditions for the operation of the market, review and approval by the county board, and securing commitments from local growers to sell at the market next spring.

There's still a lot of work to be done, but things are moving in the right direction. My thanks to the dedicated volunteers who have helped us keep this process moving along.

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

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### County approves FCC for use as farmers' market



Farmers' market on Columbia Pike. Photo by Gretchen Fallon.

Arlington County's Department of Parks and Recreation (DPR) has determined that the property at the Fairlington Community Center (FCC) is appropriate for use as a farmers' market. In its report released August 12, the county concluded that, "The site's location, characteristics, context of the

surrounding neighborhood, circulation, and parking access favorably support a farmers' market use."

This does not mean that the county has officially said "yes" to the farmers' market. Rather, it means that the process now continues with approval of a Special Exception Use Permit. The county chose not to sponsor a farmers' market at this site; therefore, it requires that a nonprofit organization sponsor, or manage, the operation. The county will be reviewing the Special Exception Use Permit application originally submitted by Field to Table back in November of 2013.

This eliminates the Intent to Bid process that the county had previously called for. However, according to Jennifer Fioretti, Deputy Director of DPR, this is how the approval process was conducted for all of the other seven non-county-sponsored farmers' markets.

Arlington County's Department of Community Planning, Housing and Development conducts the application review that evaluates the impact of customer and vendor parking as well as other possible impacts that a farmers' market could have on surrounding neighborhoods.

Fioretti said that residents can send comments to the county board at any time during the review process; there will be a public comment period when the use permit is brought before the county board for final approval sometime this fall.

"We are excited that the county has determined that the FCC is an appropriate site for a Fairlington Farmers' Market, and look forward to working with it on the permitting process in the upcoming weeks," commented Lane Erwin, co-chair of the Fairlington Farmers' Market Committee.

Over the past six months, DPR has conducted a study of the appropriateness of the FCC for use as a farmers'

market. This included an audit of the use of the property, an online survey, and two public meetings held at the FCC in April and May. The Special Exception Use Permit application requires a letter of consent from the property owner—in this case, Arlington County. Results from the study indicate that DPR will recommend a letter of consent.

To read the full report and check for updates to the use permit review timeline, visit www.parks.arlingtonva.us/ and search for 'Request for Fairlington Farmers' Market.'

-Janis Johnston

## FCA Board maps neighborhood activities agenda

The return of the Santa ride in mid-December, another joint FCA-Abingdon 5K in the spring, and the possibility of a fall paper shred highlight the community workplan the FCA Board is developing for the coming months.

The sight of Santa riding on the fire truck through Fairlington has become a favorite holiday attraction for young Fairlingtonians. Subject to negotiations with Santa's scheduler—and our good friends at Fire Station 7—the Santa ride is tentatively scheduled for mid-afternoon on December 13.

Last year, for the first time, FCA sponsored a fall paper shred that drew good participation. The board is open to doing that again this year, so if you would like to see another paper shredding event this fall, let the board know.

This spring's inaugural FCA-Abingdon 5K drew more than 800 runners and netted roughly \$12,000 for Abingdon Elementary and the foundation A Cure for Ellie. It is fast on its way to becoming a community institution. FCA and Abingdon are already starting to plan one for next spring, so start your fitness training now.

The board has agreed to continue the practice of hosting Fairlington Day every other year, and does not plan on having one in 2015. The board is also considering the option of moving the event from the spring to the fall, making something of a community fall festival.

The board's goal is to offer a series of community activities spread somewhat evenly across the year. If there are particular activities you would like to see FCA sponsor, let us know.

—Guy Land





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### Planning work to begin for Abingdon expansion

Planning work for the renovation and expansion of Abingdon Elementary School will get underway in September when the Arlington School Board approves a contract with the architecture and engineering team and establishes a Building Level Planning Committee (BLPC) to provide neighborhood input for the project. School board action on both matters is slated for September 4.

The BLPC will provide recommendations to the school board on issues such as how the expansion will be configured and fit on the current school property (and what current open space will need to be used for the expansion), as well as the extent and location of on-site parking. The committee will meet frequently for six to nine months, with a particular emphasis on the planning and concept design work during the first four or five months.

The FCA, Abingdon PTA, Abingdon school staff, and other civic associations within Abingdon's service area will have representatives on the BLPC.

The larger neighborhood impacts of the expansion, such as traffic, will be considered by the county's Public Facilities Review Committee, which is made up of the chairs of most of the county's standing advisory committees,

augmented by representatives of the affected civic associations, such as the FCA.

In addition to these formal committees, Arlington Public Schools (APS) will hold several community outreach and briefing sessions to keep Fairlingtonians and others informed on the status of the project and solicit residents' views on the options under consideration.

According to John Chadwick, Assistant Superintendent for Facilities and Operations, construction is projected to begin no later than the summer of 2016, with an earlier start possible. The goal is to have the work completed in time for the beginning of school in the fall of 2017. APS will be looking at ways to minimize the impact on the surrounding communities once the construction gets underway.

The Arlington County Board approved the Abingdon expansion and renovation as part of this year's Capital Improvement Plan (CIP). Funding for the Abingdon project, projected at \$28.75 million, will be part of the school bond issue referendum to be considered by Arlington voters in November.

—Guy Land

### STEM preschool proposed for Fairlington

A new STEM preschool could begin operating in Fairlington if the Arlington County Board approves a use permit application later this fall. The privately-owned school would be located at 3120 S. Abingdon St., the building next to the fire station (and former site of Frosty's).

The preschool would be targeted to children ages two to five, and would operate from 9 am to 4 pm weekdays. The use

permit application to the county projects a preschool enrollment of up to 48 children.

The front of the building would be used for drop off and pick up of children. The open space at the end of the building would be fenced in and converted to a playground.

Portia Moore, the owner of the company that would operate the preschool, says the school would educationally stimulate the children in science, technology, engi-



The proposed preschool would be housed at the former site of Frosty's. Photo by Janis Johnston.

neering, and math, and would feature labs where the children would explore water and fire, earth and wind, technology, math, music, engineering, and language.

Moore, a former Arlington Public Schools teacher, currently operates a babysitting service in North Arlington.

The FCA considered the permit application at its August meeting and voted to support

the use of the property for the purposes of the preschool with the proviso that the county review the operation of the preschool after one year to assess the impact on traffic and parking in Fairlington.

Moore's application is currently being considered by the county zoning staff, with a potential vote by the county board likely in late October.

—Guy Land

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#### Dear Neighbors:

We wish to extend our heartfelt thanks to all those who helped make the Fairlington 5K race such a huge success. From the Fairlington Citizens Association to the Abingdon Elementary staff and Parent Teacher Association, and to all those who donated and participated in the event, your generous efforts have helped provide a path forward in our search for a cure for our daughter's rare genetic condition—Leukodystrohpy-LBSL.

Our family is currently researching some promising new genetic treatments, which have worked in other diseases in laboratory tests and early clinical trials. We are a long way off, but the money you helped raise provides a path forward. Each journey begins with a single step, and you helped us take that step. We could not be more grateful.

We are so blessed to be able to report that the vitamin therapies Ellie receives daily are keeping her strong and active. She completed kindergarten at Abingdon in June, and although she is not as strong or fast as the other kids in her class, in her happy little mind, she is just like everyone else. Seeing Ellie running alongside her classmates in the 5K race was something we could not have imagined in 2011 when she began losing the ability to walk.



Ellie McGinn. Photo by Nicole Van Hoey.

Your efforts have also helped us connect with other families whose children were recently diagnosed with LBSL. Several children have either received, or are in the process of pursuing, vitamin therapies similar to what Ellie receives from Johns Hopkins. Because of your donations, children from New Zealand, Germany, and Ukraine are learning about LBSL and we are able to provide hope, knowledge, and resources for these families.

From the bottom of our hearts, "Thank you." Your generosity has already made a difference in the lives of children like Ellie, and this is just the beginning.

We feel truly blessed to live in such a wonderful and caring community.

With deep appreciation, Mike and Beth McGinn Ellie's Parents

### Future unclear for Park Shirlington redevelopment

It was recently announced that Home Properties, Inc., the owner of the Park Shirlington Apartments located on S. 31st St., is changing its business strategy, exiting the new development business in order to concentrate on acquiring and upgrading older properties.

As of press time, there has been no indication from company representatives of what implications this corporate change may have on plans for the Park Shirlington property and the company has not withdrawn its site plan

application with the county.

Earlier reports in the *All Fairlington Bulletin* detailed Home Properties' plans to raze Park Shirlington and seek to rezone the property in order to build 750 new apartment rental units.

As the FCA learns more about how these changes may affect Park Shirlington, we will keep you posted.

—Janis Johnston



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## Fairlington Community Center offers a wealth of activities for the pre-k set

It's not unusual to see young children being pushed in strollers around Fairlington, many making the Fairlington Community Center (FCC) their destination. But there's much more than just the bustling Fairlington playground, with its swings, play structure, and sand box that brings families to the FCC. Arlington County's Department of Parks and Recreation (DPR) offers a variety of programs for children, ages one to five, on a year-round basis right here in our own backyard.

**Fairlington Cooperative Playgroup.** Especially for children ages 12 to 36 months, this popular playgroup provides young tots with an opportunity to socialize and learn new skills while giving their parents, or other caregivers, a much-needed break a few hours a week. "Running errands without children in tow can be a new-found luxury!" says Sunee Claud, the playgroup's coordinator.



Children at the Fairlington Cooperative Playgroup work on a crafts project with a parent volunteer. Photo by Janis Johnston.

This is not a drop-in activity; rather, each caregiver participating in the program must meet all state and county licensing standards for day care providers and complete a lengthy application process that includes a criminal background check, first aid training, submission of personal recommendations, EpiPen training, and

the completion of continuing education hours in early childhood education classes.

The playgroup shares two rooms at the FCC, with children separated by age (a one-year-old room and a two-year-old room). This highly affordable program runs throughout the year with fall, spring, and summer sessions. Families can choose between a one-day or two-day playgroup schedule. Hours for the playgroup run from 9:30 to 11:30 am. The child to caregiver ratio is 4 to 1 (12 children per room). For more information on the Fairlington Cooperative Playgroup, visit www.fairlingtonplaygroup.org.

**Fairlington Creative Preschool.** Under the direction of lead teacher Norma McCloskey, along with assistant teacher Liesl Hepp, the Fairlington Creative Preschool serves 16 children ages three- to five-years old and offers

a two-, three-, or five-day registration option. Class runs from 9:30 am to 12:30 pm.

Here, children participate in age-appropriate learning activities and acquire the important skills of listening, cooperating, sharing, and being a part of a group. In addition, this preschool offers lessons in science, sign language, and speaking Spanish. On special occasions, "Ms. Norma" may even bring in her harp to play for the students.

Registration for the fall opens each February and spaces for the preschool regularly fill up minutes after registration begins. DPR offers five preschool programs throughout the county, but, says Kimberly Baldini, Program Manager with the DPR's Early Childhood Recreation Office, "Fairlington is by far the most popular location." Much of this she credits to the two teachers who run the preschool. For more information on the county's preschool programs, visit http://parks.arlingtonva.us/creative-preschool-program/



Campers learn about the weather at the Tot Camp at the FCC. Photo courtesy Arlington Department of Parks and Recreation.

#### **Summer Tot Camp.**

The DPR also offers a summer program for three- to five-year-olds at the FCC. The Tot Camp at Fairlington, run by long-time director Maryanne Hazel-Jackson, offers children arts and crafts, games, and water play activities all centered around a weekly theme to engage the child's

imagination. The camp serves 24 children each week, with a staff to camper ratio of 1 to 8. The program runs Monday through Friday from 9:30 am to 12:30 pm.

Registration for camp opens in February, but just like the preschool, registration can fill up for these popular camps in a matter of minutes. For more information about the summer tot camp, visit http://parks.arlingtonva.us/programs/camps/ or refer to the summer activity catalog mailed out to county residents each January.

For more information on county programs for pre-k children, visit http://parks.arlingtonva.us.

—Janis Johnston

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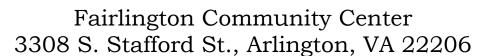
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## FCA surveys community's interest in expanding neighbor-to-neighbor services

Across the nation, about 85 percent of people age 45 and older say they want to live in their own homes as long as possible, and hundreds of communities are recognizing that neighbors need help from other neighbors to achieve that goal. Comments to the FCA suggest anecdotally that Fairlington residents, too, are looking for ways to stay here as they age or to help others to do so.

The survey you will find in this issue of the *All Fairling-ton Bulletin* (see enclosed center insert) offers all Fairlington residents the opportunity to show their interest in getting or giving help with a variety of simple household and neighborhood activities. Responses will be anonymous, and no commitment to serve or be served is required. Rather, the goal is simply to understand the support within our community for expanding neighborto-neighbor connections. Those connections are at the heart of the "village" concept that many local communities, including nonprofit groups in Arlington and Alexandria, are now implementing.

The survey proposes some simple ways we might help each other. Long-time older residents, for example, might offer newer younger residents information about oddities in remodeling a Fairlington unit, or might pass along tools they no longer use. Younger residents might use those tools to help an older person. Young people might offer computer assistance to those who didn't grow up with a smart phone or the Internet. Opportunities abound for support across generations.

The enclosed survey was developed by the FCA's Steering Committee on Intergenerational Strategies, which will also analyze and report results. All Fairlington residents, regardless of age, are invited to mark the activities and services of greatest interest that might add value to those already available in our community. Please complete one survey for your entire household by September 30. You can mail your response to the address on the survey or take the survey online at www.surveymonkey.com/s/fcagenerations.

The committee will hold a drop-in information exchange on Saturday, September 13, from 10 am to noon, at the FCC, 3308 S. Stafford St., where you can ask questions, complete your form, and get assistance with the survey if needed. If you'd prefer to get help by phone, you may call 703-379-1718 and request a call back from a committee member.

The survey results will add a local dimension to information the committee has been gathering on how other

neighbor-to-neighbor volunteer services are typically organized and what services are already available in Arlington and Alexandria. All of this information will help to support community decisions still to be made about what kinds of services, if any, should be expanded in Fairlington and how they should be administered. Your input is critical in these decisions. The FCA will sponsor a community forum on Saturday, November 15, 10 am to noon, at the FCC to discuss the results of the survey, the committee's research, and residents' preferences for next steps. Based on this discussion, the committee will make recommendations to the FCA Board in early 2015.

If you would like to become active in this important effort, the committee welcomes you. Upcoming meetings will be held on Tuesday, September 30, and Thursday, October 16, 7 to 8:30 pm, at the FCC.

-Carol Rosen

Fisette, continued from page 1

Fisette also supports continuing investment in Arlington's infrastructure, particularly transportation and technology. He is an avid supporter of the Columbia Pike streetcar, as well as making Arlington more bikefriendly. The county approved its own 10-year CIP, which includes the school board's CIP, in July. The county's CIP includes continued heavy investment in public transportation, including Metrorail, ART bus, and the Columbia Pike streetcar. Fisette also sees ConnectArlington—a project that involves laying 38 miles of underground fiber to connect county buildings, schools, traffic signals, and public safety radio towers—as an important technology investment.

As a long-time environmentalist, Fisette also sees environmental sustainability as key to Arlington's economic growth. He supports programs to increase energy efficiency at both the commercial and residential levels. Fisette also hopes to have the county increase recycling efforts and achieve a 25-year strategy for zero waste, meaning diverting 90 percent of the county's waste from landfills and incinerators. Fisette serves on the Metropolitan Washington Council of Governments' Climate Energy and Environment Policy Committee, so he also helps shape regional environmental policy.

-Michelle Woolley

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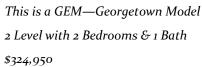
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## Area pools offer indoor swimming options when the weather gets colder

The Labor Day holiday not only means the beginning of the new school year, but also the closing of Fairlington's beloved outdoor pools. For many, swimming is not just a summertime activity, but a form of exercise enjoyed throughout the year—indoors and out. Whether you are training for an Ironman triathlon or just want to stay in shape, there are several local indoor pools open to the public during the cold weather months.



Wakefield High School Pool. Photo by Janis Johnston.

Monthly and yearly fitness passes are also available. For more information on hours, classes, and fees, visit www. alexandriava.gov/recreation or call 703-746-5414.

The **YMCA of Alexandria** is located just east of the Del Rey neighborhood in Alexandria at 420 East Monroe Ave. It offers a large lap pool with swim classes for children and adults, along with aquatic fitness classes throughout the year. For

more information about YMCA membership and a list of classes, visit ymcadc.org/branch or call 703-838-8085.

#### **Public pools and instruction**

Each of Arlington's three main high schools have large swimming facilities and offer public swim hours. The pool at **Wakefield High School**, 1325 S. Dinwiddie St., Arlington, is a brand new facility located within a mile of Fairlington. This facility has two pools: a 25-yard eight lane lap pool and a diving and instructional pool with a depth of 12 feet. The pool is open to the community year-round during early morning, mid-day, evening, and weekend hours. Fees for the community swim program range from a single swim drop-in fee of \$1.75 for children to \$5.50 for adults (Arlington residents). Swim passes and monthly memberships are also available. For more information on community swim hours and prices, visit www.apsva.us/Page/2248 or call 703-228-2395.

The Arlington County Department of Parks and Recreation (DPR) offers a wide range of classes for children and adults at all three of the county's public high school pools. For more information on their class offerings and schedules, visit parks.arlingtonva.us/programs/sports/sports-aquatics-swim-dive/sports-aquatic-classes, or contact the DPR registration desk at 703-228-4747.

Located next to T.C. Williams High School, **Chinquapin Park Recreation Center & Aquatics Facility**, 3210 King St., Alexandria, has a large lap pool and offers public swim hours, swim classes, and water exercise programs. Fees for daily use range from \$5 for children and \$8 for adults for Alexandria residents. Daily rates for nonresident start at \$10 for children and \$15 for adults.

#### Swimming groups

For those who take their swimming more seriously or just want to become a stronger swimmer, there are opportunities for both adults and youth to take part in local competitive swimming groups.

Both Arlington and Alexandria have Masters Swimming groups. For adults over 18 years old, Masters Swimming offers coaching and workout buddies to swimmers of all abilities. **Arlington Masters** meets up to five times a week at the Washington-Lee High School pool, 1301 N. Stafford St., Arlington, for practices. Members may participate in a variety of meets and races throughout the year. To find out more about Arlington Masters, visit www.arlington-masters.org.

**Alexandria Masters Swimming** meets at various pools around southern Alexandria. For information about activities with the Alexandria Masters Swimming group, visit www.alexandriamasters.com.

Whether your child has its sight set on becoming a future Olympian or just enjoys team swimming, the **Arlington Aquatics Club** offers coaching and competitive swimming throughout the year for youth ages six to 18. Practices take place at Arlington County high school pools, and swim meets occur at pools throughout the DC Metro area. For more information, visit www.aacswims.org.

—Janis Johnston

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- Rick Micker, Former Fairlington Condo VP

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— Denice McCullough, Fairlington Resident

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#### **Survey of Interest**

## **Shall We Expand Neighbor-to-Neighbor Volunteer Services in the Fairlington Community?**

Dear neighbors,

The Fairlington Citizens Association has established a committee of interested residents to lead a community discussion of how to best support the needs of Fairlington's seniors while linking our generations and enhancing our quality of life.

We are asking all residents, *regardless of your age*, to tell us about the activities and services that interest you and might add value to those already available in our community. Please help us begin this conversation by responding to the following short anonymous survey from the perspective of both receiving neighborly assistance and volunteering such assistance.

Please complete one survey for your entire household. You can mail this form to **Survey of Interest**, **4858 28th Street S.**, **Apt. A1**, **Arlington**, **VA 22206** *OR* take the survey on-line at <a href="https://www.surveymonkey.com/s/fcagenerations">https://www.surveymonkey.com/s/fcagenerations</a>.

If you would like assistance completing the survey, call **703-379-1718** to request a call back from one of our committee members *OR* come to our information-sharing session on **Saturday, September 13**, **10AM to 12 noon**, at Fairlington Community Center, 3308 S. Stafford Street, Room 103.

We need to hear from you by **September 30**. We will report results in the *All-Fairlington Bulletin* and at a community forum on **November 15**, **10AM to 12 noon**, at Fairlington Community Center.

Thank you for sharing your views,
The Steering Committee on Intergenerational Strategies

#### 1. What help might you or a household member hope to get from a neighbor volunteer?

Please fill in the circle to show any household member's need or interest.

Service	Do you now rely on someone to help you with this service regularly or occasionally?		someone to help you with this service pay for this regularly or service?		unpaid a for thi from f	now get assistance s service amily or ends?	Are you interested in getting more help with this service in the next 2 or 3 years?	
Transportation to medical appointments	0	Yes	0	Yes	0	Yes	0	Yes
Transportation for personal errands (shops, salons, bank, etc.)	0	Yes	0	Yes	0	Yes	0	Yes
Grocery shopping: transportation	0	Yes	0	Yes	0	Yes	0	Yes
Grocery shopping: someone to shop for you and deliver	0	Yes	0	Yes	0	Yes	0	Yes
Meal delivery of prepared food	0	Yes	0	Yes	0	Yes	0	Yes
Meal preparation in your home	0	Yes	0	Yes	0	Yes	0	Yes
Snow removal not done by condo mgmt.	0	Yes	0	Yes	0	Yes	0	Yes
Patio gardening and clean-up	0	Yes	0	Yes	0	Yes	0	Yes
Housekeeping	0	Yes	0	Yes	0	Yes	0	Yes
Laundry	0	Yes	0	Yes	0	Yes	0	Yes
Bill paying	0	Yes	0	Yes	0	Yes	0	Yes
Tax preparation	0	Yes	0	Yes	0	Yes	0	Yes
Help with your computer or media	0	Yes	0	Yes	0	Yes	0	Yes
Pet care	0	Yes	0	Yes	0	Yes	0	Yes

Service	Do you now rely on someone to help you with this service regularly or occasionally?		someone to help you with this service for this regularly or service		Do you now get unpaid assistance for this service? from family or friends?		Are you interested in getting more help with this service in the next 2 or 3 years?	
Houseplant care	0	Yes	0	Yes	0	Yes	0	Yes
Taking out trash or recycling	0	Yes	0	Yes	0	Yes	0	Yes
Moving boxes, furniture, etc., in your home or patio	0	Yes	0	Yes	0	Yes	0	Yes
Home maintenance (borrowing tools, help with minor repairs, etc.)	0	Yes	0	Yes	0	Yes	0	Yes
Home modification for safety or accessibility	0	Yes	0	Yes	0	Yes	0	Yes
Home organization, clutter control	0	Yes	0	Yes	0	Yes	0	Yes
Friendly visiting	0	Yes	0	Yes	0	Yes	0	Yes
Social activities (clubs, get-togethers, etc.)	0	Yes	0	Yes	0	Yes	0	Yes
Telephone check-in on your well-being	0	Yes	0	Yes	0	Yes	0	Yes
Emergency call-in for assistance	0	Yes	0	Yes	0	Yes	0	Yes
Medication reminders	0	Yes	0	Yes	0	Yes	0	Yes

#### 2. Please mark one of these statements to describe your household:

- O No one in my household foresees a need for help with any of these services in the next 2 or 3 years.
- O I would like to have information about service providers, so I can make my own arrangements.
- I have family or friends who will assist me with services I may need in the next 2 or 3 years, so I will not need other help.
- I expect to need help from neighbors with some tasks in the next 2 or 3 years.

3. Are you or a household	d member interested in other services? Please specify:	
---------------------------	--	--

#### 4. Would you or a household member be willing to help a neighbor with any of these services?

Transportation for errands, medical appointments, grocery shopping	0	Yes	Home maintenance tasks (help or advice with minor repairs)	0	Yes
Grocery shopping for a neighbor	0	Yes	Lending tools	0	Yes
Meal delivery	0	Yes	Home organization, modification advice	0	Yes
Meal preparation in a neighbor's home	0	Yes	Friendly visiting	0	Yes
Meal preparation in your home	0	Yes	Social activities (hosting events, etc.)	0	Yes
Snow removal not done by condo mgmt.	0	Yes	Reading aloud	0	Yes
Patio gardening assistance	0	Yes	Pet care, dog walking	0	Yes
House plant care, flower arranging	0	Yes	Trash and recycling take out	0	Yes
Housekeeping	0	Yes	Help moving boxes or furniture	0	Yes
Laundry	0	Yes	Telephone check-in calls	0	Yes
Simple sewing, mending	0	Yes	Medication reminder calls	0	Yes
Bill paying	0	Yes	Emergency response calls	0	Yes
Tax preparation	0	Yes	Babysitting	0	Yes
Help with computer or media	0	Yes	Package delivery or pick-up	0	Yes

#### 5. Please mark one of these statements to describe your household:

- Yes, we are interested in occasionally helping a neighbor in need.
- O No one in my household is able to help with any of these services in the next 2 or 3 years.

6 4	Are vou or a	household	memher interest	ed in offeri	ng other services?	Please specify.
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orrac you	or a modectiona i		eresteu iii o	Trening out	er services.	ease specify		
7. Please in	ndicate the num	ber of peop	le in your ho	ousehold ir	n each age cate	egory:		
<5	5-1415-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
8. Please tell us your household's location in Fairlington:								
<b>O</b> Arbor	O Commons	Court	<b>o</b> Green	<b>o</b> Glen	O Meadows	O Mews	O Villages	

## Emergency Preparedness and Response Training begins in September

Individuals who live and/or work in Arlington County are invited to participate in Community Emergency Response Training (CERT) sponsored by the county's Citizen Corps, Office of Emergency Management and Fire Department. The eight-session, 26-hour course follows a national curriculum and covers disaster preparedness, disaster medical operations, fire suppression and utility shut-off, disaster psychology, light search and rescue, team organization, and terrorism. Two courses, each of which meets six weeknights and two Saturday mornings, are scheduled to begin mid-September and conclude in late October. The next round of classes will likely occur next spring. To date, over 600 county residents have completed this training; many are active members of neighborhood teams. Space is limited.

Contact ArlingtonCERT@gmail.com for additional information.

## Library seeks volunteers to start garden Tool Library

Arlington's Central Library is establishing a collection of garden tools to meet the rising community interest in vegetable gardening. As part of this effort, three volunteer opportunities are available:

- The Tool Library Coordinator will participate in planning and implementing the library, as well as oversee staffing and running of the library under the supervision of Library staff during gardening season.
- Tool Librarians will also participate in planning and implementing the Library as well as staff the library.
- Tool Doctors will inspect and repair tool donations received and maintain tools on a regular basis.

In addition, the Tool Library seeks donations of a wide range of gardening tools, including pitchforks, post hole diggers, and hoes. For more information, visit library.arlingtonva.us/support-your-library/volunteer-opportunities/and click on 'current openings.' There is also a link to the online application on the web page.

## Fairlington MOMS Club fall consignment sale returns

As fall approaches, bargains are in the air! The Fairlington MOMS Club is holding its semi-annual consignment sale on Saturday, September 27, from 9 am to 1 pm, at the Fairlington Community Center. The event, which has been a MOMS Club tradition for several years, is an opportunity for local moms to sell new and gently used baby clothing, shoes, gear, books, toys, and maternity wear. Items are typically priced at a small fraction of their original retail cost, and it is easy to find steals on designer baby items. The MOMS Club donates proceeds from the sale to a local charity.

This year's sale will also feature a vendor expo, where local mom-owned businesses can showcase their wares. Past expos featured photographers, custom hair bow makers, bakers, and more.

Doors open at 9 am, though savvy shoppers normally come a few minutes early to stand in line. At noon, all children's clothing and shoes, as well as maternity wear, will be reduced to 50 percent off until the sale closes at 1 pm. For the first time, the sale is becoming automated and will accept credit cards. For more information on the consignment sale, visit www.facebook.com/ FairlingtonMomsClubConsignmentSale.

## Cookie sale to help save children's lives

Join the Fairlington MOMS Club for Cookies for Kids' Cancer Bake Sale on Sunday, September 21, 8 am to 3 pm (or as long as the cookie supplies last). The sale takes place in the front yard of the Fairlington Presbyterian Church, 3846 King St., Alexandria, rain or shine. The MOMS



Club members will be baking over 1,500 cookies, with all proceeds going directly to Cookies for Kids' Cancer, a national 501(c)3 non-profit organization committed to raising funds for research to develop new, improved treatments for pediatric cancer, the number one disease killer of children in the United States.

For more information, visit the Fairlington MOMS Club website page at https://supportcookiesforkidscancer.org/FairlingtonMOMS or visit Cookies for Kids' Cancer at www.cookiesforkidscancer.org.

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# DOWN TO EARTH patio gardening



### Discovering edible flowers from the garden

You don't have to live on a farm to grow crops. Even condo dwellers can till the soil and grow herbs, vegetables, and flowers suited for dining. Cornstalk tassels below a fence line might remain a secret. Herb and vegetable gardens yield a harvest but are seldom pretty (think nylons tied around the vines of a tomato plant to a wooden stake or leggy **rosemary** that will choke a nearby plant).

As a boy in upstate New York, I personally harvested salad fixings when out with my aunt. She'd say, "Here's a bag. Go pick the **dandelion** up against that fence. I'm going to put those in our salad tonight." When I reminded her every male dog on that street relieved himself there, she told me, "We're going to boil them anyway. Won't make a bit of difference." And it didn't, since what I grabbed and bagged wound up on our plates that night.



Dandelion.

When I Googled dandelion, I learned it is also used in tea, soup, and wine. Though not supported by scientific research, it is used as a laxative and skin toner, as well as a cure for an upset stomach. What I had known was the term is derived

from the French, "dent-de-lion," meaning lion's tooth. Look at the jagged edge of the dandelion leaf and you might agree.

At home, **broccoli** was a dinner staple—along with a baked potato and meat. I remember my mother saying, "Aren't those beautiful florets?" when serving broccoli. The 'botanist' in her was on target since the green-studded clump at the top of the stalk actually is the plant's flower, similar to the flower of the perennial, sedum.

Broccoli comes from broccolo, Italian for "the flowering crest of a cabbage." A cabbage family member, one serving of broccoli provides 30 milligrams of Vitamin C, according to Wikipedia.

Another edible flower is **cauli-flower**, also rich in Vitamin C. From the Latin, "caulis" (or flower), it is low in fat but high in fiber and another member of the cabbage family. The plant produces orange, purple, and white flowers, the last being the most common in stores.

Besides having a colorful flower petal, the bloom of the **pansy** is, yes, edible. I had no idea until a friend said, "Sure, you can get them at Whole Foods." I do know that the condescending term, "pansy" is a misnomer, since the pansy flower is one of the toughest in the garden. I once planted a bank of pansy in December and then watched over a foot of snow fall the next day. When the snow melted three days later, every single pansy bloom



Pansy.

stood erect on its flimsy stem. A "weakling" it definitely isn't.

Reading about the pansy, I learned the petals can be used in salads and desserts. Gardenguides.com says a pansy flower petal with beaten egg white and sugar can be mixed with the icing on a cake or layered over ice cream to provide a minty taste.

A rare edible flower in the landscape is the **hollyhock**, a plant found in our grandmother's garden (like the lilac, climbing rosebush, and gladiolus). Hollyhock is from the same family (Alcea) as the marshmallow plant. Leaves of the hollyhock can be used in teas or to treat sore throats, according to healing-from-home-remedies.com.

Speaking of "old-fashioned" flowers, the **nasturtium** can be used in pesto, risotto, butter, ice cream, bouillon, and pickles, according to yummlycom/recipes/nasturtium. And Martha Stewart even lends her name to recipes that include the nasturtium.

—Bill Sullivan www.sullivanslandscaping.net





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## neighborhood news

#### **Fairlington Diners**

The Fairlington Diners group gathers a couple of times a month for relaxed dinners nearby. We focus on having a good meal and an opportunity to chat with neighbors. In August, we returned to the recently re-opened Bombay Curry Company in Alexandria, and also enjoyed hamburger night at Ramparts.

Here's what's planned for September:

Wednesday, September 10, 6:30 pm, The Fish Market, 105 King St., Alexandria, 703-836-5676, fishmarketva. com, where we can enjoy the weekly lobster special, or anything else on the menu.

Monday, September 22, 6:30 pm, Ramparts Restaurant, 1700 Fern St, Alexandria, 703-998-6616, www.rampartstavern.com. This is such a favorite that we'll stick with it for September, with its half price on burgers with the purchase of a beverage on Mondays, while the rest of the menu is also available.

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

#### Fairlington Babysitting Co-op

If you are looking for a night out without the kids or an afternoon to yourself, look no further than the Fairlington Babysitting Co-op. For more than 30 years, the Babysitting Co-op has been a community of parents helping parents right here in our neighborhood.

The Co-op is a network of Fairlington families who exchange free babysitting services. It's perfect for parents who would like to know dependable adults to watch their children and meet other families in the community.

To request an application or for more information, email the coordinators, Rebecca Carpenter and Michelle Gregory, at fairlington.babysitting@gmail.com.

#### **Book Group**

Join the Fairlington Book Group in September to discuss *The Killer Angels*, a Pulitzer Prize-winning novel of the Civil War by Michael Shaara.

Shaara's novel tells the story of the battle of Gettysburg from the viewpoints of the leaders on both sides: Robert E. Lee, James Longstreet, Joshua Lawrence Chamberlain, and others. It conveys the thoughts, decisions, and dreams of men in battle, and dramatizes the confusion and the "fog of battle" that so often influenced the outcome. *The Killer Angels* is the book that inspired Ken Burns to create his award-winning documentary, *The Civil War*.

The Book Group will meet on Tuesday, September 23, at 7:30 pm in the FCC, 3308 S. Stafford Street. We hope you'll join us.

#### **MOMS Club of Arlington-Fairlington**

Members (and their children) of the MOMS Club of Arlington-Fairlington VA© chapter of the International MOMS Club participate in fun activities, service projects, Parents' Night Out, meetings with interesting speakers, and group activities such as our walking, dinner, and book clubs. Our weekly age-specific playgroups start as young as birth and go up to 3+ years old.

Parents and parents-to-be are welcome to join us for our next general meeting on Wednesday, September 17, at 4:30 pm in the Fairlington Community Center. Children are always welcome. For more information about the club, the meeting, or membership, contact our Membership VP at fairlingtonmomsclub@gmail.com or visit www.fairlingtonmomsclub.com. Annual dues of \$25 support our club activities and charitable projects.

#### Correction

Some of the photos that accompanied the "FINS helps build confident, young swimmers and a strong community" story in the August 2014 issue of the *All Fairlington Bulletin* were taken by Melania Saraniero.



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## ABING School news





Jennifer Davies and Andrew Vitols. Photo by Guy Land.

## Abingdon welcomes new PTA leadership

Abingdon is pleased to welcome new PTA leadership this fall: co-Presidents Iennifer Davies and Andrew Vitols. They will be replacing outgoing co-Presidents Dana Andy and Dan Branch. "We certainly have big shoes to fill. Dana and Dan have accomplished a lot over the past three years. The school community very much appreciates all they have done," Davies said. "We hope to continue many popular events, including the Fall Festival, movie nights, and Teacher Appreciation Week, while looking forward to creating new traditions."

Davies has been a Fairlington resident for over 10 years. She most recently helped lead the Abingdon Parent Capital Improvement Plan (CIP) Coalition to advocate for the renovation and expansion of the school. She is mother to Ryan Beck, a rising second grader, and Libby, who will be starting kindergarten in the fall of 2015.

Vitols has been a Fairlington resident for more than 10 years and has a daughter, Ellie, who will also be entering second grade, and a son,

Ned, who will be attending Abingdon in 2015. As a former elementary and high school teacher in Virginia and Maryland, he is excited to experience Abingdon's community from a volunteer parent perspective.

In addition to welcoming Davies and Vitols to PTA leadership, Traci Gravelle will replace outgoing Treasurer Katie Parker.

## Welcome to the Abingdon community

We are pleased to welcome new teachers and staff to Abingdon! The following are new and newly returning teachers to Abingdon this September.

Paul Bunce, Kindergarten Sarah Tyson, First Grade Rachael Nesbitt (welcome back!) and Melissa Wright, Second Grade Mark Fox and Kathryn Frazier, Third Grade

Mary Perez, Fourth Grade Steve Morse, Fifth Grade Jenn Mercado, Art Teacher Michelle Jaeckel, Technology Teacher

Elissa Dwyer, Speech Therapist Christine Cunningham and David Gruh, Multi-Intervention Program for Students with Autism (MIPA)

## Book Bus on News Channel 7!

On Tuesday, August 5, Abingdon's "Rock n Read" book bus took its final tour of the summer season accompanied by Arlington Public School's Superintendent, Dr. Patrick Murphy. The event was featured on News Channel 7 (ABC) as part of Leon Harris's segment, "Harris's Heroes." The book bus ran over five weeks and

made stops throughout the Abingdon community once each week. The mission of the book bus was to put books in the hands of Abingdon students to help improve literacy skills during the summer months.



Abingdon was a popular stop for the Rock 'n Read book bus. Photo by Susanna Smith.

#### Mark your calendars

Fall Fundraiser Kick-Off—Tuesday, September 16. The PTA's largest fundraiser of the year! Please support the school and encourage your friends and family to make purchases. The top-selling class will adopt and sponsor a Giant Panda through the National Zoo.

**Back to School Night**—Wednesday, September 17, 6:30 pm. Parents meet their child's teacher and learn what to expect for the 2014–15 school year. Free babysitting is available.

**Monthly PTA meeting**—Tuesday, September 23, 6:30 pm, Abingdon Library.

**Fall Festival**—Friday, October 24, 6–7:30 pm. Join in the holiday fun with games, face painting, amusements, and a cake walk.

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#### Fairlington United Methodist Church Saturday, September 6<sup>th</sup>



Fairlington Fun Fest 11 a.m. – 2 p.m. All are welcome! FREE event!

Join us on the Fairlington UMC Playground! Enjoy a moon bounce, crafts, games, music, and playground. Bring your own picnic or purchase and enjoy your Chicken from the Fairlington United Methodist Men's Chicken BBQ. Ice cream and popcorn available for sale. Questions? Call the church office at 703-671-8557 or look on our website at www.fairlingtonumc.org.



#### Chicken BBQ and Yard Sale

Chickens will be available from 10:30 a.m. until they sell out. Yard sale (8 am-4 pm) space is available for \$10. (Pay the cashier - Bring your own table). All proceeds support FUMM Missions. For more information or to reserve your yard sale space, contact Dave Moore at <a href="mailto:cruguru@qmail.com">cruguru@qmail.com</a>.





Just like people, pets can tell you a lot about what they are thinking and feeling by their body language. Pets use this language to communicate with us and with other pets. It can be tricky to decode body language, but below is a head-to-tail primer on both dogs and cats, to help navigate their often complex behavior.

#### Ears

A dog's ears come in many shapes and sizes—floppy, pointed, rounded. A relaxed dog lets its ears rest as they may. A dog on alert will have ears raised and directed towards an object, but this may also be a sign of aggression. A dog with ears pulled back slightly indicates it wants to be friends. But ears pulled far back or flattened signal fear or submission.

For cats, ears are relaxed when pointed slightly forward and to the side. When alert, they are straight up like a dog's. If a cat is nervous, its ears will twitch. Keep away when a cat has ears pulled back, flattened, or horizontal.

#### Eyes

For dogs, the eyes can be a variety of shapes, depending on the breed. A dog whose eyes appear larger than normal could be feeling threatened, stressed, or frightened. A dog with eyes smaller than normal or squinty could be in pain or not feeling well. A dog's gaze is a very important communication tool. Dogs challenge or threaten each other by



staring directly into another dog's eyes, so it's best to avoid direct eye contact. Averting a gaze is a sign of submission. A dog looking out of the corner of its eyes with a lot of white showing can be demonstrating aggression.

For cats, the pupils act as a guide to how the cat is feeling. Cats with constricted pupils can be aggressive. Cats with pupils dilated are nervous, submissive, and sometimes aggressive if fully dilated.

#### Mouth/Voice

A dog's mouth should be relaxed: dogs are even said to "smile" when happy, though some dogs smile when feeling submissive. A dog that yawns can be feeling stressed. Be wary of a dog whose body is tense with lips pulled over its teeth or showing teeth. Many times a dog will give a growl as a warning; it's best to heed this signal and leave it alone!

Cats use their voice more than their mouth to express themselves. A meow can be a greeting or a com-

mand (please feed me!). Purring usually means that a cat is happy. Yowling or howling means they are in distress. Avoid cats that are growling or hissing.

#### Tail

A dog's tail can be long or short, straight or curled. A wag usually means the dog is happy, particularly if the tail is relaxed or wagging excitedly. However, a slow or tentative wag could be a sign of nervousness or aggression. Avoid a dog whose tail is stiff and at attention, or wagging but rigidly. A dog with its tail tucked between its legs feels submissive or scared.

For cats, the tail is very telling. Like dogs, a tail tucked between the legs feels anxious. Unlike dogs, a tail wagging rapidly indicates that the cat is likely agitated or mad. If the fur on the tail is standing on end, the cat is mad or scared. A cat with a rigid tail could be happy or getting ready to spray so be on the lookout!

Reading the body language of any animal takes time, but hopefully these few pointers will provide some basic insights into a pet's behavior. A good rule of thumb with any pet that you are not familiar with is to let the pet approach you, or approach with caution and an extended hand for it to sniff, then let the pet tell you whether or not it wants to interact.

—Christine M. Chirichella

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In this Dominion model, you can see the full-size pantry cabinet by the refrigerator, AND the clever open shelving areas facing in two directions – perfect for books, display pieces, plus phones, keys, chargers and ipads! Note the seamless transition of new and old hardwood floors. And, be sure to visit our website to see color photos of this kitchen, and the gorgeous finishes the homeowner selected for her dream kitchen.



LOTS of photos at: www.DelongHomeImprovement.com



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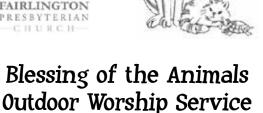
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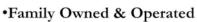








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Mini-ad copy can be e-mailed to admanager@fca-fairlington.org and then submit your payment by mail to FCA AFB, PO Box 6182, Arlington, VA 22206-0182 or drop off ads and checks to the drop-off box in the Fairlington Community Center, 3308 S. Stafford 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") Cost is 50 cents per word (e.g., "998-0000" and "stove" are each one word; "interior/exterior" are two words).

9	
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