

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Winter 2014



WANT A BETTER NEIGHBORHOOD?

SHARE YOUR IDEAS IN OUR SURVEY

Do you want Arlington County to make improvements in our neighborhood such as better streets and sidewalks, reduced speeding and new playgrounds? If so, you will need to fill out a questionnaire which will be made available online through Survey Monkey (look for further details on the AHCA Yahoo Group List). You can also obtain a hard copy of the questionnaire by attending the February 11 AHCA Meeting or by contacting Jim Presswood at jimahca@gmail.com or 571-218-2833.

AHCA's Neighborhood Conservation team needs information from the questionnaire to prepare an update to AHCA's Neighborhood Conservation Plan. This plan enables us to speak with one voice to county officials about our concerns and changes we would like to see. Completing a plan update also gives us extra credit in the points system used to prioritize funding for neighborhood improvement projects, which totals about \$12 million per year for the entire county. Recent improvements include the construction

of new sidewalks, curbs and gutters in several locations around our neighborhood, as well as new streetlights.

The deadline for completing the survey is Friday, February 28th. If you have any questions, please contact Jim Presswood. We greatly appreciate you doing your part to help improve our neighborhood! ♦

ARLINGTON HEIGHTS NIGHT AT TWISTED VINES!

Josh and Sybil Robinson, owners of Twisted Vines, are reserving Monday, February 24, for a wine pairing dinner especially for Arlington Heights residents!

This five-course tasting menu with a wine pairing (1/2 glass with each course) is offered for **\$34.99 per person** and will be led by Twisted Vines' Wine Director, Sonja Eberly. The menu includes:

- * Gourmet cheese board
- * Slow-braised mini pork carnita w/ avocado & homemade cilantro sauce
- * Asian-inspired lettuce beef cup w/ hoisin plum sauce
- * Moroccan pistachio-crusted chicken skewer w/ quinoa tabbouleh & cooling yogurt drizzle
- * Goat cheese cheesecake w/ fresh berries

The dinner is at 7 pm and they can accommodate up to 40 guests. Please RSVP early to ensure your space at this neighbors-only event. RSVP to kandswhyte@gmail.com. ♦

LOOK INSIDE...

FROM THE PRESIDENT	PAGE 3
MEET YOUR OFFICERS	PAGE 5
HENRY HIGHLIGHTS: SUPPORT	PAGE 6
THE SILENT AUCTION	
SPOTLIGHT ON GOVERNMENT:	PAGE 7
MEET INGRID MORROY, COMMISSIONER OF REVENUE	
BE A NEIGHBORHOOD HERO:	PAGE 8
SIGN UP AS A POLICE AUXILIARY	
HEALTHY HABITS: WITH	PAGE 9
ANTIBIOTICS, LESS IS MORE	
STAY SAFE: ANTI-THEFT TIPS	PAGE 11
FROM ARLINGTON PD	

Arlington Heights Civic Association
PO Box 40311 Arlington, VA 22204

President **Stacey Whyte**
kandswhyte@gmail.com 703-271-2681
First Vice President **Jeanne Haggerty**
jhaggerty@bio.org 703-585-4158
Second Vice President **Jay Moore**
ahca.jay.moore@gmail.com 703-249-9029
Secretary **Megan Haydasz**
meganhaydasz@yahoo.com 703-769-7728
Treasurer **Scott Winn**
scottwinn@me.com 703-407-4751

NCAC Representative **Jim Presswood**
jimahca@gmail.com 571-218-2833
NCAC Alternate **Stephen Hughes**
stephenthughes@gmail.com 703-486-4259

Civic Federation Delegates

Eileen Janas
emjmls@gmail.com 703-521-9171

Jason Murphy
murphyj@gmail.com 202-507-9294

Stacey Whyte
kandswhyte@gmail.com 703-271-2681

Loren Wilee
pwilee@gmail.com 757-323-9172

Civic Federation Alternate

Janet Presswood
janetpresswood@gmail.com 571-723-6568

Social Chair - OPEN

Newsletter Content and Advertising

Julian Pecquet
jpecquet@yahoo.com 202-450-0673

Newsletter Layout

Rebecca Mashaw
rmashaw@comcast.net 703-892-3793

Newsletter Distribution

Melynda Boyce
melynda.boyce@gmail.com 703-220-3766

Webmaster and Neighborhood Email List

Jay Wind
jay.wind@att.net 703-920-5193

**ARLINGTON HEIGHTS
CIVIC ASSOCIATION
QUARTERLY MEETING**

**TUESDAY, FEBRUARY 11, 2014
7 – 9 P.M.**

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FROM THE PRESIDENT: THANK YOU, MEMBERS!

Dear Neighbors,

As we begin 2014 I would like to take a moment to thank all of the residents and businesses who supported the Arlington Heights Civic Association during the past year by becoming members. Your contributions are vital to the continued existence of the AHCA and we are grateful for your commitment to our neighborhood.

I would like to acknowledge Lost Dog Cafe, P.Brennan's, RedRocks and Twisted Vines, who continue to contribute additional support in the form of gift certificates for our quarterly meeting raffles.

We also appreciate the ongoing contributions of Simplicity Urgent Care, which once again donated the moon bounce and other treats for our Halloween Party.

I would also like to call special attention to our 2013 Community Partners Award winner Papa John's, whose neighborhood store has donated dozens of pizzas to our quarterly meetings as well as our Halloween Party and will once again keep us from going hungry in 2014. I thank them for their generosity and their commitment to community outreach.

Neighbors - please take a few moments now before the year slips away from you and mail in your 2014 AHCA membership dues to our P.O. Box. The AHCA simply cannot continue its advocacy and community outreach without your support.

I wish everyone a happy and healthy 2014 and I look forward to seeing you at our February 11 meeting!

Sincerely,

Stacey Whyte,

AHCA President

AHCA Members

Victoria Arias
Messay Balcha
Bruce and Anna Baltensperger
Ted and Dora Sue Black
Ruth Bodnar
Rod and Joy Bovernick
Ellen Campana
Diane Canova
Paul Cicchetti

Douglas Clarke
Patricia Deloatche
Honora Dent
Laurie Dodson
Mahender & Leah Dudani
Evan Farley
Sally Ferrett
Dale and Dana Galvin
Christopher and Michelle Gentry
Cameron Gowan
Jamie and Erik Gross
Alvin and Linda Gutterman
Jeanne Haggerty
Michael Harmon
Gregory and Megan Haydasz
Paula Henstridge
Philip Hipley
Joy Hoffman
Ernest and Linda Holz
Stephen and Amy Hughes
Eileen Janas
Thomas Jesulaitis
Beverly Kilmer
Gregory and Jill Crouch Kissel
Daniel Letts
Melissa and Chris Logson
Phil MacKall
Lorraine and Harold Magnussen
Kelly Maguire
John and Rebecca Mashaw
James and Valynda Mayes
Pamela and Jeffrey McCoy
Terence and Prudence McKenzie
Francisco and Mirtha Merlos
John Morrill
Dan and Rosemary Morrissey
Gus, Irene & Tina Moshos
Erika Munoz
Jason Murphy
Ella Nargele
Michael and Monique O'Grady
Jeff and Cathy O'Malley
Robert and Blossom Perry

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Jim and Janet Presswood
 Lyle and Veronica Priddy
 Viliame and Nancy Rasari
 John-Alex and Caroline Romano
 Elizabeth Rudey
 David and Bette Rudgers
 Ralph and Shirley Ruedy
 Tia Scales
 Susan Scott
 Barrie Seidman
 Bambi Semroc
 Maureen Sullivan
 Miles Townes
 Ben and Emily Tsai

Irene Upshur
 Jacqueline Vargo
 Jay and Amy Vennett
 Keith and Aimee Whiteman
 Keith and Stacey Whyte
 Paul and Loren Wilee
 Scott Winn
 Don and Juanita Zientara

Business Members

P. Brennan's
 Redrocks
 Simplicity Urgent Care (Figure 8)
 Twisted Vines
 Congregation Etz Hayim



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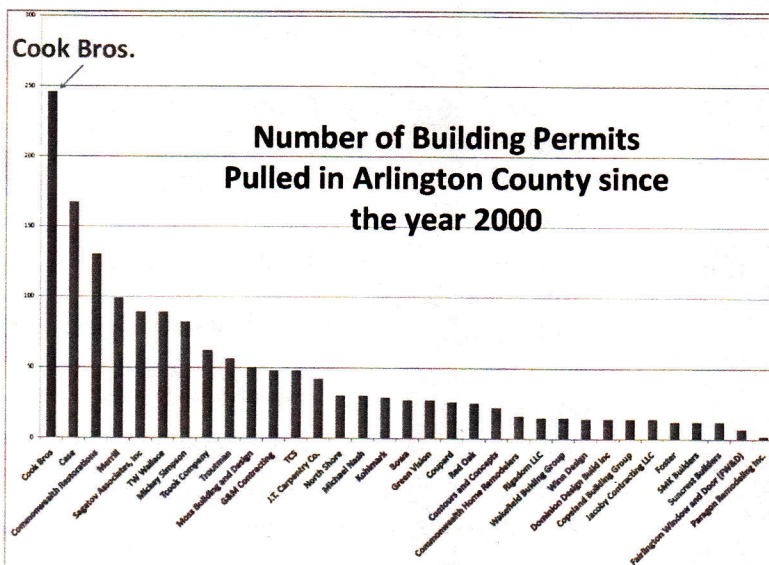
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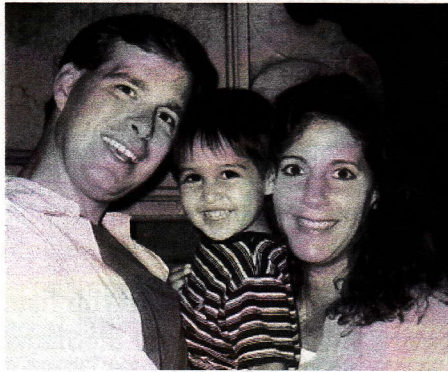


MEET YOUR AHCA 2014 OFFICERS!

The Arlington Heights Civic Association voted at its Nov. 12th meeting on the candidates for its five elected positions. The current officers were all re-elected for another term after no one challenged them, but here are brief bios for those neighbors who haven't gotten to know them.

AHCA President: Stacey Whyte

I have lived in Arlington Heights with my husband Keith for 15 years. We chose this neighborhood for its diversity, its proximity to all of the terrific amenities along the Pike and we believed it would be a wonderful place to raise our family. For fun we love to try new area restaurants and I am a theater fanatic and go whenever I have the opportunity.



I enjoy long walks (and runs) around the neighborhood with my dog. Delivering and reading the "Over the Fence" newsletter. The gentle rumble of trash trucks at 7 a.m. I also enjoy live music on Thursday nights in the 3100 block of Columbia Pike. Not looking for drama... unless it's a thread on the AHCA list-serve.

AHCA Secretary: Megan Haydasz

I hail from Michigan/Ohio, but got my B.A. from U.Va., which brought me to the DC area post-graduation. My husband, Greg, and I rented in Arlington Heights from 2001-2004, and then bought a house here in 2004. I am currently a stay-at-home mom to a daughter (6 1/2) who attends Patrick Henry and a son (3) who attends Children's Week-day Program. I enjoy reading, dabbling in interior decorating, and swimming in my spare time. I feel passionate about civic involvement, and I love South Arlington!

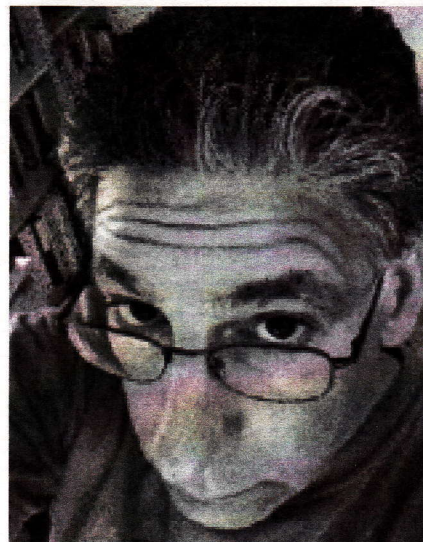


AHCA First Vice-President: Jeanne Haggerty

Jeanne Haggerty has lived in Arlington Heights for the past year and a half and in the DC area for 15 years. She works for a biotechnology trade association in DC. Jeanne can often be seen walking around the neighborhood with her two dogs, a beagle and a black lab.

AHCA Second Vice-President: Jay Moore

My wife and I moved to Arlington Heights in 2001. I offered to assist compiling data to support membership efforts for the Arlington Heights Civic Association and found myself being voted in as the 2nd Vice President.



AHCA Treasurer: Scott Wynn

Three years ago this Marylander took a leap of faith across the river and has never regretted it. Arlington Heights has so many community facilities, local stores and restaurants, and of course great neighbors. If you happen to see a tan beagle-mutt with owner in tow, say hello to Scout – and Scott. Otherwise see you at the Washington Capitals hockey game. Or better yet, at the civic association meetings where we all can work together for our community! ♦

HENRY HIGHLIGHTS:

SUPPORT OUR STUDENTS AT SILENT AUCTION

It has been a great start to the new year with Patrick Henry Elementary School being recognized as a Title I Distinguished School by the Virginia Board of Education. This award was given to only 55 schools in Virginia (and only one in Arlington) for significantly raising the academic achievement of economically disadvantaged students. Congratulations to the teachers, staff, administration, kids and families!

This school year the PTA has funded several exciting new projects, including school grounds beautification and teacher grants. This spring make sure you stop by the school and enjoy the crepe myrtles and relax on the new bench in the renovated principal's garden. Meanwhile, the teacher grants will fund diverse projects including a field trip to see Alexander and the Terrible, Horrible, No Good, Very Bad Day and equipment for the physical education program.

Thanks to the Arlington Heights neighborhood

for your continued support of Patrick Henry. The first annual read-a-thon was particularly successful and raised more than \$15,000. Our students worked really hard and read for more than 107,000 minutes!

The next big fundraiser will be the 80s-themed silent auction on February 7 at 6 p.m. at Patrick Henry. Items to bid on will include four one-day park hopper passes to Disney (valid through 2015), tickets to Mount Vernon and other local museums, Nationals tickets, Gold Cup passes, a 2-hour photography lesson by our very own Darcy Troutman, and more. This event is open to the neighborhood and will include a free movie for kids and pizza for purchase. Come out for a fun night!

For those of you with rising kindergartners, mark your calendars for the January 27 kindergarten orientation night at Washington and Lee and plan on attending one of the kindergarten orientation sessions at Patrick Henry – February 20th at 9:15 a.m., March 11th at 9:15 a.m. or April 10th at 12:45 p.m. Registration will begin in February.

If you have a child that will turn 3 or 4 by September 30th, plan to attend the Pre-K Information and Registration Night on February 13th at Kenmore Middle School. Henry houses two VPI classes, and registration is open through April 21st.

Be our friend! Keep up with all the goings on at Patrick Henry by subscribing to PatrickHenryFriends@yahoo.com, and Like us on Facebook – Patrick Henry Elementary Friends & Families.



HENRY HIGHLIGHTS is a new, recurring column from the Patrick Henry PTA aimed at keeping the Arlington Heights community apprised of the goings-on at our local elementary school.

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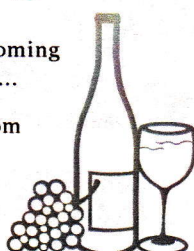
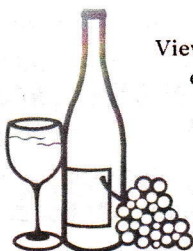
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SPOTLIGHT ON GOVERNMENT: MEET YOUR COMMISSIONER OF REVENUE

Meet Ingrid Morroy, the Commissioner of Revenue for Arlington County. She's the tax assessing officer for Arlington County for all property, except real estate.

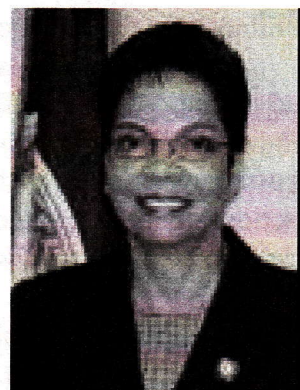
An assessment is an official valuation or an assigned value of property for the purpose of levying a tax. Morroy doesn't collect the tax; that's the Treasurer's job. Nor does she set the tax rate, which is done by the County Board.

Her responsibilities are:

- To discover and equitably assess all personal property such as cars, motorcycles, and boats;
- To discover and equitably assess all business property such as computers and office furniture;
- To administer business taxes such as business license tax and custodial taxes, including meals tax, short-term rental tax, transient occupancy (hotel) tax,

and others;

- To provide protection of confidential taxpayer information; and
- To provide checks and balances, ensuring that no one governmental entity has total taxing authority over its citizens.



The Commissioner of Revenue is elected by the voters of Arlington County every four years. Upon first taking office in January of 2004, Morroy promised to provide fair assessments and high quality customer service.

To accomplish this, she established a Compliance Division that provides assistance with state income tax returns and also spearheads the Personal Property Enforcement Program (PPEP). The purpose of PPEP is to discover, register, and tax all vehicles regularly parked in Arlington. Vehicles not properly registered cause the honest, taxpaying Arlington resident to bear a heavier share of the tax burden.

To guarantee high quality customer service, she created the position of Customer Advocate. The advocate assists customers in resolving problems with the office and provides an independent review of their tax situation. The Customer Advocate recommends departmental changes while promoting and upholding the Commissioner's mission of fair and equitable application of the tax laws.

The advocate provides customers with information regarding contractors, sub-contractors, and vendors. So, next time you consider hiring a contractor or vendor, and you wonder about his or her credentials, please contact the Commissioner's Customer Advocate at 703-228-4810 or email advocate@arlingtonva.us. The advocate will find out if the contractor has a Business License with Arlington County or a State Contractors License, and if the door-to-door vendor offering to trim trees or make home re-

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pairs has a Vendor's Permit from the County Police. The Customer Advocate has direct access to the appropriate State and County records and can tell you if the contractor or vendor you're considering is in compliance with the law - without you having to spend hours online or on the telephone.

In addition to expanding its outreach through advocacy, Morroy's office established a "DMV Select" in collaboration with the County Treasurer, providing customers a one-stop-shop to handle most DMV transactions, including vehicle registration, titles, special license plate orders, parking placards and driver transcripts.

Her office collaborates with the Permits Division of the Department of Community Planning, Housing & Development to ensure a smooth process for individuals and organizations who want to start a business in Arlington. Navigating the government bureaucracy can be frustrating. Expert staff in Morroy's office can assist by doing much of the legwork for you.

The motto of her office reads "When customers call us they are not interrupting our busy work day. They are the reason we are here." In other words, contact the Commissioner of Revenue if you need help with any aspect of service in the County.



SPOTLIGHT ON GOVERNMENT is a new, recurring column highlighting the resources from various Arlington County offices. If you have a candidate for inclusion, please contact AHCA newsletter editor Julian Pecquet at jpecquet@yahoo.com

DON'T FORGET!

ARLINGTON HEIGHTS CIVIC ASSOCIATION QUARTERLY MEETING

TUESDAY, FEBRUARY 11, 2014

7 - 9 P.M.

**PATRICK HENRY ELEMENTARY
SCHOOL LIBRARY**

BE A NEIGHBORHOOD HERO: SIGN UP AS A POLICE AUXILIARY!

If you have a few hours a month and a desire to serve your community – now is the time!

The Arlington County Auxiliary Police Unit is accepting new applicants for the Auxiliary Academy class scheduled to begin in April or May. Classes will be conducted primarily on Tuesday and Thursday evenings and several Saturdays over a three-month period.

Whether you are thinking about a career in law enforcement or seeking a different and interesting way to contribute to your community, joining the Auxiliary Police Unit offers an opportunity to learn new skills and serve a critical need. You will receive extensive training, all equipment and uniforms and perform a wide range of police functions. Auxiliary officers participate in parking and traffic enforcement, safety seat inspections and bicycle registration, shopping mall security details, as well as many other community policing initiatives.

Why join? It can be an exciting and worthwhile experience and the rewards are many:

- Help your community;
- Gain skills and knowledge that could help protect you and your family;
- Get to know your local law enforcement agencies;
- Participate in community festivals and events;
- Acquire a stepping stone to a career in law enforcement.

History. The Arlington County Auxiliary Police Force was formed in 1942 to provide uniformed patrol within Arlington County as a supplement to police officers whose numbers were reduced because of military service. During World War II about 75 citizen volunteers served in the unit. Since then the Auxiliaries have continued to assist law enforcement officers with their daily duties and special events

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throughout Arlington County.

Requirements. Auxiliary Officer candidates must:

- Be at least 21 years old;
- Have completed 60 semester hours or 90 quarter hours of college work at an accredited college or university (Substitution to the education requirement: prior military experience – two years continuous active duty with the U.S. military and have, or are eligible to receive, an honorable discharge);
- Be U.S. citizens;
- Be in good physical condition;
- Have a valid driver's license;
- Have no criminal record.

Additionally, each candidate must successfully complete the police interview process and pass a background investigation, polygraph examination and physical exam. All members of the Auxiliary Police Force are required to devote a minimum of 180 hours per calendar year to the program.

Bike/Segway patrols: The bike and Segway patrols are a key component of the auxiliary police program's community policing efforts. Trained bike and Segway officers patrol Arlington County parks, trails

and other key areas. The combined patrols:

- Provide a visible police presence in parks and along trails;
- Promote bicycle safety;
- Assist cyclists and others with medical and other emergencies; and
- Foster positive relationships between area residents and the Police.

Interested? Please contact:

A/Lt. Heather Hurlock

1425 N. Courthouse Rd

Arlington, VA 22201

703-228-4057 hhurlock@arlingtonva.us

or

Visit <http://www.arlingtonva.us/police> and click on Careers/Volunteer/Auxiliary Police for information



HEALTHY HABITS: WITH ANTIBIOTICS, LESS IS MORE

You pick your child up from daycare and notice she feels hot and is a little cranky. When you get home, you take your child's temperature and it is 102. You find the same the following day and then you take her to the pediatrician for an evaluation. After waiting with the parents of all the other sick children, it's your turn. The pediatrician reviews the chart and notes that all the vaccines are on time, takes a thorough history from you focusing on potential sources of infection, performs a physical exam and then says "Your child has a virus and should get better in 24-48 hours". Wait a second – no antibiotics to make the fever go away?

The pediatrician is not behind the times with their knowledge but actually ahead of the curve. The push by the American Academy of Pediatrics has been to limit the use of antibiotics, except in children who have a documented infection. The days of giving antibiotics for fever are gone, and probably for the best. A recent article in the AAP's journal, Pediatrics, is titled "Principles of Judicious Antibiotic Prescribing for Upper Respiratory Tract Infections in Pediatrics." In

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spite of this focus by the AAP to limit the use of antibiotics, 1 in 5 children receive antibiotics after visiting their physician, accounting for 50 million prescriptions annually in the U.S.

So how does your doctor know that your child has a virus or a bacterial infection? The most important thing your doctor knows is that you have been diligent about having your child immunized. The two most important bacterial infections that we vaccinate against are Haemophilus influenza (not the season flu like we are seeing now) and Pneumococcus. In the past, these bacteria (especially H flu) could cause horrendous infections in children including throat infections (epiglottitis), brain infections (meningitis), and sinus infections. Pneumococcus is notorious for causing upper respiratory tract infections including bronchitis, pneumonia and ear infections. Since your child has received the vaccinations, they have a high level of protection against the bad actors.

The history and physical evidence provide the next level of insight to determine antibiotic use. The most common sources of bacterial infections are respiratory (bronchitis, pneumonia, sinusitis, ear infections or strep throat), urinary tract (UTI's or kidney infections), intra-abdominal (infectious diarrhea or appendicitis), or a several other rare infectious groups.

While testing is necessary to confirm some diagnoses,

in general a physical exam can give the clinician a good idea if they need to worry about the listed infections.

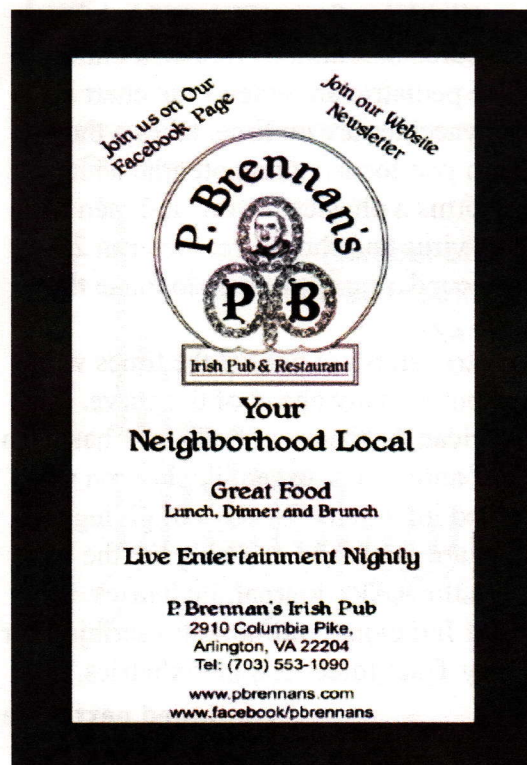
The most important aspect of managing the child's fever is the parents. The majority of the time I spend with a sick child is

talking to the parents about how to manage the fever, what to look for as signs of worsening symptoms and establishing a partnership with them on managing their child.

If the child doesn't improve, you are trusting the parents to bring the child back for a further evaluation – a fever for 24 hours might be handled differently than a fever for 6 days. While fever evaluation is a large part of pediatricians practice, you can see that it is very complex. Don't be worried if your pediatrician tells you that your child has a virus: They are taking you seriously and doing the best for your child, despite not prescribing. Sometimes less is more. ♦

John R Jones MD, Medical Director
Simplicity Urgent Care

HEALTHY HABITS is a recurring column about staying well



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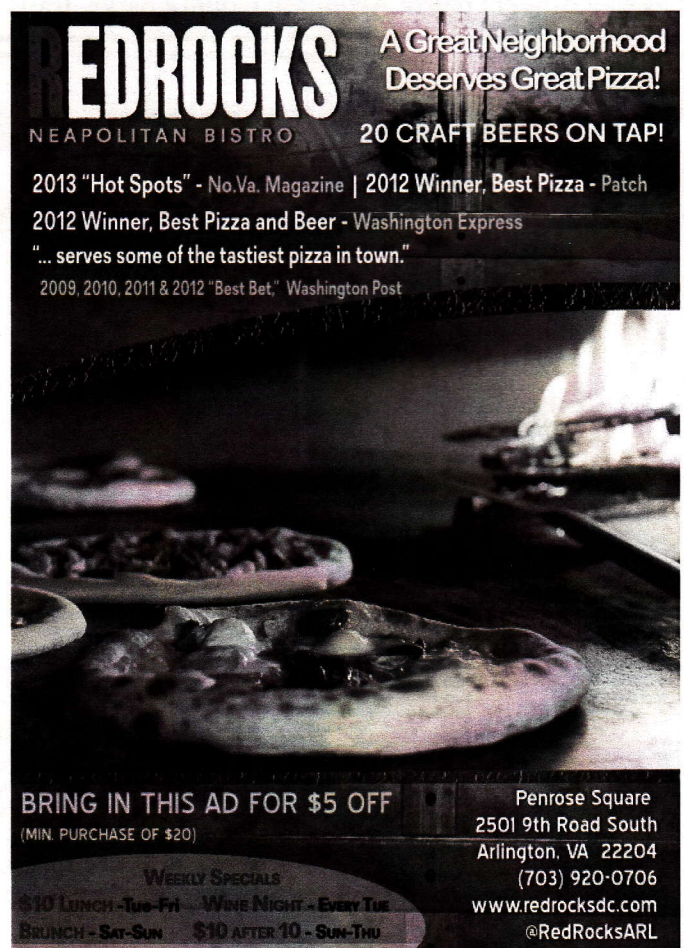
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STAYING SAFE: ANTI-THEFT TIPS FROM ARLINGTON PD

The Arlington County Police Department recently briefed the AHCA about safety precautions following a rash of break-ins and at least one car theft. Here's a condensed of that conversation with Sgt. Rick Rodriguez and other District 3 ACPD representatives:

- The officers said ACPD has not seen anything out of the ordinary with Arlington Heights' crime rates lately. We're still one of the safer neighborhoods in the county;
- ACPD has added extra patrols in the wake of the recent thefts and made five related arrests: four juveniles and one adult from Washington, D.C. The stolen Honda Odyssey minivan was recovered in D.C., but it had been stripped;
- Although arrests followed the break-ins, ACPD hasn't recovered the stolen property. Items are generally difficult to recover if not found after a few weeks, since thieves tend to sell them almost immediately via pawn shops, Craigslist and/or eBay;
- To assist with potential recovery of your personal property, be sure to record the serial numbers of any devices you leave in your car. It is virtually impossible to recover items without that information. You can even create your own ID# and hide it somewhere on the item, as long as you know where to look for it, in the case of recovery;
- In general, it is very difficult to "jimmy" the lock of most newer vehicles, and thieves won't break your windows because it makes too much noise. So they generally just try car doors until they find one that is unlocked, usually in the late night/early morning hours of midnight- 5 a.m. However, a would-be burglar was recently arrested after targeting an ACPD "bait car" in the neighborhood before 8 p.m.;
- The police said their Pawn Unit would generally work jewelry cases, and pawn shop owners will often call the police if they suspect items are stolen because the money will be taken from them for any recovered items, not the criminal. They said photographing valuables can be useful;

- Never program your home address into your GPS units, as it could make your home a potential target. E-ZPass can also be turned off remotely;
- Police said the old adage – "If you see something, say something" – is true. Neighbors should report things that don't look right;
- Police said they had some back/side photos of our neighborhood shoe thief, but no clear front view. However, they're confident he'll get caught eventually;
- They've seen no pattern in the recent auto break-ins (street vs. driveways), but recommend parking in well-lit areas;
- Advanced security features have made hot-wiring virtually impossible. The most common reason for car theft is keys left in cars;
- Some auto models that are more commonly/easily stolen are: Dodge Caravans (and Dodges in general), old Jeeps, and Honda Accords;
- Crime hasn't gone up with the recent development along Columbia Pike. In fact, crime has been decreasing;
- Speeding citations are also not on the increase. Police said the increased traffic makes speeding difficult. Through traffic baiting, ACPD has only issued 285 citations from May through the end of October, had 1 hit-and-run, and 25-35 accidents;
- Most of the increased cut-through traffic and speeding down 9th Street is due to the construction at Glebe & Columbia Pike, and it is difficult to get a speed reading because the acceleration room is so short. However, after the construction, 9th Street will be repaired. For any issues with flat tires resulting from the condition of the pavement, etc., residents should contact the construction crew. ♦



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2101 Wilson Blvd., Suite 100
Arlington, VA 22201

Katie Loughney
MBA, REALTOR®

Direct (703) 597 9943
E-mail katieloughney@mrisc.com
Website www.katieloughney.com

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PLEASE JOIN AHCA AND LISTSERV!

Please take this opportunity to renew your AHCA membership. Residential memberships are \$20.00 per household; business memberships are \$25.

The membership year, just like the calendar year, runs from January through December and **all memberships are due to be renewed in January no matter when you paid the previous year.** While the dollar amount is relatively small, your participation is vital to the continuation of our Civic Association.

Also, we want to thank all the members that have added additional contributions to their membership payments. No matter how small, those additional contributions have not gone unnoticed, and collectively they can make a difference.

Be sure to join the AHCA listserv, too! You get up-to-date information such as alerts, neighbor and event information and time-sensitive notifications. List items you want to sell or donate, get recommendations on contractors and vendors, and much more.

It's easy-and free! Send an email to ahca-subscribe@yahoogroups.com. ♦

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Want your business ad delivered to more than 1,000 households in the neighborhood? Then consider advertising in *Over the Fence!*

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Ad size	One issue	Four issues (one year)
Business card	\$40	\$130
Quarter page	\$75	\$245
Half page	\$130	\$425
Full page	\$245	\$825

Please make checks payable to **Arlington Heights Civic Association** and mail to: AHCA, P.O. Box 40311
Arlington, VA 22204

Questions? Contact newsletter editor Julian Pecquet at jpecquet@yahoo.com

2014 AHCA MEMBERSHIP

Individual/Family Memberships are \$20.
Business Memberships are \$25.

With your membership you help to support the Arlington Heights Civic Association's activities. Members receive voting rights on issues presented to the association. Memberships should be renewed annually.

Please complete this form and send with your check made out to AHCA to:

Arlington Heights Civic Association
P.O. Box 40311
Arlington, VA 22204

Name _____

Address _____

Home Phone _____

Email _____

Yes, I'd like to make an additional contribution to AHCA. \$ _____