

# OVER THE FENCE

*News for Neighbors from the Arlington Heights Civic Association*

*Spring 2014*



## SAVE THE DATE: JOIN US FOR AN IMPORTANT AHCA MEETING TUESDAY, MAY 13

On May 13, the Arlington Heights Civic Association holds its quarterly meeting at 7 p.m. in the Patrick Henry Elementary School Library. We'll have a number of important items up for discussion and several special guest presenters, so please plan to attend. The agenda includes:

- A membership VOTE on the name of our park on S. Garfield Street and a presentation about upcoming park enhancements there;
- Updates on proposed construction on S. Walter Reed Drive and S. 9th Street;
- A presentation about the recently announced construction project at TJ Middle School, scheduled to run from May until November; and
- A discussion about traffic safety within Arlington Heights.

Please see page 3 for more details.

## YOU'RE INVITED: AHCA ANNUAL NEIGHBORHOOD PICNIC & BBQ

Mark your calendars! The Arlington Heights Annual Neighborhood Day Picnic and BBQ will be held on Sat., June 7 from noon until 2 p.m. on the field/playground area adjacent to Patrick Henry Elementary School. This event is a wonderful opportunity to meet your neighbors - not to mention an afternoon of food and fun!

We will have the grill going with burgers and dogs (including a vegetarian option), chips, sodas and more. You are welcome to bring a side dish or dessert to share with others and a picnic blanket. We will have a free moon bounce and face painting for the kids and more! If it looks like rain, the BBQ will be rescheduled for Sunday, June 8 – same time, same place.

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## PARRILLADA ANUAL

Usted está invitado a nuestra parrillada anual

Fecha: Sábado 7 de Junio

Hora: 12:00 PM a las 2:00 de la tarde

Lugar: En el campo de pelota y parque al lado de la Escuela Patrick Henry

¿Por qué? El evento es una magnífica oportunidad para conocer a sus vecinos y pasar un rato de refrigerio y diversión. Tendremos asadores para hamburguesas, perros calientes o vegetarianos.

Contribución: Por favor traiga un plato adicional o un postre para compartir con otras personas y una frazada.

Juegos: Tendremos un "rebote de luna" gratis y pintura de la cara para los niños

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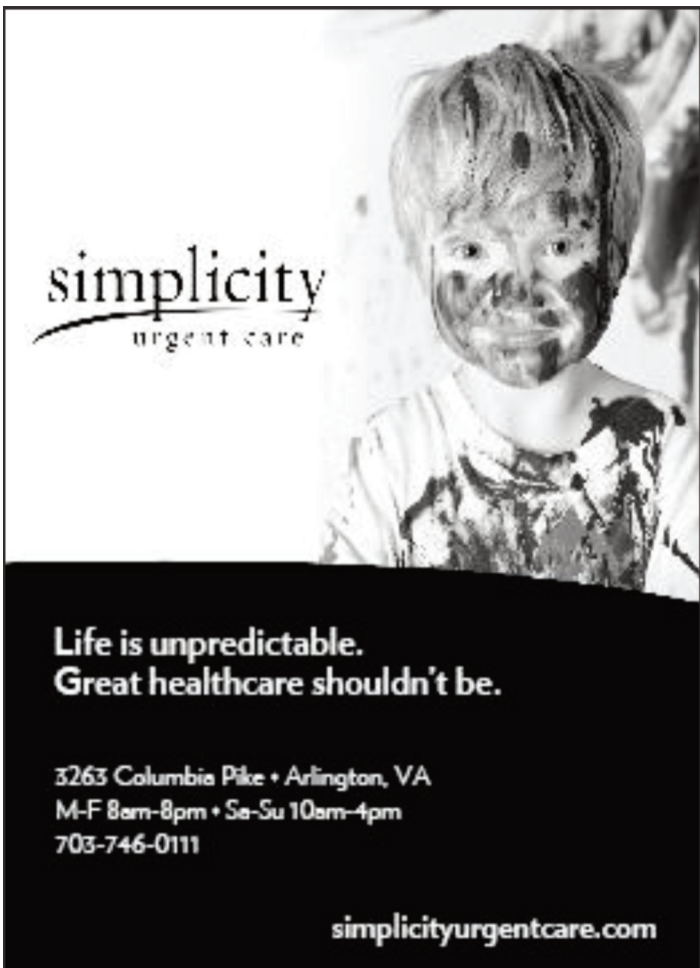
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**SPRING CLEANING! SIGN UP  
 FOR THE ARLINGTON  
 HEIGHTS COMMUNITY YARD  
 SALE, SAT., JUNE 14**

Do you want to do some Spring Cleaning, meet some neighbors and help support your neighborhood civic association all at the same time? Then we have the perfect event for you! Sign up to participate in the Arlington Heights Community Yard Sale, Sat., June 14.

The sale will take place from 8 a.m. to noon in the parking lot of the Patrick Henry Elementary School. Space reservations are only \$15 and that money goes to support your neighborhood! If you would like to reserve a space please email AHCA President Stacey Whyte at kandswhyte@gmail.com.



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## AHCA meeting, from page 1

The May 13th meeting will include updates on several important neighborhood projects.

Members of the Civic Association will vote to reaffirm our support for the name "4th of July Park" for our neighborhood park at the corner of S. Garfield St. and Arlington Blvd. This name was originally voted on and approved by the Civic Association 12 years ago but was not approved by the County at that time. Through recent discussions with the County we have reason to believe our name choice could now be approved. The AHCA, a number of our dedicated neighborhood gardeners and the County have been working together to bring further enhancements to "4th of July Park". Some of our wonderful neighborhood gardeners will be presenting information about these improvements at the May meeting.

The Arlington Boulevard Frontage Project (Irving Phase II) is moving forward. The Virginia Department of Transportation (VDOT) approved Arlington County's basic design of the project last fall and is now working out the details with the county. Any project involving VDOT takes time, so it remains unclear when the county will actually break ground. We will continue to update you on the project as it proceeds.

The Arlington County staff leads for Complete Streets and the 9th Street South Bike Boulevard will be giving presentations at the AHCA May meeting. The Complete Streets staff lead will update us on the Complete Streets projects along S. Walter Reed Dr. (5th St. S. to Columbia Pike) and at the S. Irving St./Arlington Blvd. intersection. He will also discuss a potential new project that would improve S. Fillmore St. from Arlington Blvd. to 5th St. S. The staff lead for the S. 9th St. bike boulevard will update us on the status of that project.

AHCA has also invited staff from the Arlington County Department of Environmental Services, Transportation Engineering and Operations to attend our May 13 meeting to listen to your concerns and to discuss possible options to resolve those issues. They are currently working with the AHCA on an ongoing examination of the intersection at S. 2nd and S. Irving streets, which they continue to monitor at our request. This meeting is the first step toward any action taken by the Civic Association, or the County, in regard to traffic safety in our neighborhood so we encourage

every resident to attend.

Please don't hesitate to contact AHCA President Stacey Whyte at [kandswhyte@gmail.com](mailto:kandswhyte@gmail.com) in the interim if you have specific questions or suggestions you would like to share. Thank you all so much for your diligence and for your commitment to the safety of our neighborhood.

As always we thank our neighborhood Papa John's for donating a variety of pizzas for dinner at our meeting. Many thanks also to Phoenix Bikes, which has donated a free bicycle tune up (a \$75 value) for our meeting raffle just in time for the beginning of the warm weather riding season.



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## rites of Spring: Watch for Bikers, Runners

### A Few Words on Traffic Safety from the Arlington County Police Department:

As the weather becomes warmer you inevitably see more people outdoors walking, biking and running, etc. Please be mindful of this as you drive, and for those of you not driving, be vigilant of vehicles, especially at crosswalks and intersections. Just because you have the right of way, don't gamble on your life that the driver sees you. Make eye contact and ensure that your path is clear. Do not be so absorbed in your smart phone or iPod that you do not know what is going on around you.

As a reminder, it is illegal to text and drive in Virginia. We are proactively looking for violations and you will be cited if we see you. Texting and driving never mix.

We wish you a safe and enjoyable spring and summer!

## BIKE TO WORK DAY

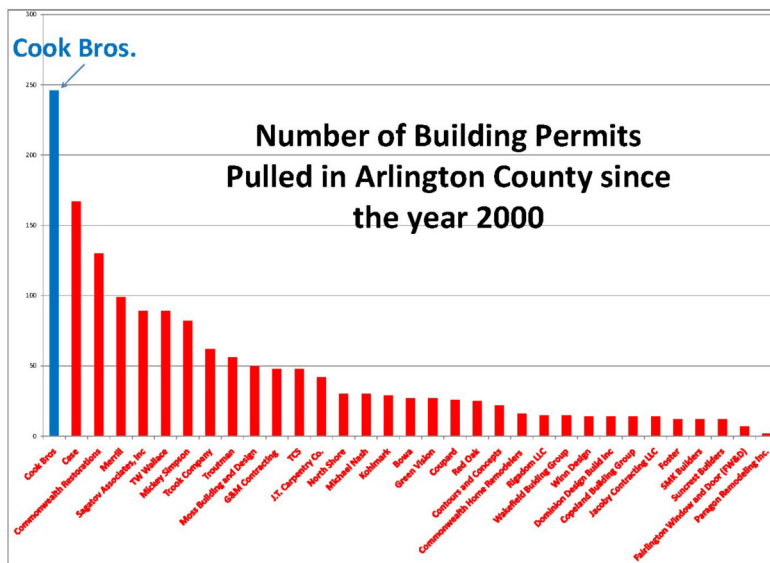
On Friday, May 16, 2014, BikeArlington invites you to join thousands of area commuters for a celebration of bicycling as a clean, fun and healthy way to get to work!

Meet up with your neighbors at one of the five Arlington pit stops, ride to work with an experienced commuter convoy and wear your FREE Bike to Work Day t-shirt at work with pride. Help the Washington region become a better place to ride.

Bike to Work Day is a FREE event and open to all area commuters. Pit stops will offer food, drinks and more! Register at [BikeToWork-MetroDC.org](http://BikeToWork-MetroDC.org).

## You Don't Have to Interview the #1 Remodeler in Arlington... But...

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## NEIGHBOR SPOTLIGHT

# JOY HELRING: A LIFETIME OF COMMUNITY SERVICE

One of the great joys of living in Arlington Heights is getting to meet the community treasures who make the neighborhood such a special place. Today we invite you to meet the aptly named Joy Helring, a pathbreaking World War 2 volunteer, teacher, lawyer and civic activist extraordinaire.

Joy was born in McMinn County, Tenn., in 1922, one of four children. Both her parents were teachers. Her father served in the Army at Knoxville, Tenn., before moving the family to North Carolina.

"My father had insisted that all of us were going to go to college," she said.

Joy was attending the Women's College of the University of North Carolina in Greensboro – now UNC Greensboro – when the Japanese bombed Pearl Harbor on Dec. 7, 1941, plunging the U.S. into World War 2. She soon joined the Women Accepted for Volunteer Emergency Service, or WAVES, launched the following year after First Lady Eleanor Roosevelt convinced Congress to authorize the women's component of the Navy.

"The reason I went into the Navy was because my favorite teacher in college was a captain for the WAVES," Joy recalled. "So you better believe I signed up."

She was stationed in Washington, D.C., and achieved the rank of ensign – a source of pride since she outranked her brother, who also served in the war.

Joy went on to work for the Veterans Administration in a program that counseled returning veterans about job/career possibilities and housing assistance.

After the war, Joy moved with her young daughter, Mary, to the family farm in rural North Carolina.

There she taught elementary school alongside her parents. One of the other teachers she found herself working with was her own beloved first grade teacher.

"It was pretty funny," Joy recalled.

Joy ended up teaching elementary school in North Carolina and then in Maryland for a total of 25 years. After retiring at the age of 55, Joy decided to become a lawyer.

She earned her law degree from George Mason

University and was admitted to the Virginia Bar in 1982, at the age of 60.

Mary fondly remembered her mother picking her up at Dulles airport proudly wearing an "I am a lawyer" shirt.

"It's not just anybody who takes on law school in their 50s," Mary said.

Mary remembers anecdotes of much younger lawyers afraid to take her mother on in cases – "that's got to be one tough lawyer," they'd think, unaware that Joy had just recently passed the bar herself.

Joy fought for the legal rights of immigrants for 30 years, earning a reputation as a kind-hearted lawyer.

"I treated them more like a mother would," she said, rather than an attorney.

Joy continued to hear from people she'd helped for many years after she had helped them.

"One afternoon I went to the Post Office, and when I came back there was a bunch of roses on the chair out front," she said. "I brought them in, and eventually [I found out] he was one of the guys that I had gone through with helping to become legal."

Joy's civic engagement extended to the Arlington Heights neighborhood, where she served as a poll watcher during the 2008 presidential election - volunteering for 13 hours straight at the age of 86. That's where she met leaders of the Arlington Heights Neighborhood Civic Association, who drafted her as a vice-president from 2009 until 2010.

After more than 30 years as a neighbor in our Arlington Heights community, Joy reassures us she is "not going anywhere." And we are happy to hear it!

*If you know of an Arlington Heights neighbor who you'd like to see profiled, please contact the editor at [jpecquet@yahoo.com](mailto:jpecquet@yahoo.com)*



## MARK YOUR CALENDARS FOR ARLINGTON HEIGHTS SPRING & SUMMER EVENTS

**Garden Tour Set for June 7:** After a long, hard winter and cool, late spring, it's time to celebrate the beauty of gardens. Join us for the annual Arlington Heights Garden Tour, Sat., June 7, 9 a.m. -noon!

We plan to begin this year's tour at Patrick Henry School, where some of our hard-working neighbors are helping to plan and maintain garden areas. We'll also visit the garden areas at Thomas Jefferson Middle School and the 4th of July park, which also benefit from the loving care of Arlington Heights residents. Maybe you'll decide you'd like to help out, too!

And of course we will visit gardens belonging to our neighbors to learn how they successfully grow vegetables and perennials, trees and shrubs, native plants and exotics.

If you'd like to volunteer to show your garden, or you know of a great garden you'd like to see included on the tour, please contact John or Rebecca Mashaw

(johnmashaw@comcast.net, rmashaw@comcast.net, 703-892-3793.)

More details will be posted on the AHCA website and sent out via the listserv as we finalize our tour plans. Hope to see you June 7!

**Independence Day:** Celebrate Independence Day at the third annual July 4th Celebration @ Long Bridge Park! On Friday, July 4, 2014 from 4-10 p.m., join the Arlington community at its biggest July 4th bash! Activities will include live music from local bands, a food truck rally, family games, moon bounces, social sports and lots more! FREE shuttles will operate continuously from Crystal City and Pentagon City Metro stations. Details will be posted on the event webpage, <http://parks.arlingtonva.us/july-4th/>, as they become available.

**2014 Arlington County Fair:** Join the urban adventure at the 2014 Arlington County Fair, held in our neighborhood, on the grounds of the Thomas Jefferson Community Center. Experience the best of Arlington from Aug. 6 through 10. There will be carnival rides and games, pig races, performances from local bands, a 5K run/walk and more. Each day is packed with entertainment the whole family will enjoy. **A special neighborhood event will take place Wednesday evening.** Volunteer sign-up and programming information are updated frequently at [www.arlingtoncountyfair.us](http://www.arlingtoncountyfair.us).

### TWISTED VINES WINE BAR & BOTTLESHOP

At the corner of Columbia Pike & Walter Reed Drive

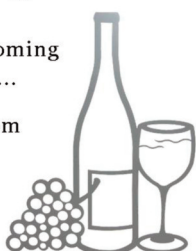
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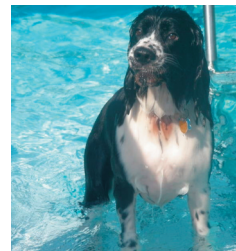
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## 10 WAYS TO “SPRING FOR WILDLIFE” FROM THE HUMANE SOCIETY

As the air and soil warm, animals also get more active, bringing life with a new season. To help animals at this time of year, there are some ways you can help, and some rules to pass on to neighbors and friends.

- Create a Humane Backyard. Perhaps the best way to help wildlife this spring is to create your own sanctuary for them in your backyard, patio, or balcony;

- Postpone your Spring tree cutting. Squirrels and raccoons den in tree hollows with babies, and trees become nest sites for woodpeckers and all manner of songbirds. Your trees may be occupied, so before cutting, survey as best you can for active dens or nests;

- Scrap the trap. Spring and summer is when wild animals search out secluded dens and nest sites for raising young – and some of those sites may be in your attic, chimney, or under your deck. Whether you are having issues with prairie dogs, skunks, or pigeons, there are resources available to help you and them;

- Re-nest baby birds. It’s a myth that if you touch a baby bird, the parents will abandon their baby;

- Don’t kidnap fawns. People don’t realize that it’s entirely normal for deer to “park” their fawns in yards or other “hiding” spots. The doe will only visit and nurse her fawn a few times a day to avoid attracting predators to her scent. Unless you know that the mother is dead, or if the fawn has been crying and wandering around all day, leave it alone;

- Leave baby rabbits. If the nest is intact and the babies are not injured, leave them be. Mother rabbits only visit their young 2-3 times a day. If you’re concerned, you can put an “X” of sticks or yarn over the nest to assess if the mother is returning to nurse them. If the X stays perfectly in place for 12+ hours, they may be orphaned and need to go to a wildlife rehabilitator;

- Put up your woodchuck fence. Set up protection for your vegetable garden;

- Contain your trash. Many wild animal “problems” are actually created by poor garbage disposal practices. Keep trash indoors until the morning of pick-up, use an outdoor storage container (available at home

building stores), or use Animal Stopper garbage cans, which have built in bungee cords and are virtually raccoon proof;

- Don’t rush to judgement about rabies. It’s false that seeing raccoons, foxes, or coyotes active during daylight means they have rabies. Only if they are acting strangely --- circling, dragging themselves, acting injured or unusually aggressive or tame, should you call an animal control officer for assistance;

- Support your local wildlife rehabilitator and follow our animal care centers. In addition to volunteering or providing financial support, you can help by donating towels and blankets and other items to wildlife care centers. You can get other tips and learn of rescues and release stories by liking Humane Wildlife Services and our affiliated animal sanctuaries and rehabilitation centers on Facebook.

The HSUS is our nation’s largest animal care provider, and much of that work involves protecting wildlife. Wildlife need our help, especially during the spring.

*Wayne Pacelle, president and CEO of The Humane Society of the United States (HSUS)*

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## ARLINGTON'S NEW PROBLEM REPORTING TOOL

With Arlington's new multi-platform tool, you can report a wide range of non-emergency issues around the County, including broken street lights, potholes, graffiti and more.

To report a problem, visit <http://topics.arlingtonva.us/reportproblem/>

### Tool Features

✓ Report a problem when you spot it, right from your mobile device — or report it from your desktop at home.

✓ Easily include photos with the service request, providing more detail to the County.

✓ Track your requests and receive updates with a unique tracking ID (if you have created an account).

✓ If GPS and location services are enabled on your mobile device, the exact location of your issue will be submitted (or you may enter the location yourself).

✓ Online service requests are automatically routed to the right County division (so you don't have to know which department handles which issue).

This tool is only monitored during normal business

hours, so any submissions during nights, weekends or holidays will not be seen until the next business day.

✓ Call 911 if you have an emergency.

✓ For water and sewer emergencies, call (703) 228-6555 (24-hour hotline).

### Background

This online service request tool is provided by PublicStuff, a provider of mobile and web solutions for more than 200 public agencies across the country.

### Problems You Can Report

✓ Street lights/park lights

✓ Graffiti

✓ Bus stops

✓ Signs (traffic, stop, parking)

✓ Parking meters

✓ Streets (potholes, concrete, gutter)

✓ Parks (dog park, facility, field, playground)

✓ Trails maintenance

✓ Trees & mowing

✓ Litter

✓ Trash/recycling

✓ Water repair (utility cover)

Use the A to Z directory at <http://www.arlingtonva.us/portals/serviceslist/listing.aspx> to look up other services.

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## HEALTHY HABITS: MAY IS LYME DISEASE AWARENESS MONTH

Now that the long winter is winding down and spring is on its way, people (and pets) and infectious ticks will most likely cross paths somewhere outdoors. Unfortunately, tick-borne Lyme disease is the fastest growing infectious disease in the US – and the Commonwealth of Virginia has one of the highest numbers of annual cases.

Lyme disease is complex and is often referred to as the great imitator: Many of Lyme's symptoms mimic other illnesses (e.g. MS, chronic fatigue syndrome, fibromyalgia, arthritis, etc.), frequently resulting in misdiagnoses. On the other hand, too many folks, adults and children alike, are going undiagnosed and untreated, resulting in chronic and severe illnesses.

Symptoms can range from stiff neck, headaches, joint/muscle pain, anxiety/panic attacks, vision problems, heart palpitations, rage/personality changes, extreme fatigue, insomnia, depression, neurological problems, just to name a few. Early Lyme typically presents itself with a single bull's-eye rash or Erythema Migrans (EM), present in 50% of Lyme cases. However, there are a wide range of rashes, beyond the classic EM rash, which may appear as the earliest sign of Lyme infection. These include multiple flat raised or blistering rashes, which can mimic spider bites or cellulitis. Early Lyme disease should also be considered in evaluation of 'off season' flu-like symptoms, including fever, chills and muscle pain occurring during summer or fall.

When left untreated, Lyme disease can become chronic, multi-systemic, and manifests itself into a seriously critical illness that can seriously degrade quality of life. Every precaution should be taken to prevent exposure to biting ticks, both for people and pets. Immediate recognition of typical and atypical early Lyme disease presentation is vital to treat infection(s) promptly. If you (or a family member) is not feeling well, despite going from physician to physician, and yet know there is something wrong, then seek a clinical diagnosis from a reputable Lyme Literate MD (LLMD), a physician proficient in Lyme disease treatment. Local LLMDs can be referred by:

1. The International Lyme and Associated Diseases

Society (ILADS), [www.ilads.org](http://www.ilads.org)

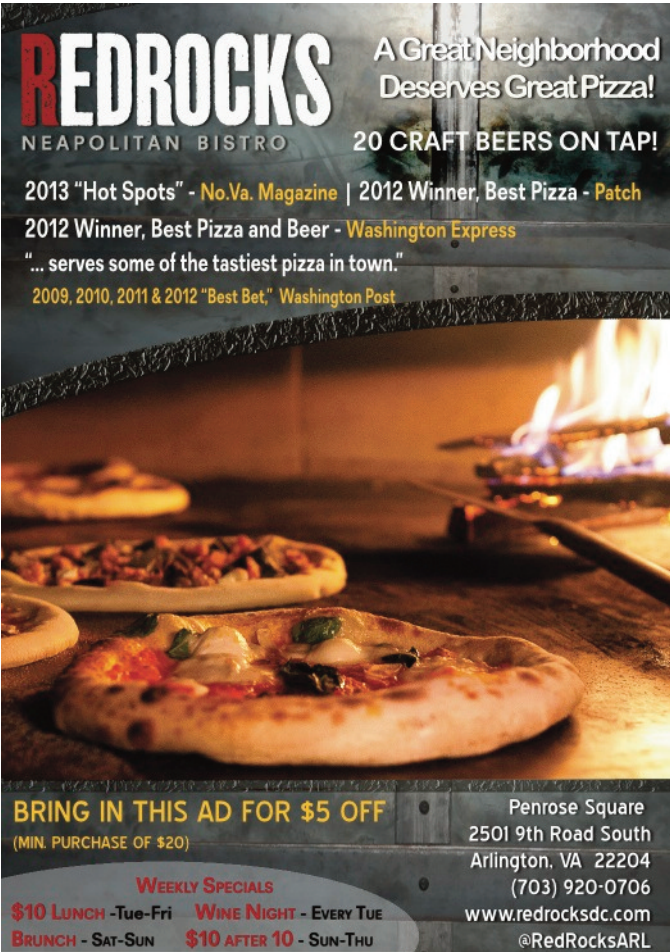
2. The Lyme Disease Association (LDA), [www.lymediseaseassociation.org](http://www.lymediseaseassociation.org)

May is Lyme Disease Awareness month so be aware, be informed, be attentive, be proactive, and be well.

**Humera Malik, MD (@LymeDoc)**

**Internist , Simplicity Urgent (and Wellness) Care**

*HEALTHY HABITS is a recurring column on staying well*



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## KIDS' CORNER

### HENRY HIGHLIGHTS: SCHOOL YARD HABITAT GETS A MAKEOVER

Spring has sprung at Patrick Henry and it is a busy time for us! We are working on updating our School Yard Habitat, our outdoor learning space. We are hoping to add new shades to allow for more outdoor learning, and are also hoping to add new tables, benches and a shed. Our School Yard Habitat is one of the things that make our school so unique, as it is incorporated in lessons for all grades and has been certified by the National Wildlife Federation. We are always happy to welcome volunteers, as there is always much to be done to maintain this wonderful learning space. If you're interested, please contact Susan Spranger at [Susan.Spranger@apsva.us](mailto:Susan.Spranger@apsva.us).

On May 6th, we will host our annual Career Day to help our children get a sense of the many different careers available to them. We are always looking for adults who are willing to give a little of their time to get Henry kids excited and dreaming of what they want to be when they grow up! Consider volunteering some of your time, please contact Erin Upton (school counselor) at [Erin.Upton@apsva.us](mailto:Erin.Upton@apsva.us).

On May 16th, the Henry PTA will sponsor In-

ternational Night – a night that showcases Henry's unique and diverse families. Families share their heritage with each other through clothes, music and food! It is a fun night and we invite you to join us.

Stay up to date with the latest goings on at Henry by subscribing to [PatrickHenryFriends@yahoo.com](mailto:PatrickHenryFriends@yahoo.com) and liking us on Facebook – Patrick Henry Elementary Friends & Families.

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

## COLUMBIA PIKE LIBRARY BRANCH YOUTH SERVICES

Greetings from YOUR Youth Services Librarian, Ms. Desiree! Please stop by, say hello, check out our new books and attend one of these upcoming programs through May 17:

- Paws to Read: Elementary kids read to a PALs therapy dog 1st & 3rd Tuesdays 5:30-6:30 p.m.
- American Sign Language Club Wednesdays @ 4-4:30 p.m.
- Baby Time! Fridays @ 10:30 a.m.
- Family Storytime Saturdays @ 10:30 a.m.
- !Lucha Libro! Wrestle some one-on-one reading time with your librarian (by appt only).

For more information, contact Desiree Fairouz @ 703 228 5710 or [dfairooz@arlingtonva.us](mailto:dfairooz@arlingtonva.us)

## ABOUT THOSE CAR SEATS: TIPS FROM THE VA DEPT OF HEALTH

Child safety seats and booster seats are required for all children until their 8th birthday. This law is based solely on age, with no weight or height requirements.

Rear-facing child restraint devices must be placed in the back seat of a vehicle. In the event the vehicle does not have a back seat, the child restraint device may be placed in the front passenger seat only if the vehicle is either not equipped with a passenger side



### Violin & Fiddle Lessons with Sarah Foard

Arlington, Virginia – Penrose Neighborhood

- Traditional Violin Lessons
- Suzuki Violin Lessons
- Fiddle Lessons
- All ages and ability levels
- Perform in two recitals per year
- Group and individual lessons available
- Prices range from \$25-95 per lesson, depending on lesson length and format
- Free Sample Lesson

[www.ladorestudio.com](http://www.ladorestudio.com) | [sarah@ladorestudio.com](mailto:sarah@ladorestudio.com)

airbag or it has been deactivated.

Children age 8 through age 17 must be belted correctly in vehicle safety belts. No person under age 16 shall be transported in the rear cargo area of a pickup truck, with exemptions for certain parades and farming operations.

### **How long should my child ride rear-facing in a child safety seat?**

A rear-facing child safety seat supports your infant's upper body, protecting the head, neck and spine and spreading crash forces across the back.

Always put your infant in a rear-facing child safety seat in the back seat of your car. A baby riding in the front seat can be fatally injured by a passenger side air bag. Continue to do so until age 2 or until your child reaches the weight or height limit for the seat.

### **Is it safe for my rear-facing baby's feet to touch the vehicle seat?**

There is no evidence that a baby's feet touching the back of a seat are at risk of injury in a crash. If your baby is having this problem and in an infant carrier, you may consider using a convertible safety seat in the rear-facing position to provide additional room for his or her legs. The benefits of remaining rear-facing far outweigh the injury risks to their legs.

### **When should my child ride forward-facing in a child safety seat?**

According to the American Academy of Pediatrics, all children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their CSS, should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of their CSS.

There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in 1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

### **When is my child ready for a booster seat?**

Keep your 4-to-7-year-old children in their FORWARD-FACING car seat with a harness until they the

top height or weight limit allowed by your car seat's manufacturer. Once they outgrow their forward-facing car seat with a harness, it's time to travel in a BOOSTER SEAT ... but still in the rear seat.

Restraining a child under the age of 8 with only a seat belt is illegal in Virginia and will put them at risk for serious injury or death. A belt-positioning booster seat raises your child up so that your vehicle's lap and shoulder belt is properly positioned across his/her shoulder and thighs.

### **When can my child ride using only the vehicle seat belt?**

Keep your 8 to 12 year old children in their booster seat until they are big enough to fit in a seat belt properly (never before age 8).

Usually children will be at least 4'9" tall when they can fit properly in a vehicle seat belt. It is very important that the seat belt fits correctly before transitioning your child to one.

When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for optimal protection

### **Is it safe for my child to ride in the front seat?**

It is safest for all children younger than 13 years of age should be restrained in the rear seats of vehicles for optimal protection. In some instances there are not enough seating positions for every child occupant and it is unavoidable to put a child under the age of 13 in the front seat. If this is the case, there are a few options to improve the safety of that child. If the air bag has an on/off switch, turn it off, slide the vehicle seat back as far as possible from the dash, and make sure the child sitting in the front seat is safely restrained by a child safety seat, booster seat, or seat belt. Virginia Law does not prohibit children from riding in the front seat of a vehicle unless the child is secured in a rear-facing safety seat.

Get help: Certified Child Passenger Safety Technicians are available to check your car seat installation for free. Call Virginia's Child Passenger Safety Information Line at 1-800-732-8333. For more information, visit the Virginia Department of Health website at:

<http://www.vdh.virginia.gov/ofhs/prevention/CPS/faqs.htm>



## 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. \$ \_\_\_\_\_

## ARLINGTON NEIGHBORHOOD VILLAGES: NEIGHBORS HELPING NEIGHBORS AGE IN PLACE

**Arlington Neighborhood Villages (ANV)** is a county-wide non-profit organization dedicated to enabling older residents of Arlington County, Virginia, to continue living in their own homes and communities as they age.

A village is a network of neighbors helping neighbors – a community-based, grassroots organization that provides the support services and the social and educational programs needed to help older adults stay in their homes and remain active in their communities as long as possible. Arlington Neighborhood Villages combines elements of a senior cooperative, a social club, and a concierge service. We offer our members transportation and shopping assistance, access to social and cultural activities, exercise and fitness opportunities, household and home maintenance, as well as information on a host of professional and social services.

### Do you find you are:

Tired of asking neighbors to drive you to the grocery store or medical appointments?

Needing help with minor household repairs?

Wanting to make new social connections now that you are retired?

Having trouble reaching that ceiling light bulb that needs replacing?

Needing recommendations for roofers, plumbers, electricians?

Frustrated with computer, TV, DVD or answering machine problems?

Wanting to socialize more, but unable to get out on your own?

With just one phone call, **Arlington Neighborhood Villages** will match your request with a willing volunteer or refer you to recommended professional services and vendors through Washington Consumers' CHECKBOOK.

If you are an Arlington County resident 55 or

*See next page*

### *Arlington Villages continued*

older, you are eligible for membership. Even if you don't yet need of ANV's services, you can still take advantage of social and educational programs.

nd joining now helps ensure that ANV will still be here when you need us! County residents of any age can sign up as volunteers to provide services throughout Arlington County. In fact, ANV members

can also serve as volunteers, finding ways to give back to those who assist them!

### *Arlington Neighborhood Villages*

**2666 Military Road, Arlington, Virginia 22207**  
**703.509.8057**

## HELP YOUR NEIGHBORS: DONATE TO AFAC

### **Dear friends,**

It has been some time since I last reported to you on our client numbers. Now that the Holiday season is over and there is more clarity on government spending, especially by the Federal Government, we can better understand the challenges ahead.

Since the beginning of the Arlington Food Assistance Center's fiscal year in July 2013, the number of families seeking our help has increased significantly.

As of the end of February 2014, the number of families coming to AFAC has increased to 1,801 per week - a 26% increase since the start of the fiscal year and a 30% increase over the same time last year.

During the week before Thanksgiving, we experienced a new record in the number of families served in any one week when AFAC provided food to 2,152 families -- over 5,100 individuals. This is 445 families more than our prior busiest week in February 2012, at the height of the economic recession, when we served our previous record of 1,707 families.

As you may know, AFAC will help anyone who comes to us for the first time. To continue receiving food, we ask the family to go to the County's Department of Human Services or another referring agency to get an ongoing referral for food assistance. On average, we have approximately 2,300 active referrals at any particular point in time; however, since November 2013, the number of active referrals has grown 30% -- from 2,406 to a current total of 3,117 families. This is by far the highest number of active referrals AFAC has ever had. This number is important because it is an in-

dicator of the future demand for our services.

While we normally experience an increase in our numbers during the late fall and winter when day laborer and other seasonal jobs end, this year several factors have led to the record demand. The federal government shutdown in September 2013 resulted in an additional 110 families turning to AFAC for assistance. On November 1, 2013, the Federal government reduced the Supplemental Nutrition Assistance Pro-

gram (SNAP) by \$5 billion, resulting in a reduction of \$36.00 in the average monthly benefit for a family of four. In addition, the Agriculture Appropriations bill recently passed by Congress calls for an additional cut of \$8 billion in the SNAP program. Unfortunately, cuts to long-term unemployment benefits that began to take effect in early December 2013,

will further exacerbate the hardship experienced by our families and bring even more families to AFAC.

Throughout our 25-year history, AFAC has been devoted to serving all who come to our doors for help. We remain firmly committed to this principle, but this unprecedented increase in demand for AFAC's services presents a challenge we cannot meet alone. I ask you visit our website: [www.afac.org](http://www.afac.org) to see how you can help AFAC by donating your time, your food, or your resources.

Thank you for your continued support - together we can make a real difference in the lives of our less fortunate neighbors.

**Charles Meng**

**Executive Director, AFAC**

***The number of families coming to AFAC has increased to 1,801 per week — a 26% increase since the start of the fiscal year and a 30% increase over the same time last year.***

**ADVERTISE WITH US!**

Reach more than 1,000 households in the neighborhood by advertising in *Over the Fence!*

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](mailto:jpecquet@yahoo.com)



**Award-winning neighborhood  
Preschool has openings for  
2014-15 school year.**

**We welcome children of all  
religions and backgrounds  
ages 18 months to 5 years.**

**Learn more today!**

**Preschool  
Enrollment**

**2920 Arlington Blvd. [www.etzhayim.net/Preschool.html](http://www.etzhayim.net/Preschool.html)**

**Telephone: (703) 979-4466 E-mail: [preschool@etzhayim.net](mailto:preschool@etzhayim.net)**



### Arlington Heights Market Data 2014 1st Quarter Activity

**JULIE KIM**  
REALTOR  
Long & Foster  
4600 Lee Highway  
Arlington, VA 22207  
703-517-6366  
[Julie.Kim@longandfoster.com](mailto:Julie.Kim@longandfoster.com)  
[Juliekim.lnf.com](http://Juliekim.lnf.com)



Status	Address	List Price	Sold Price	Bed	Bath	Lot Sq Ft	Days On Market	Seller Subsidy
ACTIVE	3602 ARLINGTON BLVD	\$ 688,000		4	4	4,734	53	
ACTIVE	145 GARFIELD ST S	\$ 599,999		3	2	6,048	41	
ACTIVE	713 GLEBE RD	\$ 789,900		4	4	8,569	143	
ACTIVE	23 IRVING ST S	\$ 684,999		3	2.5	6,405	13	
CNT/NO KO	320 JACKSON ST	\$ 475,000		5	4.5	6,998	0	
CONTRACT	3200 2ND ST S	\$ 779,800		4	3,2	6,465	2	
CONTRACT	3007 7TH ST S	\$ 685,000		3	2.5	5,500	5	
CONTRACT	26 OLD GLEBE RD S #303-B	\$ 285,000		2	1	-	14	
SOLD	831 GLEBE RD S	\$ 439,900	\$ 435,000	4	2	2,763	69	\$ 10,000
SOLD	2915 7TH ST S	\$ 449,000	\$ 415,000	2	1	8,250	57	
SOLD	804 HIGHLAND ST	\$ 675,000	\$ 645,000	5	2.5	6,298	15	
SOLD	808 IVY ST	\$ 650,000	\$ 650,000	3	2	4,578	4	
SOLD	3303 5TH ST S	\$ 500,000	\$ 520,000	3	2	-	6	
SOLD	3205 6TH ST S	\$ 619,000	\$ 624,000	2	1.5	4,678	2	\$ 800

**Market data update, competitive analysis and buyer consultation available upon request, no obligation.**

Source: Metropolitan Regional Information Systems, Inc. Information is believed to be accurate.