

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Summer 2015



ARLINGTON HEIGHTS GETS ITS FIRST 'LITTLE FREE LIBRARY'

Bird house lookalikes have been popping up in front of homes all over the place – and now Arlington Heights finally has one, too.

What are they? Little Free Libraries, of course.

The little wooden boxes allow neighbors to trade books for free. And thanks to an aspiring Eagle Scout, the Dhavale family on 6th Street South has one for the whole neighborhood to share.

"The Little Free Library project



encourages the creation of community libraries for neighbors to exchange books," says Maya Dhavale. "We've been so pleased with all the activity it has generated so far – kids walking to school love taking a look inside to see if there's anything new."

Continued on page 2



REMEMBERING LYNN: NEIGHBORHOOD HERO PASSES AWAY

The Arlington Heights Civic Association is sad to share the news that our neighborhood hero for 2014, Lynn Kristianson, has passed away. She was chosen as AHCA's very first hero for her dedication to making TJ Park a beautiful place for all (see Fall 2014 newsletter: <http://www.ahca.info/newsletter/2014-10.pdf>). We've asked her friend and fellow gardener Phil Mackall to help remember her:

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PLEASE JOIN US FOR THE

**AHCA QUARTERLY
MEETING
TUESDAY, AUGUST 11
7 PM
PATRICK HENRY
ELEMENTARY
SCHOOL LIBRARY**

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COLUMBIA PIKE LIBRARY: WHERE GROWN-UPS GET TO PLAY, TOO

Summer Reading Program is in full swing. This year's program is really unique because adults may participate as well. It's easy to get your name added to our gift card drawings for all ages! Also, kids and babies earn a free book, and teens a chance for a VISA gift card worth \$100.

For more information about our special events, story hours and how the summer reading program works, please see these pages:

For 0-5:

<http://library.arlingtonva.us/kids-and-teens/summer-reading/preschool-summer-reading/>

For kids:

<http://library.arlingtonva.us/kids-and-teens/summer-reading/>

For teens:

<http://library.arlingtonva.us/kids-and-teens/summer-reading/middle-and-high-school-summer-reading/>

For adults:

<http://library.arlingtonva.us/events/summer-reading-for-adults/>

Come drop by and visit awhile!

For more information, contact Youth Services Librarian Desiree Fairouz at (703) 228 5710 or dfairouz@arlingtonva.us



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Alex Gerard stands by his Eagle Scout accomplishment

Photo by Michael Dhavale

Little Free Libraries, from page 1

Begun in 2009, Little Free Libraries are community gathering spots designed to facilitate the free exchange of books, usually demarcated by a small wooden box in any given neighborhood. They can be found worldwide.

The Arlington Heights library was installed in January by Alex Gerard, a member of Troop 149 out of Cherrydale/North Arlington and the son of a former neighborhood resident. Alex installed a total of four libraries throughout the county as part of his Eagle Scout project.

"We've got a fair amount of books in the library now, so please stop by and take a look and see if there are any books you might like to read," Maya adds. "Or, if you have books you'd like to share please leave them inside the library."



Little Free Library 3104 6th Street South

Remembering Lynn, from page 1

Lynn loved gardening. She was an advocate for native plants – especially plants that attracted insects and hummingbirds. This is evidenced in the pollinator garden she worked so hard on in the TJ Park. The garden had a tendency to, somehow, keep expanding. We could not figure out how that happened, but it did (smile). Lynn also loved the spring blossoms and is responsible for most of the spring tulips at TJ - she could not resist a bulb sale.

Lynn fought an ongoing war against invasive weeds. She was ever on the alert, especially for porcelain berry - a hated enemy.

People did not know Lynn's name, but they did know the bicycle lady with a railroad hat. A word of thanks from people walking in the park was nice, but Lynn would be doing the gardening even without the praise: She loved flowers!

The celebration at her husband Gordon Meuse's place was very well attended. A large number of her cycling friends were there with many memories of the early morning rides that Lynn was famous for leading. Co-workers from the library and neighbors were also in attendance, along with members of Lynn's family. One of Lynn's bicycle buddies created and shared a photo montage of Lynn's life.

How about plans to maintain the gardens going, you may wonder?

We never had a formal plan, and still don't. Lynn and I just worked in the gardens as we had time/wanted to. I plan to keep working, but I have fallen way behind - it's been a busy summer. It would be great to find some other folks willing to give some time to weeding and mulching, not just the pollinator garden, but all the different plots we created. If anyone wants to take responsibility for specific sections of the plots, I would be happy to "assign" some spaces and help the volunteers identify weeds that need to go.

If you'd like to help out in the gardens at TJ Park, please contact Phil Mackall at philmackall@msn.com.

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TJ PARK SAGA: WORKING GROUP TO HELP LOCATE NEW SCHOOL

After months of community deliberation, the County Board in January 2015 requested that the School Board further examine sites other than the Thomas Jefferson complex. In May 2015, the School Board directed the Superintendent to engage a community working group, modeled on the 2014 TJ Working Group. The South Arlington Working Group – SAWG - began to analyze detailed options with Arlington Public Schools staff in June, the goal being to recommend by December site/criteria for a 725-seat new elementary school to be completed by September 2019.

The SAWG website has a great deal of info, including minutes, maps, plans and schedules. Check it out at: <http://www.apsva.us/Page/30469>

Most importantly, there is a highly under-utilized citizens' comment section (bottom of that page). Arlington Heights residents are urged to let their views be known regarding both specific sites and factors to choose sites.

Meetings are held every other Wednesday, from 7 p.m. to 9 p.m., usually at Wakefield High School. The meetings are open, with a few minutes available at the end for public comment. There should be dedicated public-commentary meetings this fall as well.

All affected Arlington Public Schools groups and Civic Associations have seats on SAWG. For Arlington Heights, our representatives are:

Mahender Dudani (Primary): dudani@hotmail.com / 703-979-0808
 Lisa Turcios (Alternate): lisaturcios@comcast.net / 571-522-0520

FEELING SPOOKY? HALLOWEEN'S JUST AROUND THE CORNER

Make sure not to miss the Arlington Heights Civic Association's next event: Halloween. As in years past, we'll have a spooky party and parade departing from Patrick Henry Elementary School, with festivities scheduled from 3 p.m. - 4:30 p.m. on Saturday, Oct. 31 – rain or shine!

As always, we will be collecting non-perishable food donations for the Arlington Food Assistance Center to help our neighbors in need.

The parade will begin and end at the blacktop/playground. We will have a moon bounce, Halloween treats and pizza donated by our wonderful neighborhood Papa John's.



ALL'S FAIR IN ARLINGTON HEIGHTS!

It wouldn't be summer in Arlington without the Arlington County Fair!

New for 2015, the fair kicks off with an **Opening Day Parade** on August 5th, beginning at 6 p.m. from the Career Center and ending at the fairgrounds (a full map is at <http://arlingtoncountyfair.us/>).

Local groups are encouraged to participate and can sign up at arlingtoncountyfair.us/entertainment/opening-parade/.

Following the parade, fair organizers will host a **Community Night** at the Fair to thank all of our fantastic neighbors. We hope you will all join us for a fun Summer Night!

Fast facts about the fair

- Admission: free
- Dates: Aug. 5 - 9
- Activities include everyone's favorites at the **Outdoor Stage** and **Indoor Stage**, some fun activities on the **Turf Field** and the **Kid's Court**, racing pigs, pony rides, and Cows-N-Corn milking demonstrations.
- The fair will have lots of amazing food, with some newcomers this year -- including **Ruffino's** and **Ben's Chili Bowl**!
- And, of course, **great rides and games throughout the midway!**
- For more information, visit the fair web site at <http://arlingtoncountyfair.us>

For those who want to build up an appetite before heading over, a 5K Run/Walk is being offered for the third year in a row. The race starts and finishes at Thomas Jefferson Community Center. This is a family-friendly event and strollers are welcome!

Participants will loop around the fairgrounds, proceed from down South Highland street toward the Arlington Career Center then come back to the fairgrounds for a final loop before finishing in the parking lot near the middle school entrance.

Race details

Date: *Saturday, August 8*

Time: *8 a.m. (check-in from 1 – 9 p.m. on Friday or starting at 6:45 a.m. on race day)*

Registration Fees

Individual: \$25

Kids (12 and under): \$10

All participants will receive a commemorative bag and refreshments before and after the race. Awards will be given to the Top 3 Overall male and female finishers and top 3 youth (ages 14 & under regardless of gender).

You can register by visiting <http://arlingtoncountyfair.us/5k/>





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GET READY, GET SET, VOTE !

The next General Election date is **Tuesday, November 3, 2015**. On the ballot are seats for:

- Virginia Senate
- Virginia House of Delegates
- County Constitutional offices
- County Board (two seats)
- School Board

Polling place hours on all Election Days are: 6 a.m.- 7 p.m.

All Virginia voters must show a photo ID when they go to the polls or apply for an absentee ballot in person. Acceptable photo IDs include:

- A Virginia driver's license or DMV ID card
- Any ID issued by the U.S. Government, Virginia Government or any Virginia local government, provided it contains a photograph. Examples include: Passport; Military ID; Naturalization certificate; Arlington Senior ID issued by the Sheriff's Office; An employer photo ID with photograph; a student ID card, with photograph, from any Virginia college or university.

If you do not have any of the above forms of ID, you can obtain a FREE photo ID, for voting purposes only, at the Office of Voter Registration (2100 Clarendon Blvd., Suite 320 / 703-228-3456).

Also, the Arlington County Sheriff's Office provides free photo IDs to Arlington residents age 62 and older, by appointment only. Please call 703-228-7063 for additional information. These IDs are government-issued and acceptable for voting purposes.

If you forget to bring ID to the polls, you can vote a provisional ballot, but that ballot will not be counted unless you provide the Electoral Board a copy of your valid ID by no later than noon on the Friday after the election.



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Las **próximas elecciones se celebrarán** Martes, 3 de Noviembre, 2015.

El día de las elecciones, todas las urnas en Arlington están abiertas desde 6 a.m. hasta 7 p.m.

Desde hace el 1 de julio de 2014, los votantes de Virginia deben mostrar una identificación con fotografía:

- Licencia de conducir válida de Virginia o tarjeta de identificación de DMV;
- Identificación emitida por el gobierno de EE.UU., gobierno de Virginia, u otro gobierno local de Virginia, siempre que tenga fotografía;
- Identificación de empleador con fotografía; o
- Tarjeta de identificación estudiantil válida con fotografía de una facultad o universidad de Virginia.

Usted también puede obtener una identificación con fotografía gratis, solo para votar, poniéndose en contacto con la Oficina de Registro de Votantes (2100 Clarendon Blvd., Suite 320 / 703-228-3456).

La oficina del Sheriff de Arlington también **ofrece identificación con fotografía gratis para residentes de Arlington que tienen mas de 62 años de edad, solo por cita. Favor de llamar el 703-228-7063** para más información.

Si se olvida de traer la identificación a los comicios, podrá emitir un voto provisorio, pero ese voto solo será contado si entrega a la Junta Electoral una copia de su identificación válida antes del mediodía del día viernes posterior a la elección.

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HEALTHY HABITS: SUN PROTECTION

Long summer days bring plenty of outdoor time and sunshine. When spending time outside, protecting yourself from the sun's ultraviolet (UV) rays is very important. The ultraviolet A and ultraviolet B rays (UVA and UVB) can damage skin leading to both acute and chronic detrimental effects including sunburn, photoaging (early wrinkles) and skin cancer.

The type of UV radiation determines what type of damage is being done to the skin. Ultraviolet A radiation, which makes up 95% of the UV radiation that reaches the earth's surface, has an important role in photoaging, skin pigment darkening, and possibly skin cancers. Although UVB represent only 5% of the UV rays reaching the earth's surface, they are responsible for sunburn, inflammation, hyperpigmentation, and skin cancers.

Most skin cancers occur on parts of the body that are repeatedly exposed to the sun. Common areas include the head, neck, face, tips of ears, hands, forearms, shoulders, back, chests of men, and back and lower legs of women.

Photoprotection includes the steps taken to reduce the damage associated with UV exposure. Common photoprotective measures include sun avoidance during peak exposure hours, wearing sun-protective clothing, avoiding tanning beds, and applying sunscreen. The sun's rays are strongest at the middle of the day between 10 a.m. and 4 p.m. During these hours the UV rays can do the most damage to your skin. Ultraviolet rays are, however, also present on cloudy days and reflect against water, snow and ice.

Wearing protective clothing is also important for sun protection. The degree of protection provided by clothes is defined by the ultraviolet protection factor (UPF). The UPF indicates how effective a fabric is at blocking solar UV radiation. In general, UPF rating of fabrics are based on the composition of the material, the tightness of the weave (tighter weave improves the rating), fabric color (darker colors improves the rating) and material stretch (more stretch reduces the rating). Additionally, a wide-brimmed hat helps protect the scalp and face.

Sunscreens provide an additional photoprotective measure. Sunscreens are topical preparations that contain components that reflect or absorb UV radiation. Sunscreens are classified as either organic (chemical sunscreens) or inorganic (physical sunscreens). Sunscreens described as broad

spectrum are typically a combination of products that are able to absorb both UVA and UVB radiation. Sunscreen products for daily use typically have a SPF (sun protective factor) of 15. Those with SPF 30 or higher are recommended when performing outdoor work, sports or recreational activities. In order for a sunscreen to be effective it must be applied liberally and repeatedly to all sun-exposed skin. The amount of sunscreen applied to the skin should be about 1 ounce of sunscreen for the average adult.

Since most adults do not apply this much sunscreen, a higher-rated sunscreen can be used to compensate. The sunscreen should also be applied between 15 and 30 minutes before sun exposure as this allows a protective film to form on the skin. Sunscreen should be reapplied approximately every 2 hours or whenever washed off from swimming or sweating. Sunscreens should be reapplied after every water exposure even if labeled water-resistant or very water-resistant.

With the correct and proper use of photoprotective clothing and sunscreen one can decrease their exposure to skin damaging UV radiation and enjoy their time outdoors this summer.

For Additional Information:
American Academy of Family Physicians:
www.familydoctor.org
Mayo Clinic Healthy Lifestyle: www.mayoclinic.org

Nandini Koka, MD
Board Certified Family Medicine
Lead Physician – Inova Urgent Care Centers

HEALTHY HABITS is a quarterly column on staying well.

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ANIMAL AFFAIRS: HEALTHY TEETH FOR A HEALTHY PET

How many times has your veterinarian asked you if you brush your pet's teeth? Hopefully every time you go in! Taking care of your dog or cat's oral cavity – mouth, teeth and gums – is an essential component of maintaining your pet's overall health.

The adult dog has 42 teeth and the adult cat has 30 teeth. In the past, the canine teeth (also known as fangs) were used to capture or pierce prey. The incisor teeth – at the very front – were used for cutting. The premolar and molar teeth were used for chewing and grinding the food before digestion. Today's domesticated pets, with healthy teeth, can easily eat their commercial or homemade diets without much effort. But when your pet has diseased teeth, eating can become a challenge.

One of the most common issues with dogs' teeth is the slab fracture. It occurs most commonly on a premolar tooth as a result of the dog biting down on a very hard object - often a bone, rock or "indestructible" toy. A section of the tooth becomes chipped off and exposes the pulp cavity. This can be very painful. Owners will most commonly notice that their pet avoids chewing on the side of the fracture or has trouble picking up food. Veterinary dentists can perform root canals to try and save the tooth. Alternatively, your general practice veterinarian can extract the tooth.


Almost all cats will have at least one feline oral resorptive lesion (FORL) in their lifetime. FORLs cause the affected tooth to deteriorate (necrose) at both the crown (that portion of the tooth that is visible) and the root. These lesions are very painful to cats and it is common to see their mouths actually chatter from the pain. The only way to fix these lesions is to extract the affected teeth. Once removed, cats will often become more playful and active.

Tooth root abscesses affect both dogs and cats, leaving them with a large swelling under one eye. An examination of the oral cavity will sometimes reveal a fractured tooth, a loose tooth, a tooth with lots of dental tartar and/or infection. The third and fourth premolar teeth sit directly underneath the eye and usually it is one of these teeth that is affected. The treatment of choice is tooth extraction, antibiotics and pain relief medication.

The next article will wrap up common oral cavity issues and introduce general maintenance. Enjoy the rest of the summer!

ANIMAL AFFAIRS is a recurring column from Dr. Frederick Jones and our friends at Arlington Animal Hospital.

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Please Join AHCA and Listserv!

Please take this opportunity to renew your AHCA membership. Residential memberships are \$20 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@yahoo.com

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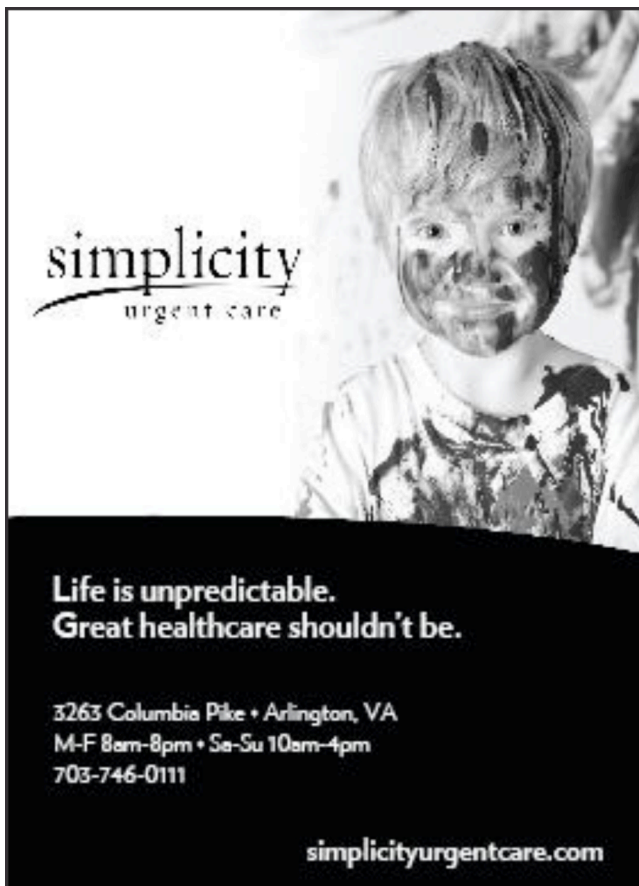
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