

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Summer 2014



TJ PARK SPECIAL EDITION

Arlington Heights is all abuzz with talk of a new elementary school at Thomas Jefferson park. Neighborhood conservation representative Stephen Hughes has the answers to your questions.

Q: So, Stephen, what's all the hubbub about?

A: The Arlington County School Board approved a Capital Improvement Plan (CIP) on June 16 identifying "Thomas Jefferson site" as the "preferred" location for a new 725-seat elementary school. Superintendent Patrick Murphy announced his recommended CIP on May 9 after TJ was identified for the first time after the "More Seats" program public comment and community building process was concluded. Concept designs [see below] were first published on June 10.

Q: I'm new to the neighborhood. What's TJ Park, and

why should I care?

A: TJ Park is the largest public park in our neighborhood. The 18.5-acre park includes an outdoor gym, walking trail, soccer and baseball fields, gardens, tennis courts and basketball courts. It supports the 8.6-acre Middle School, Community Center and theater. And it hosts the Arlington County Fair every August.

Q: Does the school board have final say?

A: No. The land on all sides of Thomas Jefferson Middle School is actually owned by the county board. Under the auspices of the "Public Land for Public Good" program, the county has recommended TJ as the only site for a new elementary school. The county board now says it intends to establish a new process to decide if it will support building a new elementary

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JOIN AHCA	

Please join us for the

AHCA Quarterly Meeting
Tuesday, August 12 at 7 pm
Patrick Henry Elementary
School Library

The meeting agenda will include a discussion of the potential plans for the TJ and Career Center sites. There may be a membership vote regarding the AHCA position on the building on green space at this meeting.

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**NEW FARMERS' MARKET TO
OPEN AT ARLINGTON MILL**

Good news, neighbors! Arlington County has just voted to approve a new farmers' market on the public plaza at Arlington Mill Community and Senior Center, just down Columbia Pike at the corner with Dinwiddie Street. It could start operating as early as August.

The market – Arlington's eighth – will be open from 3 p.m. to 7 p.m. on Wednesdays, perfect if you've missed the Sunday market in front of the Rite Aid.



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TJ PARK, CONTINUED FROM PAGE 1

school at TJ and use that same process to decide if other county-owned sites are appropriate for affordable housing. The list of all parks and other public land being considered for schools or affordable housing is available online on the county website.

Q: Has the neighborhood association decided to support or oppose building a new school at Thomas Jefferson?

A: No. In May the Arlington Heights Civic Association took the position that the process is broken. Absent a better process, AHCA reserves the right to oppose or support the project.

Q: Why does the school board feel we need more seats?

A: Arlington County is growing and current projections don't predict that trend will stop. The county's own estimate suggests that by 2040 we will have a total population of 276,100, up more than 50,000 from where we are now.

Q: Who would be served by the new school?

A: Any decision about Choice or Neighborhood school will be made after the decision to build on Thomas Jefferson is complete.

Q: Does the school board have any alternatives besides building a new elementary school?

A: Yes. The school board approved a second choice to build additions at two elementary schools south of Arlington Blvd.

Q: Is the school board considering additions equally?

A: It doesn't look like it. The school board has identified building a new school at TJ as its "preferred" choice and has solicited a contract to begin the design process with a due date of July 16 for proposals. The county board meanwhile has not yet established a process to decide if Thomas Jefferson can be used for a school.

Q: How much would a new school cost?

A: It depends on what's included. The superintendent's recommendation, which includes the new school and additions at Abington Elementary, would add up to \$79 million (\$91,753 per seat for 861 seats).

Q: Does that include extra parking?

A: No. Adding structured parking would add at least \$12.5 million to the project.

Q: What about the cost of acquiring replacement park land?

A: That's not included either. The park commission currently estimates the cost of acquiring new land in the county for parks at between \$4 million and \$11 million per acre.

Q: If a new school is built will elementary school boundaries require redistricting?

A: In all likelihood a new elementary school, be it Choice or Neighborhood, will require redistricting.

Q: I feel passionately that we should either support or oppose building a new school at Thomas Jefferson. What can I do?

A: Write to county and school board members and tell them how you feel. Remember, the ultimate decision to build has not yet been made.

The options for building on the TJ site are available at: <http://www.apsva.us/cms/lib2/VA01000586/Centricity/Domain/110/031214%20CIP%20Feasibility%20Studies.pdf>

STATE LEGISLATURE RECOGNIZES ONE OF ARLINGTON HEIGHTS' OWN: JOY HELRING

Virginia's General Assembly recently passed a joint resolution recognizing our very own Joy Helring, a World War 2 WAVES volunteer, educator, immigration lawyer and former vice-president of the Arlington Heights Civic Association who was profiled in the Spring issue of our Over the Fence newsletter. The resolution was submitted by the AHCA and sponsored by Arlington Del. Alfonso Lopez.

HOUSE JOINT RESOLUTION NO. 5063

Offered April 22, 2014

Commending Gracelia Joy R. Helring

Patrons-- Lopez; Senators: Ebbin and Howell

WHEREAS, Gracelia Joy R. Helring, a proud veteran, devoted educator, and respected community leader in Arlington, has selflessly offered her time and talents in service to others for more than 70 years; and

WHEREAS, a native of McMinn County, Tennessee, Joy Helring attended the Women's College of the University of North Carolina; desirous to be of service to her country, she joined the Women Accepted for Volunteer Emergency Service during World War II; and

WHEREAS, after the war, Joy Helring worked in the Veterans Administration as a counselor on career choices and housing assistance for returning veterans; and

WHEREAS, completing her honorable military service, Joy Helring helped prepare students for further education, careers, and responsible citizenship as an elementary school teacher in North Carolina and Maryland for 25 years; and

WHEREAS, at the age of 55, Joy Helring retired from teaching and pursued a law degree from George Mason University; she was admitted to the Virginia State Bar in 1982 and practiced immigration law for 30 years; and

WHEREAS, encouraging others to do their civic duty, Joy Helring served as a poll watcher for 13 hours straight during the 2008 presidential election; she also offered her wise leadership to the Arlington Heights Neighborhood Civic Association as the association's vice president in 2009; and

WHEREAS, Joy Helring is an exemplar of community spirit and the importance of serving others, and she remains a vibrant and dynamic member of the Arlington community; now, therefore, be it



RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend Gracelia Joy R. Helring for her more than 70 years of diligent community service and leadership; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Gracelia Joy R. Helring as an expression of the General Assembly's admiration and respect for her contributions to the Commonwealth and the United States.

IT'S NOT SUMMER WITHOUT THE FAIR!

The Arlington County Fair is almost here, with a 5K Run/Walk being offered for the second year in a row. This year, the race starts and finishes at Arlington Career Center, with the course looping around the fair grounds at the Thomas Jefferson Community Center twice.

Race details

Date: Sunday, August 9

Time: 8 a.m. (check-in begins at 6:45 a.m.)

Registration Fees

Individual: \$25

Kids (12 and under): \$10

All participants will receive a commemorative bag with a hot/cold pack, refreshments before and after the race, and the shuttle ride to and from the fair grounds 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://arlington-countyfair.us/5k/>

Fast facts about the fair

Admission: Free

Dates and Times: The fair runs from Wednesday, Aug. 6 to Sunday, Aug. 10

Wednesday: 5-10 p.m. (outdoor only)

Thursday: 5-10 p.m. (outdoor only)

Friday: 2-11 p.m. (outdoor); 4-10 p.m. (indoor)

Saturday: 10 a.m.-11 p.m. (outdoor); 10 a.m.-9 p.m. (indoor)

Sunday: 11 a.m.-10 p.m. (outdoor); 11 a.m.-7 p.m. (indoor)



Fair Highlights

- Racing piglets
- Scavenger hunt;
- Harlem Wizards;
- Pony rides;
- Cows-N-Corn agriculture exhibit;
- Outdoor movie night;
- Sports demos;
- Photo of the Day Contest;
- Local performers;
- And much, much more!

Visit the fair web site at <http://arlingtoncountyfair.us/>

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PREPARE FOR DISASTER: EMERGENCY PREPAREDNESS AND RESPONSE TRAINING BEGINS IN SEPTEMBER

Do you know what to do in the event of an earthquake, a tornado or a terrorist attack? All have happened in Arlington in the past 13 years – and all illustrate the importance of being personally prepared for and able to respond to emergencies large and small. It's everyone's responsibility.

That's what Community Emergency Response Team (CERT) training is all about. This eight-session, 26-hour course, sponsored by the Arlington County Citizen Corps, Office of Emergency Management (OEM) and Fire Department (ACFD), covers disaster preparedness, disaster medical operations, light search and rescue, team organization, disaster psychology, fire suppression and terrorism. It follows a FEMA/DHS all-hazards curriculum being used around the globe.

To date more than 650 people have completed CERT training in Arlington County, and many have continued on to be members of neighborhood teams. It is open to Arlington residents – and those who work in the County but reside elsewhere – who are at least 18 years old (16 if accompanied by at least one parent) and able to participate in all aspects of the training, some of which requires lifting and carrying. The training is free, but participants are expected to acquire certain supplies themselves, many of which you probably already have on-hand. All classes meet at the Arlington County Fire Department (ACFD) Training Academy in Shirlington and are taught by ACFD and OEM

CONTINUED NEXT PAGE

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EMERGENCY PREPAREDNESS CONTINUED

staff and CERT members. Neighboring jurisdictions also offer CERT training for their residents.

Some complete this training simply to be safer in their own homes and workplaces. Others choose to complete additional requirements necessary to become active members of neighborhood teams trained to assist in major disasters. All help make Arlington County a safer place to live, work and play!

Fall CERT classes are scheduled to begin on September 11 and 16 and available seats will be filled on a first-come, first-served basis. Advance registration is required. If you'd like additional information or would like to sign up, please send an e-mail to ArlingtonCERT@gmail.com. A little training can make a huge difference in a disaster!

ANIMAL AFFAIRS: ANSWERS TO YOUR PET HEALTH QUESTIONS

Good news, Arlington Heights animal lovers: The good folks at Arlington Animal Hospital have agreed to begin writing a recurring column on pet health for our neighborhood newsletter – and they want to know what's on your minds.



If you have any questions about the health of your pets – as well as area wildlife – please contact newsletter editor Julian Pecquet at jpecquet@yahoo.com and I'll make sure they get passed on to Dr. Frederick Jones and the rest of the team at Arlington Animal Hospital.

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HEALTHY HABITS: IT'S TOO DARN HOT

As we enter the dog days of summer, exercise continues and moves from inside the gym to the Great Outdoors. High school athletic teams ramp up practice in anticipation of the first fall game and everyone is running a marathon or a half marathon. So how can you tell whether it's just plain hot or dangerously hot? I thought a cool refresher on exertional heat illness for adults and children might be appropriate.

Many have heard of "heat stroke," but what does it really mean? It is actually the last state of a continuum of illness that starts with heat cramps, moves to heat syncope (passing out from the heat), then heat exhaustion, and finally heat stroke. I would suggest that if you begin to experience one of the early heat illness to stop what you are doing and take care of yourself before you progress to the next stage of heat illness.

Risk factors for heat illness include strenuous activity in high temperatures AND high humidity. Don't forget that high humidity can be just as bad as high temperatures. Poor physical fitness can contribute so take it easy if you are getting back into your exercise routine. Finally, dehydration can increase your risk of suffering heat illness. Remember to drink plenty of fluid (more on that later). Certain medications and dietary supplements can be problematic as well. These medications impair sweating, treat cardiac problems, and treat hypertension. If you have any questions, please consult your primary care doctor.

So you are training for the Marine Corp Marathon and while running begin to develop cramps. While these might be associated with the exertion rather than the heat, it is important to be aware that it can lead to more serious conditions. If you find that you are unable to walk or stand (or even pass out), this is a sign of heat syncope. Heat exhaustion manifests by inability to continue to exercise, core body temperature of

101 to 104, low blood pressure and rapid heart rate, headache, difficulty walking secondary to dizziness, and nausea or vomiting. The final straw is heat stroke involves the symptoms of heat exhaustion with the addition of neurological dysfunction such as disorientation, confusion, seizure, or irrational behavior.

Now that you know what the signs are, let's talk about how to treat this person in the field. First and foremost, if there are signs of heat stroke contact 911 for transport to the nearest emergency department. This condition can be life-threatening if not immediately addressed. However, while on site the most important treatment is cooling. First, remove all

equipment and excess clothing. The preferred option is ice-water immersion, but if that isn't available then a cold shower, cold water from a hose, a shady area with wet towels applied will do. Stop therapy when the person begins to shiver. People frequently ask me what they should drink to re-hydrate themselves and the answer is salt water. The body loses both water and sodium when you sweat so both must be replenished. Straight tap water will not replete the sodium

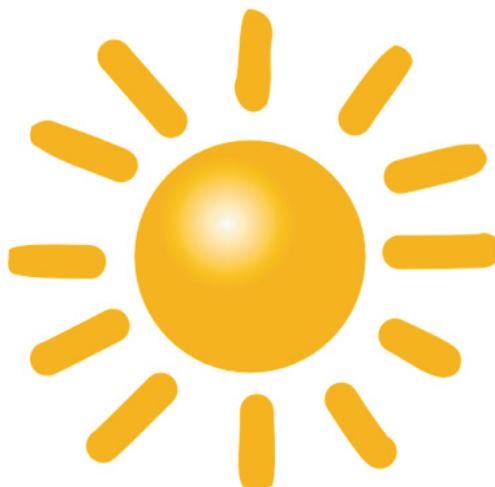
and can cause additional problems. The best to rehydrate is Gatorade, Powerade or other sports drink. This has the necessary salts and sugar to make it more palatable. Pedialyte would work well but most people won't tolerate it because it has all the salt and no sugar.

So in closing, please enjoy the outdoors. It is a great time to be outside and enjoy the many activities DC has to offer. Just be smart about it, don't push yourself too hard, recognize the signs of heat illness early, and treat appropriately.

John R. Jones, MD

Medical Director, Simplicity Urgent Care

HEALTHY HABITS is a recurring column on staying well.



HENRY HIGHLIGHTS: CHANGE IS IN THE AIR!

There have been big changes at Patrick Henry! We wished a fond farewell to Dr. Lisa Pichota, our beloved principal for the past 12 years. Lisa will now serve as the director of Elementary School Instruction for Alexandria City Public Schools.

able has four classrooms and restrooms and will be the learning space for Henry's fifth grade students.



We are honored to have Annie Frye named as our new principal. Annie has more than 26 years of experience as an educator and has served as the assistant principal at Henry for the past 9 years. Her knowledge of the school and community is invaluable, and we are so lucky to have her at our helm. Prior to her appointment as assistant principal at Patrick Henry, Annie served as the assistant principal at Drew and also taught at Campbell and Jamestown.

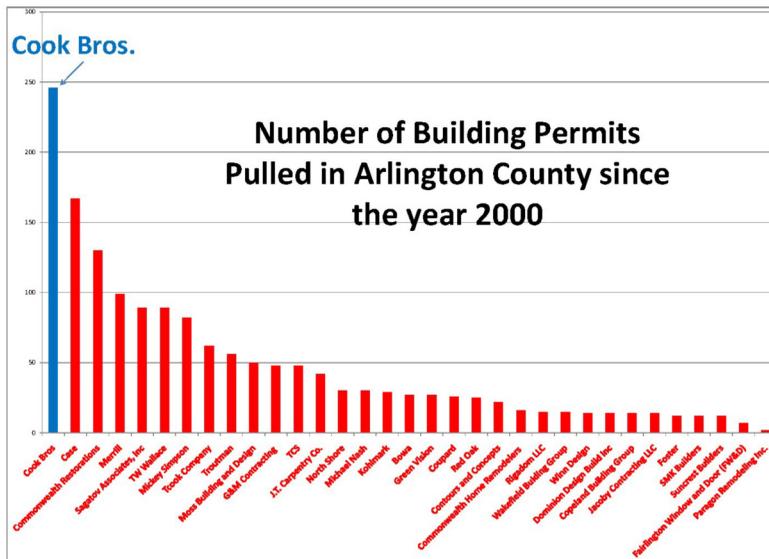
If you have a rising kindergartener or have just moved into the neighborhood, please stop by and enroll your student! We look forward to welcoming them into our community. Be our friend! Keep up with all of the goings on at Patrick Henry by subscribing to PatrickHenryFriends@yahoo.com, and Like us on Facebook – Patrick Henry Elementary Friends & Families.

Due to rising enrollment at Patrick Henry, a quad relocatable has been installed near the playground off of Walter Reed Drive. The exterior of the learning cottage was specially designed to match the blue and white colors of the main school building. The relocat-

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.

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SUMMER SAFETY TIPS FROM ARLINGTON PD

The FBI Washington Field Office is sharing tips on how to keep kids safe and information about how the FBI investigates instances of child abduction and exploitation. Through the Child Exploitation Task Force, the FBI works to decrease the vulnerability of children to sexual exploitation, provide a rapid investigative response to crimes against children, and enhance the capabilities of state and local law enforcement agencies.

An unfortunate reality is that every year, thousands of children go missing. In these cases, the FBI works to assist in the investigation and speedy recovery of the abducted child. In cases of child exploitation, an individual often targets a child for the purpose of abuse or violence. This targeting can be done in person by an acquaintance or a stranger or it can be done online through social websites and chat rooms.

To help in child abduction recoveries, the FBI has developed the Child ID app which provides an effective way for parents and guardians to keep their child's pictures and information on hand in case he or she goes missing. The app also includes safety tips for parents to help keep their kids out of harm's way. The app is free and, in the event a child goes missing, parents

and guardians can quickly email the photos and information to authorities. No information about you or your child will be collected or stored by the FBI. To download the Child ID app, go to iTunes App Store on your iPhone or Play Store on your Android phone.

Whether a child is spending the summer at home with parents, a nanny or tutor, or away from home at a summer camp, the following safety tips will help ensure that children are being cared for under the watchful eyes of trusted and vetted adults.

· Know your child care providers. Choose babysitters, nannies and tutors with care. Obtain references from family, friends and neighbors. Many states now have registries for public access to check criminal history or sex-offender status. Observe the interaction with your children, and ask your children how they feel about your child care provider. Do background screening and reference checks on everyone who works in your home, particularly those people who care for your children. Check references with other families who have used the child care providers. Make sure you know as much about them as they do about you and your family. For access to sex-offender registries, visit www.nsopw.gov.

· Check out camps and summer programs before enrolling your children. Ask if a background screening check is completed on the individuals working with the children. Make sure there will be adult supervision of your children at all times, and make sure you are made aware of all activities and field trips offered by the camp or program.

· Observe how adults work with your children. Be involved in your children's activities and if you are concerned about anyone's behavior, discuss your concerns with the sponsoring organization. Notice when anyone shows one or all of your children an inordinate amount of attention or tries to give them gifts. Take the time to talk to your children about the person and find out why that person is acting in this way. Tell your children to never accept money or gifts



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from anyone unless you have told them it is OK.

· Know where your children are and who they are with. Make sure an adult whom you have met and know the background of is supervising children any time they are outside or away from home. Review rules with your children about whose homes they may visit and discuss the boundaries of where they may and may not go in the neighborhood.

· Talk to your children about safety and encourage them to tell you or another trusted adult if anyone or anything makes them feel sad, scared or confused. Teach them it is OK to tell you what happened and they will not be “tattletales” for telling.

· Remember to stay alert, informed and focused about personal-security issues. Being available and taking time to really know and listen to your children helps build feelings of safety and security. Be sure your child knows what to do in case of an emergency and how to reach you by phone. Children should have a trusted adult, whom you know, to call if

they are scared or there is an emergency.

In addition to these summer safety tips for parents, the FBI has developed tips for employers who are hiring for summertime positions that have interaction with children. These tips along with the FBI’s Parent’s Guide to Internet Safety can be found by visiting the FBI’s website, www.fbi.gov/summersafety.

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.

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MARK YOUR CALENDARS: SPOOKY FUN EDITION

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. 25.



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. Rain date is Sunday, Oct. 26.



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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