

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association



Fall 2014

IT'S VOTING TIME: AHCA ELECTIONS ARE WEDNESDAY, NOV. 12

AHCA members on Wednesday, Nov. 12, will get to elect their new officers for 2015. Please see below for information about the various elected and appointed positions.

For the elected AHCA Executive Committee positions, please contact Nominating Chair Rebecca Mashaw at rebeccamashaw@gmail.com to nominate yourself. DO consider volunteering: Your neighborhood needs your help!

For the appointed positions please contact outgoing AHCA President Stacey Whyte at kandswhyte@gmail.com to volunteer.

Elected Positions:

President – 20+ hours per month (one volunteer so far)

1st Vice-President – 10+ hours/month (one volunteer)

2nd Vice-President – 6 hours/month (one volunteer)

Treasurer – 6 hours/month (one volunteer)

Secretary – 6 hours/month (no volunteers)

Appointed Positions:

Neighborhood Conservation Representative – 6 hours/month (one volunteer)

Neighborhood Conservation Alternate – 6 hours/month (one volunteer)

Social Chair – 1 to 2 hrs/month with extra hours around the Halloween parade in October and the annual Spring BBQ in June (one volunteer)

4 Civic Federation Delegates – 4 hrs/month, none in July & August (one volunteer so far)

4 Civic Federation Alternates - 4 hrs/month, none in July & August (one volunteer so far)

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A WORD OF THANKS...

Six years ago I began my service on the Arlington Heights Civic Association executive committee as vice president, and for the past five years I have had the honor of serving as president of our wonderful neighborhood. Throughout my tenure I have been fortunate enough to meet countless neighbors, and I have had the privilege to volunteer beside many of you.

To all of you, I say thank you - thank you for your engagement and participation, thank you for your kind words and your caring acts, thank you for your suggestions and your hard work, and most importantly thank you for making our Arlington Heights community such a wonderful place to live.

It has been an honor and a pleasure –

Stacey Whyte, President

Arlington Heights Civic Association

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

VACANT

Civic Federation Alternate

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

Social Chair

Pattie DeLoatche
pdeloatche@verizon.net 703-598-0784

Newsletter Content and Advertising

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

Newsletter Layout

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

Newsletter Distribution

Ron Peterson
peterson3112@verizon.net

Webmaster and Neighborhood Email List

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

AHCA CELEBRATES HALLOWEEN & CHRISTMAS

Please join friends and neighbors for the 8th annual Arlington Heights Halloween Parade and Party on Saturday, Oct. 25 (rain date Sunday, Oct. 26) from 3 p.m. to 4:30 p.m. at the Patrick Henry Elementary School playground. As always, we will be collecting non-perishable food donations for the Arlington Food Assistance Center to help our Arlington neighbors in need.

The parade will begin and end at the blacktop/playground at Patrick Henry. We will have a moon bounce, Halloween treats and pizza donated by our wonderful neighborhood Papa John's. We look forward to seeing you there!

Then we'll ring in the caroling on Friday, Dec. 19. Carolers will meet at the home of Mike and Helen Sobola at 3241 S. 6th Street at 6:30. We will begin the caroling at 7 p.m. at the TJ Park Kiosk at the corner of South 2nd and South Irving streets. Please bring a flashlight and dress warmly – song lyric sheets will be provided.

We'll end at the home of the Sobolas, with hot chocolate, wine, cookies and other assorted holiday treats.



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MARK YOUR CALENDARS: AHCA MEMBERS TO VOTE ON TJ RESOLUTION NOV. 12

Please join us for our next quarterly AHCA Meeting on Wednesday, November 12, 2014

Our agenda will include:

- The presentation of the Community Partners Award to Simplicity Urgent Care;
- The presentation of our inaugural Neighborhood Hero Award to Lynn Kristianson;
- Our annual elections for AHCA officers; and
- A membership vote on the following resolution:

Arlington Heights Civic Association Resolution

WHEREAS Arlington Public Schools is proposing to build a school adjacent to the Thomas Jefferson Middle School, possibly intruding upon Thomas Jefferson Park.

WHEREAS Thomas Jefferson Park is an invaluable resource for Arlington and its Arlington Heights neighbors, where our children and families use the park for play and recreation, people walk their dogs,

runners jog on its measured half-mile trail, neighborhood volunteers maintain the ornamental garden at the southeast corner of the park, and Thomas Jefferson Middle School students raise food in the park's organic vegetable garden for the Arlington Food Assistance Center.

WHEREAS the Arlington Heights Civic Association deems the boundary of Thomas Jefferson Park to be as illustrated in Figure 1.

BE IT RESOLVED THAT the Arlington Heights Civic Association opposes Arlington Public Schools building a school, or any facility, that occupies, or infringes upon, any portion of Thomas Jefferson Park.

If you have any questions regarding the resolution, please direct them to Neighborhood Conservation alternative Stephen Hughes at stephenthughes@gmail.com prior to our November 12 meeting.

Figure 1 – Thomas Jefferson Park Boundary



TJ PARK UPDATE: WORKING GROUP UP AND RUNNING

A lot of information about Thomas Jefferson is being collected and distributed now that the County has launched its Thomas Jefferson Working Group, which is tasked with evaluating the TJ site and making a recommendation on elementary school construction. All of that information is available online, at the links below.

At the latest working group meeting in early October, the school system presented 4 new “schemes” for the 725-student elementary school proposed for Thomas Jefferson. These new proposals replace all previous proposals. All proposals are either 3 or 4 stories tall, and they all include the probability of “structured parking.” In order to pay for the additional parking, the School System has said it would require money beyond its budget. The addition of structured parking will exceed the current construction estimate of about \$50 million and require additional money from the Country Board.

The working group is solely focused on Thomas Jefferson, and cannot look “outside” TJ site-specific issues. The working group is not looking at future plans for either Patrick Henry or the Career Center.

While plans for both locations remain unknown, the Sun-Gazette on Sept. 29 quoted School Board Member Abby Raphael as saying that Patrick Henry “was nixed because it might some day be part of redevelopment of the large parcel that also includes the Arlington Career Center and Columbia Pike Library.” The impacts of those plans are not considered at the working group discussions, however.

The process is very dynamic and the meetings are all public, so I encourage all who are interested to join and listen and contribute as public comments are accepted. Here are some important links to stay informed.

Thomas Jefferson Working Group page: <http://projects.arlingtonva.us/plans-studies/land-use/thomas-jefferson-site-evaluation/>

School Board “More Seats” page:
<http://www.apsva.us/moreseats>

Stephen Hughes, AHCA Representative to the Thomas Jefferson Working Group



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NEIGHBORHOOD HERO: LYNN KRISTIANSON

Of all the things that make TJ Park such a special place, the beautiful gardens as you enter the park from Irving and 2nd streets surely stand out.

For its very first Neighborhood Hero award, the Arlington Heights Neighborhood Association has decided to recognize one of the dedicated gardeners behind the effort: Lynn Kristianson. Hers is the second garden on the right as you approach the walking loop, and is dedicated to native plants and pollinators.

Lynn is a decade-long resident of South Irving Street who has made it her life's mission to spruce up our neighborhood – and help save its wildlife in the process. The plants at TJ “are designed largely for pollinators. They're very conducive for bees and butterflies. And we have even a couple that attract hummingbirds,” says Lynn. “It's just a small part to help keep pollinators alive in the world, because their habitat is so endangered and so many people plant foreign kinds of things that pollinators can't use. I like being able to just do this small part.”

It all began seven or eight years ago, when Lynn was looking for a place to unload some of the extra plants in her garden. Her friend Juliet Hinzay, a former neighborhood president, mentioned the TJ spot - at that point a barren patch of cement.

“I put in some things that could survive just about anything for the first couple of years, and then I gradually turned to things that were a little harder to grow and looked a little better,” says Lynn. “I also worked a lot of mulch into the soil. It was a lot of work. Pretty much everything that is there, I have planted.”

Now the garden is home to an array of perennial native plants ranging from flowers, to shrubs and tall Midwest prairie grasses. It has grown to cover about 40 feet by 20 feet, according to Lynn.

“I expand it pretty much continuously, and now it's about as large as I can manage,” she says.

Lynn's interest in gardening was piqued when she moved into the neighborhood and bought her first house.

“We had a lot of junk in our yard that I didn't like, so I dug it all up and I wanted to come up with a theme,” Lynn says. “So I started reading various books and I decided that the best theme I could do would be using native plants as much as possible. I planted pretty much everything native in the backyard and in the front. Except that in the spring I have to have tulips.”

Lynn credits a series of books on perennials, shrubs and grasses by William Cullina, the former director of Horticultural Research for the New England Wild Flower Society, for helping to inspire her. She says she tries to grow plants that can serve as hosts for caterpillars for certain butterflies, as well as those that can provide a lot of nectar and pollen for bees and butterflies.

The TJ garden has taken a major role in Lynn's life. She stops by every morning on the way to work to see how things are doing and leaves a half an hour early twice a week for weeding and other upkeep from March through late October.

“Weeding is the big thing,” Lynn says. “You have to do it continuously. There's this bermuda grass around the edge of it that will creep right into the garden. And then there are lots of other things that will



**Lynn Kristianson and
her husband Gordon Meuse**

plant themselves: We've been battling porcelain berry, which is an invasive, and a few other things like horsenettle and really ugly weeds.

"Even the plants that are in there will produce so many seeds that sometimes they'll get lots of volunteers [plants that grow on their own]," she adds. "We had overkill of milkweed this year."

She also waters the garden when it gets really dry, and twice a year spreads fresh mulch provided by the Arlington County Parks and Recreation Department with the help of local gardening guru Phil Mackall. Lynn also spends time rearranging plants that need more or less shade, and will occasionally dig up and divide plants for neighbors with special requests.

In fact, Lynn is so committed, she even schedules her vacations to tend to the garden.

"In the spring and then in the fall, I usually take a week off work just to spend time in the garden. I really love it," she says. "I was kind of surprised at how involved I became with the garden. I really love it just to see the continual progression of flowers through the spring and summer and into the fall. And I really love to watch the bees and butterflies when they come to



*The TJ Pollinator garden
(photo by Lynn Kristianson)*

visit the flowers."

Lynn works at the Central Library, where she handles interlibrary loans and works on the reference desk on Sundays. She also has a garden there in a space that she shares with the Arlington Food Assistance Center's vegetable garden.

Lynn also loves to bike. But during a 200-km ride with a friend in February, an SUV driver knocked her over and drove away. The hit-and-run accident left Lynn with a broken pelvis, six fractures in her left arm and compound fractures in both legs – eventually requiring her left leg to be amputated below the knee. After seven months of rehab, she returned home a couple of months ago and has vowed to eventually get back on her bike. She's waiting to get fitted with a prosthetic leg, and plans to return to working at the TJ Park as soon as she's able.

One thing's for sure: The garden and Lynn will be back in full bloom by springtime.

"I'm going to resume my life," she says, as soon as she is able. You can connect with Lynn and find out how to help by signing up for her page on Caring-Bridge, a nonprofit, secure web site, at <http://www.caringbridge.org/visit/lynnkristianson>.

Please join your neighbors on Wednesday, November 12 at 7 pm at the Patrick Henry Elementary School Library as we present the first AHCA "Neighborhood Hero Award" to Lynn Kristianson.

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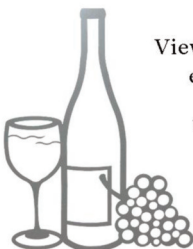
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OUR OUTSTANDING 2014 COMMUNITY PARTNER: SIMPLICITY URGENT CARE

The success of a community is dependent upon many things, and I believe part of that success is the partnerships between residents, local businesses and local government. When all of these groups work together, we can build and sustain a strong, vibrant community which benefits everyone. Two years ago the AHCA Executive Committee created an award to honor outstanding community partners to our Arlington Heights neighborhood. This award provides us an opportunity to thank individuals, businesses, or other organizations we have worked closely with during the year, who have demonstrated an unparalleled commitment to our community.

In 2010 “Simplicity Urgent Care” moved into our neighborhood at the corner of the Westmont Shopping Center. Before they had even opened their doors, Dr. John Jones, one of the partners at Simplicity, contacted the AHCA to introduce himself and his business, and to inquire about joining our civic association. Dr.

Jones also offered to “help out the neighborhood in any way” he could. Throughout their four years as our Arlington Heights neighbors, Dr. Jones and Simplicity have lived up to that original offer, and have helped our community in a number of ways. Beyond its annual membership, Simplicity has donated every year to our Neighborhood Spring BBQ and our Halloween Party, and for two years now they have been writing a health and wellness column for our neighborhood newsletter.

We thank our friends and neighbors at Simplicity for their ongoing generosity, and their efforts to keep us all healthy, and we congratulate them as this year’s recipients of the AHCA Community Partners Award.

We hope you will join the members of the Arlington Heights Civic Association at the award presentation ceremony on Wednesday, November 12 at 7 pm at the Patrick Henry Elementary School Library.

Stacey Whyte, AHCA President

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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

ANIMAL AFFAIRS: FIRST AID FOR YOUR PET

Animal emergencies can take many forms, from the simple to the severe. This article will focus on three of the more common emergencies you may encounter with your dog or cat, as well as things you can do at home to make sure your pet is stabilized until you can get them to your veterinarian or veterinary emergency hospital (ER).

Allergic reactions occur in dogs and cats more often than we recognize. As with people, some of the symptoms you may notice include difficulty breathing, swollen eyelids and/or face, hives or pale gums. Common causes include insect bites or stings as well as ingestion of allergic substances. While rare, some allergic reactions can be life-threatening by causing anaphylaxis (the body goes into shock and organ failure ensues). In the event of an allergic reaction, give your pet a dose of Benadryl (diphenhydramine) and get them to your veterinarian as quickly as possible. If your pet is having trouble breathing, DO NOT attempt to give them any medications by mouth, simply head for the ER. The dose of Benadryl for both dogs and cats is 1mg per pound of body weight – i.e., a 25lb dog would receive 25mg of Benadryl.

Ingestion of toxins or potential toxins is another common emergency. Toxins can be an owner's pre-

scription medications, an

overdose of otherwise safe medications, ingestion of poisons (rat/mouse poison, antifreeze), certain plants (Easter Lilies can be lethal to cats), and certain foods including onions (also potentially lethal to cats), garlic and chocolate (unsweetened baker's chocolate is the most toxic). Caffeine can also be toxic to pets. Common clinical symptoms include vomiting, diarrhea, ataxia (stumbling) and disorientation. If toxin exposure or ingestion is suspected, call your veterinarian, local ER or Animal Poison Control (1-888-426-4435).

Cat bite wounds can often lead to severe infections and abscesses. If your cat has been in a cat fight, you may not realize they have been bitten right away. Clinical signs to watch for include any lameness (limping), hiding, decreased appetite or fever (a dog or cat's temperature can be taken with a rectal thermometer – don't forget the Vaseline!). A normal temperature for a dog or cat will range between 100 and 103 degrees Fahrenheit. If you note any of the above signs and your cat has been in a recent (or suspected) scuffle, check for any wounds. If noted, your veterinarian should explore the wound for an abscess and if discovered, drain it. Antibiotics and sometimes pain medications will be prescribed.

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

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AHCA

HENRY HIGHLIGHTS: BACK TO SCHOOL EDITION

School is back in session! We are excited to welcome 519 students at Patrick Henry this fall. We ended last year with 462 students – so this is a significant increase for us. There are many new faces among the staff as well as we've opened up new classes to accommodate the increased enrollment. All of the staff are prepared and excited to begin a new year.

Over the summer, the PTA worked hard to revamp and revitalize our outdoor learning space. We've added tables so that teachers can hold class outside and so that we can continue to have children learn about the environment through our Exemplary Project – the Outdoor Habitat. The Habitat itself also received a facelift and the kids are so excited to be able to use this amazing space! We are always looking for volunteers to help us maintain our outdoor learning space. If you have some time and can help, please contact Susan Spranger at susan.spranger@apsva.us.

We are excited to launch a new program this year,

Henry Community Giving. This program is geared towards directly helping families in our community, and also coordinating a community of giving within Patrick Henry. The fund will be administered through Henry's social worker, Elizabeth Auten (Elizabeth.auten@apsva.us), and counselor Erin Upton (Erin.Upton@apsva.us) and is geared to providing emergency supports for families in need of things such as reading glasses, coats, backpacks & supplies, and other necessary items. The PTA has provided some seed funds and welcomes donations from our community to supplement these funds. Donations can be sent to the Patrick Henry PTA through the school main office.

Over the next few months, look for your Henry neighbors to be talking about our 2nd Annual Read-a-thon. Our fall fundraiser is geared towards encouraging kids to read, read, read! Kids are asked to set a reading goal over the 15-day reading period and record the number of minutes read every night. All kids are encouraged to record minutes and turn in their forms – prizes are based on participation as well as fundraising.

Look for your favorite superhero, ghost or goblin during our annual Halloween walk, held on October 31 at 1:30 p.m. This is one of our most fun community events as all of our kids are invited to walk as we make our way through the Penrose neighborhood led by the band from TJ middle school. The walk aims to raise awareness and funds for the Doorways program. Many of kids dress up and it's a lot of fun to wave to neighbors as we pass by.

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

HENRY HIGHLIGHTS is a quarterly 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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NEW VOTER ID LAWS: BE PREPARED FOR THE NOV. 4 ELECTIONS

The next General Election date is Tuesday, November 4, 2014. 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:
 - o Passport
 - o Military ID
 - o Naturalization certificate
 - o Arlington Senior ID issued by the Sheriff's Office (see below)
- 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 (see address and contact information at bottom of page).

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.

¡TRAIGALO!

¿Qué?

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- Una licencia de conducir del estado de Virginia o una tarjeta de identificación del DMV, o
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- Pasaporte, certificado, de naturalización o identificación militar, o
- Una identificación de empresa (con fotografía), o
- Una identificación (con fotografía) de cualquier Universidad de Virginia, o
- Un Senior identificación de Arlington con foto emitada por la Oficina del Sheriff

¿Por Qué?

La Ley ha cambiado y ahora se requiere una identificación con fotografía para votar en Virginia. También, asegúrese de que usted está registrado para votar.

¿Cuándo?

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tuales, o no vencido más de 12 meses antes de las elecciones

Si usted no tiene identificación (con fotografía), puede obtener una Identificación con foto GRATIS en el registro de oficina (703-228-3456), a partir del 1 de Julio del 2014. Para adicional información, vaya a **vote.arlingtonva.us/elections/id-requirements** and **www.vote411.org**.

<http://lwv-arlingtonva.org/>;

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Este aviso es apoyado en parte por la Liga De Mujeres Votantes Education fund



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HEALTHY HABITS: WHEN TO WORRY ABOUT KIDS' HEAD INJURIES

Kids are always hitting their heads - whether it's from rolling off the changing table (that seems to usually be the first time they demonstrate this new skill), tripping and hitting the edge of a table when they learn to walk (better described as “learn to run”), or getting a massive hit to the helmet on the football field. Why? One reason is because they haven't mastered control of their bodies. And second, anatomically their heads are just plain bigger. A child's head is proportionately larger to their body than an adult's - think Charlie Brown.

Head injuries are a very common concern we see in the emergency department and raises concerns about bleeding, skull fracture or concussion. The definitive way to rule out fracture or bleeding is with a CT scan. While the technology is readily available, it does involve radiation or x-ray so physicians think long and hard about who needs a head CT and who is most likely fine. There are many studies looking at different indicators and their association with bleeding or fracture; here is the most accepted (PECARN):

1. Scalp hematoma (large boggy bruise on the scalp) in a child whose sutures are still open;
2. Persistent vomiting. A large number of kids will vomit once but if it is persistent then that counts;
3. Loss of consciousness greater than 5 seconds;
4. The child is not acting right, according to its parents;
5. Signs of a basilar skull fracture (more subtle and should be determined by a physician);
6. Focal neurological findings like seizures or paralysis of an arm or a leg;
7. The child is older than 3 months (the little ones are harder because they don't exhibit much at a physical exam).

If your child has none of these findings, the chances he or she has a traumatic injury requiring surgical intervention is less than 0.02%. Another possibility is admission for observation if there are some concerns but the parents would like to avoid a head CT unless the child's condition worsens during those 24 hours. In the right scenario with the support of your ED physician, this is a very reasonable approach.

If everything turns out well in the emergency department and you are discharged.—what next?

The brain is a very sensitive organ and doesn't take to jarring very well at all. Head CTs do not show concussions: This is more a clinical diagnosis made in conjunction with neuropsychiatric testing. I always advise parents that a minor head trauma can cause significant problems and can be quite severe. The symptoms of a concussion can include headache, nausea, dizziness, double vision, irritability, and problems with learning and short-term memory. These symptoms can also last a couple of weeks, so don't be surprised.

The treatment for a concussion is rest. The recommendation is to remove all electric stimulus for the duration of the concussion. That's right: No TV, video games, Facebook. To teenagers, the cure might seem worse than the disease.

Follow-up is very important. I would highly recommend you take your child to a specialized clinic for management of concussion, as this will give you additional tools and help you justify your child's absence from school and after-school activities as well as any special school test-taking requirements your child may need. The Inova Concussion Program has a center created by pediatricians for kids. Check Inova Concussion Program on the Internet for more information.

John R. Jones, MD

Medical Director, Simplicity Urgent Care

HEALTHY HABITS is a quarterly column on staying well

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:

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