

# OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Fall 2015



## HOW WOULD YOU LIKE TO BE PRESIDENT? AHCA NEEDS YOUR LEADERSHIP!

AHCA President Stephen Hughes is stepping down, and we need you – yes, you! – to step up to fill his shoes. Stephen is moving on after a year of service to take a position on the Arlington County Planning Commission. Congratulations, Stephen!

We need one or more candidates to throw their hat in the ring ahead of our Nov. 10 AHCA board meeting, during which members will elect their new officers for 2016. We are also looking for a secretary for the neighborhood organization.

The president's job requires about 20 hours of volunteering per month, while the secretary requires about 6. Please email Nominating Chair Stephen Hughes at [stephenhughes@gmail.com](mailto:stephenhughes@gmail.com) for more details or to nominate yourself.

AHCA also needs to fill several appointed positions, including Civic Federation delegates that require 4 hours of your time per month. Please contact Stephen at [stephenhughes@gmail.com](mailto:stephenhughes@gmail.com) for more information.

## Look Inside...

|                                       |         |
|---------------------------------------|---------|
| Halloween's Around the Corner         | Page 4  |
| Three New Eateries on the Pike        | Page 4  |
| Community Calendar                    | Page 5  |
| Fall Children's Programs at Library   | Page 6  |
| Patrick Henry Wins National Award     | Page 7  |
| Animal Affairs: Healthy Teeth & Heart | Page 8  |
| Healthy Habits: Flu Facts             | Page 9  |
| Biking Safety Tips for Fall           | Page 10 |
| Join AHCA!                            | Page 11 |
| AHCA Photo Contest                    | Page 12 |

PLEASE JOIN US FOR THE

AHCA QUARTERLY  
MEETING  
TUESDAY, NOVEMBER 10  
7 PM  
PATRICK HENRY  
ELEMENTARY  
SCHOOL LIBRARY

## TJ PARK SAGA: DOMINION ARMS PROPOSAL CAUSES RETHINK

Greetings, neighbors! We're your AHCA representatives on the APS South Arlington Working Group (aka SAWG), Lisa Turcios and Mahender Dudani, and we've been pleased to support our neighbors since this spring through many long meetings to select a site (or other options) for creating 700+ elementary school seats by 2019, as requested by the county and the school board.

It appears that the proposed Thomas Jefferson (TJ) site will be the one most favorable to all the concerned PTA and civic associations. For the record, your AHCA representatives have been firmly against this TJ site after much deliberation. The overall SAWG consensus is still, however, a somewhat mixed one (no clear overwhelming majority yet), with Drew Elementary and Gunston Middle School (near Oakridge Elementary) also having reached final selection as potential alternatives.

Some of what we update here may have already changed after the SAWG Oct. 21

*Continued on page 2*

**Arlington Heights Civic Association**  
**PO Box 40311 Arlington, VA 22204**

|   |  |
|---|--|
| <b>President</b>                                    | <b>Stephen Hughes</b><br><a href="mailto:stephenthughes@gmail.com">stephenthughes@gmail.com</a> 540-467-0817 |
| <b>First Vice President</b>                         | <b>Jeanne Haggerty</b><br><a href="mailto:jhaggerty@bio.org">jhaggerty@bio.org</a> 703-585-4158              |
| <b>Second Vice President</b>                        | <b>Jay Moore</b><br><a href="mailto:ahca.jay.moore@gmail.com">ahca.jay.moore@gmail.com</a> 703-249-9029      |
| <b>Secretary</b>                                    | <b>Maureen Critchley</b><br><a href="mailto:maurcrit@gmail.com">maurcrit@gmail.com</a>                       |
| <b>Treasurer</b>                                    | <b>Scott Winn</b><br><a href="mailto:scottwinn@me.com">scottwinn@me.com</a> 703-407-4751                     |
| <b>NCAC Representative</b>                          | <b>Ron Jacobus</b><br><a href="mailto:marknron@gmail.com">marknron@gmail.com</a>                             |
| <b>NCAC Alternate</b>                               | <b>Sara Snow</b><br><a href="mailto:AHCA.Sara@gmail.com">AHCA.Sara@gmail.com</a> 703-979-3487                |
| <b>Civic Federation Delegates</b>                   |  |
| <b>Jason Murphy</b>                                 | <a href="mailto:murphyj@gmail.com">murphyj@gmail.com</a> 202-507-9294  |
| <b>Jim Presswood</b>                                | <a href="mailto:jim.presswood@gmail.com">jim.presswood@gmail.com</a> 571-723-6568                            |
| <b>Stacey Whyte</b>                                 | <a href="mailto:kandswhyte@gmail.com">kandswhyte@gmail.com</a> 703-271-2681                                  |
| <b>Loren Wilee</b>                                  | <a href="mailto:pwilee@gmail.com">pwilee@gmail.com</a> 757-323-9172  |
| <b>Civic Federation Alternate</b>                   |  |
| <b>Eileen Janas</b>                                 | <a href="mailto:emjmls@gmail.com">emjmls@gmail.com</a> 703-521-9171  |
| <b>Form-Based Code Working Group Representative</b> |  |
| <b>Betty Siegel</b>                                 | <a href="mailto:siegelbr@hotmail.com">siegelbr@hotmail.com</a>   |
| <b>Social Chair - OPEN</b>                          |  |
| <b>Newsletter Content and Advertising</b>           |  |
| <b>Julian Pecquet</b>                               | <a href="mailto:jpecquet@yahoo.com">jpecquet@yahoo.com</a> 202-417-1932                                      |
| <b>Newsletter Layout</b>                            |  |
| <b>Rebecca Mashaw</b>                               | <a href="mailto:rmashaw@comcast.net">rmashaw@comcast.net</a> 703-892-3793                                    |
| <b>Newsletter Distribution</b>                      |  |
| <b>Ron Peterson</b>                                 | <a href="mailto:peterson3112@verizon.net">peterson3112@verizon.net</a>                                       |
| <b>Webmaster and Neighborhood Email List</b>        |  |
| <b>Jay Wind</b>                                     | <a href="mailto:jay.wind@att.net">jay.wind@att.net</a> 703-920-5193  |

***TJ Proposal, from page 1***

meeting as prelude to our final meeting (the 11<sup>th</sup>) on Wednesday, Nov. 4, from 7 p.m. to 9 p.m. at Wakefield High School. In particular, there has been a late proposal, which has gathered momentum very quickly, by a developer to convert/expand Dominion Arms (across from TJ) residential units by also giving land to APS, potentially sufficient for a school area [see letter below]. This would address many of the objections to the TJ site.

We will also have our third SAWG Community Forum on Thursday, October 29, from 7 p.m. to 9 p.m. at Wakefield High School. The SAWG chair will present our final report to the school board on Thursday, Nov. 5 School Board Meeting as an information item. In December, the school board will take it up as an action item

Meetings are open to public; all notes/presentations/citizens' comments are posted on: <http://www.apsva.us/Page/30469>

**Thank you,**  
**Lisa Turcios & Mahender Dudani**  
[lisaturciosva@gmail.com](mailto:lisaturciosva@gmail.com)  
[dudani@hotmail.com](mailto:dudani@hotmail.com)

***Oct. 15 letter from Snell Properties VP Chris Hanessian to Arlington County and school board:***

*We were recently made aware of the ongoing efforts of the South Arlington Working Group (SAWG) to locate one or more new schools in South Arlington. We understand that serious consideration has been giving to the Thomas Jefferson site, but that this has raised many concerns in the community regarding the loss of parkland, the age and future needs of the existing facilities, issues regarding having two schools on the same site, etc. We also understand that there is significant interest and there are good reasons for a new school to be located in this vicinity.*

*Our company owns the Dominion Arms apartment complex at 333 S. Glebe Road immediately adjacent to the Thomas Jefferson site. Dominion Arms was built in 1955 and currently houses 188 apartment units. We also have approximately 13,000 sf of commercial space onsite. Given the age of the buildings on our property, we are considering a significant renovation of the apartment building or*



*The Dominion Arms site is outlined in bold*

*full redevelopment of the site with more modern apartments.*

*We have studied the work of the SAWG and the Thomas Jefferson Working Group. We believe that a new school is certainly feasible on the north end of the Dominion Arms property along 2nd Street adjacent to the existing Thomas Jefferson facilities as part of an overall redevelopment plan. The total site area of Dominion Arms is approximately 5.25 acres - more land than is needed for a new multifamily project at this site - which leaves ample room for a new elementary school and open space. We have performed preliminary studies for redevelopment of the Dominion Arms property with apartments and a new school based upon the technical plans and test-fits prepared by APS staff during the ongoing site selection process. Our initial studies confirm that there is sufficient land area to achieve the facility requirements and open space sought by the SAWG and APS staff. Additionally, due to the large area of land available to work with, we anticipate underground parking for the new elementary school can be accomplished largely on one level.*

*To support the redevelopment of the property, the donation of a significant portion of land for the school and requisite open space, and the undergrounding of existing parking, we would require an increase in residential, mixed-use density, with our initial analysis indicating approximately 450 apartments with appropriate ground floor retail. Again, given the amount of land we have to work*

*with, we believe a project of this scale could be easily accommodated.*

*Additionally, we have conducted an initial critical path analysis and have reviewed the timeline for this concept and believe that delivery of a new school on the Dominion Arms property by the fall of 2019 is feasible, which is within APS' expressed requisite timeline. We think that this scenario achieves all of the County's goals for the provision of a new school, the desire to maintain and increase open space, and the flexibility for the future re-planning of the Thomas Jefferson site, including the middle school and the community center.*

*We have had many conversations with a number of community members and stakeholders reviewing potential school sites and have found much support for the concept of locating a school on the Dominion Arms site. In fact, we were encouraged by the community to undertake the time and resources to conduct our initial analysis, and to take this step and reach out formally to the County Board and the School Board to bring this option to your attention. We would ask, therefore, that our property be taken under formal consideration as a site option in the ongoing SAWG process. Additionally, we are happy to attend the next SAWG meeting on October 21 to discuss this option in more detail and answer any questions that the SAWG may have.*

## COMING SOON: 3 NEW EATERIES ON COLUMBIA PIKE

Good news, neighbors: Arlington Heights' culinary options are about to grow bigger. The new Pike 3400 apartment complex at Columbia Pike and Glebe has already signed three leases with future business tenants, and Over The Fence has the low-down. All three eateries should be open by the end of the year or early 2016, leaving three more spots open on the ground floor. And of course, everyone has surely realized that we have a new Starbucks at Penrose Square.

### Chipotle

This international burrito chain that epitomizes the fast casual dining experience needs no introduction.

**Started:** 1993      **First location:** Denver



### 1000 Degrees Neapolitan Pizza

This brand-new pizza franchise is catching like fire with its promise to deliver hand-tossed scrumptiousness within 2 minutes of placing your order.

**Started:** 2014      **First location:** Millville, New Jersey



### Sugar Shack Donuts

This new concept from a former Richmond chef promises to hand roll and hand cut each donut in small batches throughout the day.

**Started:** 2013      **First location:** 1001 N Lombardy St., Richmond



**simplicity**  
urgent care

**Life is unpredictable.  
Great healthcare shouldn't be.**

3263 Columbia Pike • Arlington, VA  
M-F 8am-8pm • Sa-Su 10am-4pm  
703-746-0111

[simplicityurgentcare.com](http://simplicityurgentcare.com)

## 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 3-4:30 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.

## COMMUNITY CALENDAR: NEIGHBORHOOD HAPPENINGS

**Faces of Arlington :** Columbia Pike's diversity is on display through mid-November at a new pop-up gallery at the Arlington Mill Community Center (909 S Dinwiddie St.). See how five Arlington photographers documented the evolution of Columbia Pike and its neighborhoods.

The photography exhibit from their book *Living Diversity* will fill the street space at the community center, showcasing 50 portraits of life on Columbia Pike from these photographers as well as the Indie Photobook Library, a collection of independently published photo books collected and curated by Arlingtonian Larissa Leclair. The exhibit is part the Columbia Pike Documentary Project. Find out more at [pikedoc.www.creative-platform.net/events/](http://pikedoc.www.creative-platform.net/events/)

**Ready ... set ... trot!** The Christ Church of Arlington is celebrating its 10<sup>th</sup> annual Turkey Trot this year. The 5K race starts at 8 a.m. sharp on **Thursday, Nov. 26** at 3020 N. Pershing Drive. Cost is \$35 for adults and \$20 for children 6 and above. The race supports five local charities. This year's partnership with the Arlington Small Business Alliance guarantees a

bonanza of special offers ahead of the holiday season, so make sure to check it out at: [www.arlingtonvaturkeytrot.org](http://www.arlingtonvaturkeytrot.org)

**Jewish dance party:** Celebrate the simcha eight decades in the making! Join Congregation Etz Hayim for its 75th Anniversary Gala on Saturday, **Dec. 5** from 7 p.m. to 11 p.m. at 2920 Arlington Boulevard.

Havdalah service begins promptly at 7 p.m. followed by a brief program recognizing Laura and Jerry Jacobs and Elisa and Dan Rosman for their long-standing commitment and dedication to the congregation. Hors d'oeuvres and desserts will be served as we dance throughout the night to a live band. Purchase tickets - \$75 per person / \$125 per couple – by **November 1**. RSVP: [office@etzhayim.net](mailto:office@etzhayim.net) or (703) 979-4466.

**Shop 'til you drop:** The Columbia Pike holiday bazaar and crafts fair is back by popular demand. Visit the 4th Annual Holiday Bazaar Saturday, **Dec. 12** at the Arlington Career Center from 10 a.m. to 4 p.m. The event is hosted by the Columbia Pike Revitalization Organization at the Bazaar's original location in the center of Arlington, in Columbia Pike's Town Center area, with easy access to bikes, public transportation, and free parking. Visit <http://www.columbia-pike.org> for more. For those who can't wait that long, Washington-Lee High School will be holding its 2015 holiday bazaar on **Saturday, Dec. 5** from 10 a.m. to 4 p.m.

**Songs of the season:** Join AHCA and the Sobola family for another wonderful evening of caroling on **Friday, Dec. 18<sup>th</sup>**. We will begin around 7 p.m. at the Sobola home, 3241 S. 6th St. Please bring a flashlight and dress warmly – song lyric sheets will be provided. We'll end at the Sobola home with hot chocolate, wine, cookies and other assorted holiday treats. Please RSVP to the Sobola family at [Sobolas@verizon.net](mailto:Sobolas@verizon.net).

*Have an upcoming event you'd like to highlight in the calendar? E-mail newsletter editor Julian Pecquet at: [jpecquet@yahoo.com](mailto:jpecquet@yahoo.com). The next issue of *Over the Fence* will be distributed in late January.*



**To RSVP for an open house or to schedule a tour, please call 703-979-4466.**

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

**[www.etzhayim.net/preschool.html](http://www.etzhayim.net/preschool.html)  
2920 Arlington Boulevard Arlington VA 22204  
Tel: (703) 979-4466 E-mail: [preschool@etzhayim.net](mailto:preschool@etzhayim.net)**

## **COLUMBIA PIKE LIBRARY: FALL 2015 CHILDREN'S PROGRAMS**

### **Babies and preschoolers**

**Wednesdays, 10:30 a.m. : Cuentos.** Parents, nannies and preschoolers enjoy stories, songs and rhymes in Spanish for all preschool ages and abilities (through Nov. 18).

**Fridays, 10:30 a.m.: Baby Time (0-12 months).** Lap-sit program for babies and their adult includes songs, sign language, nursery rhymes activities and books (through Nov. 20).

**Saturdays, 10:30 a.m.: Stop in for Stories with Ms. Desirée.** Families with children enjoy stories, songs and rhymes followed by a simple craft for all ages and abilities (through Nov. 21).

### **Elementary & Middle Grades**

**Tuesdays, 1<sup>st</sup> & 3<sup>rd</sup> of the month: Paws to Read (5:30-6:30 p.m.).** Students grades K-5 read for fun and fluency to therapy dogs during 15-minute sessions. Sign-ups online or at info desk (no program Election Day, Nov. 3).

**Wednesday, Dec. 9: Early Release Movie Matinées (2 p.m.)** Books-to-Movies for elementary kids after school on early release days.

**Wednesdays, 4-6 p.m.: Homework Club.** Elementary and middle grade students use kid-friendly library spaces for study and homework. Children under 11 must be accompanied by an adult (through Nov. 19).

## **PROGRAMAS INFANTILES EN LA BIBLIOTECA DE COLUMBIA PIKE: OTOÑO 2015**

### **Chiquitines**

**Miércoles, 10:30 a.m.: Cuentos.** Se invita niñeras y padres de familia al Salón de Cuentos para escuchar cuentos y cantar canciones en español con sus bebitos y niños preescolares de todas habilidades (hasta 18 de nov.).

**Viernes, 10:30 a.m.: Hora de Bebitos (0 -1 2 meses).** Programa para bebitos y sus adultos. Cantamos, leemos y recitamos rimas de cuna y

otras actividades (hasta 20 de nov.).

**Sábados, 10:30 a.m. Cuentacuentos con Sra. Desirée** Disfrutamos cuentos, canciones, rimas en inglés y manualidades para niños de todas edades y habilidades (hasta 21 de nov.).

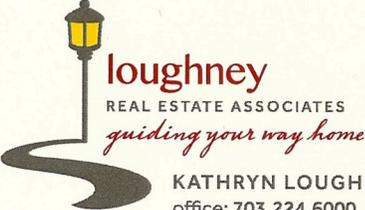
### **Primaria y Intermedio**

**Martes 1er y 3er del mes : Patas a leer / Paws to Read (5:30-6:30 p.m.).** Se invita estudiantes de K- 5º a leer a perros de terapia. Estudiantes interesados pueden reservar su sesión de 15 minutos en el mostrador de información o por teléfono. (no hay programa 3 de nov., día de elecciones)

**Miércoles, 9 de dic: Salida Temprana Matiné (2 p.m.).** Películas basadas en libros infantiles para estudiantes de primaria en los días de salida temprana de la escuela.

**Miércoles, 4-6 p.m. : Club de Tarea.** Estudiantes de primaria y secundaria estudian en áreas especiales para ellos. Menores de 11 años necesitan ser acompañados por una persona adulta (hasta 18 de nov.).

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



**KATHRYN LOUGHNEY** REAL ESTATE ASSOCIATES  
*guiding your way home*

KATHRYN LOUGHNEY MBA, Realtor®  
office: 703.224.6000 | mobile: 703.597.9943

KELLERWILLIAMS.REALTY  
2101 Wilson Blvd., #100 Arlington, VA 22201  
[katieloughney@kw.com](mailto:katieloughney@kw.com)  
[WWW.KATIELOUGHNEY.COM](http://WWW.KATIELOUGHNEY.COM)

# HENRY HIGHLIGHTS: PATRICK HENRY ELEMENTARY WINS NATIONAL AWARD!

On September 29, Patrick Henry Elementary School was named a 2015 National Blue Ribbon School by the U.S. Department of Education, based on its overall academic excellence. Henry is one of 335 schools nationwide - and one of only seven public schools in Virginia - to receive this prestigious honor. Henry is the only public school in Northern Virginia designated as a Blue Ribbon School this year.



“I am so excited that our students, staff, and families are being recognized for their hard work and dedication to academic excellence,”

Principal Andrea

“Annie” Frye-Turner told the students at a school-wide assembly to announce the award. “Our Patrick Henry team and students are living the school motto of doing their personal best all year, and I am so proud that they are being honored for those efforts by being selected as a National Blue Ribbon School.”

When the win was announced, each student received a blue lollipop and ribbon to commemorate the occasion.

All Blue Ribbon schools are recognized in one of two performance categories, Exemplary High Performing Schools and Exemplary Achievement Gap Closing Schools. Henry was recognized for meeting the criteria of Exemplary High Performing Schools, as measured by state assessments or nationally-normed tests, student subgroup performance, and high school graduation rate.

Patrick Henry Elementary is also rich in diversity, with students speaking more than 20 different languages and coming from a wide range of economic backgrounds. In fact, the school came in just under the 40% free and reduced

lunch qualification for the Exemplary Achievement Gap Closing Schools.

Neighbors interested in contributing to Patrick Henry Elementary School’s continued success can do so in the following ways:

- **Save Box Tops for Education** – These labels are collected on the last Friday of every month, and each is worth 10¢ to the school. You can turn them in at any time to the front office at 701 South Highland St. A complete list of participating products can be found here:

<http://www.boxtops4education.com/participating-products>

- **Link your grocery savings cards to the school** – Harris Teeter, Giant, Safeway, and Target each have community giving programs through which they contribute a percentage of eligible grocery purchases to one or more participating schools that you designate. These designations must be renewed every year, and more information about the process for each store can be found here:

<http://patrickhenrypta.org/fundraising/pta-grocery-savings-card-plans/>

- **Use Amazon Smile and link it to the school** – If you are an Amazon shopper, please consider using the following link when shopping: <http://smile.amazon.com/ch/54-1486019>. A small percentage of each sale will be donated via monthly check to the Patrick Henry PTA.

- **Link your Silver Diner EAT WELL, DO WELL card** – a percentage of each sale will go to the school, and you will also earn rewards for yourself. In addition, you can pre-charge money to your card online via this link: <https://www.silverdiner.com/rewards-card>, and 5% will automatically go back to the school.

*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.*

## ANIMAL AFFAIRS: HEALTHY TEETH, HEALTH HEART

Today we pick up where we left off in the summer issue regarding canine and feline oral health.

Last time we discussed canine slab fractures, feline oral resorptive lesions and tooth root abscesses. Another less common yet very important disease is bacterial endocarditis – infection of the inner surface of the heart or the heart valves.

This condition results from the accumulation of large amounts of dental tartar and gingivitis. Aging dogs and cats that do not receive regular dental care will see their teeth accumulate plaque, which is the daily buildup of bacteria on the surface of the teeth. Over time and left untreated, this plaque will continue to build up and will eventually get underneath the gums. This will lead to gingivitis and to the hardening of the plaque into tartar. Tartar build-up leads to further degradation of the teeth and gums, contributing to tooth root necrosis, cavities and loosening of the attachments of the tooth to the mouth. This loosening of tooth attachments causes pockets to form around the roots. Bacteria can then get deep into the tooth roots and cause continued damage. At this stage, the bacteria from the mouth can get into the bloodstream through damaged gum tissue and travel to the heart. Once in the heart, bacteria can then cause damage leading to heart disease or even heart failure. Dogs and cats with known heart disease are at an even greater risk.

The best way to keep your pet's oral cavity healthy is with daily care. Ideally, your dog or cat's teeth should be brushed with a soft bristle brush once a day. Focus on the outside of the teeth, where they contact the gum tissue. This is where plaque will first begin to form. With practice, brushing your pet's teeth can be done in just a few minutes.

I do realize this is easier said than done, especially in the case of cats. For those pets that are averse to the idea of having their teeth brushed, there are several products available to help, including water additives, chews and special diets. A very good reference is the **Veterinary Oral Health Council (VOHC.org)**. This website

has a list of products they have approved for the reduction of plaque and maintenance of healthy teeth. Two other websites with great pet oral health information are the **American Veterinary Dental College (AVDC.org)** and the **American Veterinary Dental Society (avds-online.org)**.

Happy Autumn, and keep brushing!

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



Established 1938

---

Doctors' hours by appointment

|  |  |
|--|--|
| <p>FREDERICK B. JONES, D.V.M.<br/>           G. KAY YOUNG, D.V.M.<br/>           CHRISTOPHER M. LOSS, D.V.M.<br/>           BHARATHI R. JONES, D.V.M.<br/>           KATHARINE L. HOLDER, D.V.M.<br/>           JULIE A. DUERLER, D.V.M.</p> | <p>2624 Columbia Pike<br/>           Arlington, VA 22204<br/>           Telephone: (703) 920-5300<br/>           Fax: (703) 685-8860<br/> <a href="http://www.myarlingtonvet.com">www.myarlingtonvet.com</a></p> |
|--|--|



### Get your financial life squared away®

- › Personalized financial planning and advice
- › Retirement income planning and rollovers
- › Investment strategies
- › Education funding solutions
- › Life, home and auto insurance



**Ron Peterson, Financial Advisor**  
 2711 Jefferson Davis Highway, Suite 101  
 Arlington, VA 22202  
[REPeterson@firstcommand.com](mailto:REPeterson@firstcommand.com)  
**703.418.9360**

©2015 First Command Financial Services, Inc., parent of First Command Financial Planning, Inc. (Member SIPC, FINRA), First Command Advisory Services, Inc., First Command Insurance Services, Inc. and First Command Bank. Securities and brokerage services are offered by First Command Financial Planning, Inc., a broker-dealer. Financial planning and investment advisory services are offered by First Command Advisory Services, Inc., an investment adviser. Insurance products and services are offered by First Command Insurance Services, Inc. Banking products and services are offered by First Command Bank. Securities products are not FDIC insured, have no bank guarantee and may lose value. A financial plan, by itself, cannot assure that retirement or other financial goals will be met.

## HEALTHY HABITS: KNOW YOUR FLU FACTS

Every autumn we welcome fall foliage, cooler weather – and the start of the flu season.

The flu spreads every year but the severity, timing, and length of the flu season are variable. Most seasonal flu activity occurs in the United States between the months of October and May with the peak activity occurring between the months of December and February.

This year's vaccine contains either inactivated or modified live influenza viruses. The viruses selected for the vaccine are based on the most prevalent types circulating around the world. The effectiveness of this year's vaccine in the U.S. will depend on how well the virus strains match those that are circulating here during the flu season. During last year's flu season, there was a change in the genetic material of the influenza viruses (referred to as antigenic drift) that resulted in the vaccine being only 23% effective in preventing the flu. Even with these statistics, receiving the influenza vaccine is still the best method for preventing the flu.

The Advisory Committee on Immunization Practices recommends annual influenza vaccination for everyone aged 6 months and older who does not have a medical reason not to receive the vaccine. The best timing for receiving the influenza vaccine is at the start of October. However, the vaccine can be given anytime during the flu season. Previously it was recommended to receive the vaccination as soon as the vaccine was available but some recent studies have shown that the vaccines' effectiveness declines after 6 months, especially for those over 65 years old. Thus, receiving the influenza vaccine too early may result in some people having reduced protection later in the flu season.

Children who are between the ages of 6 months and 8 years and are receiving the influenza vaccine for the first or second time require two doses for maximum protection. These doses should be given four weeks apart.

In addition to receiving the influenza vaccine, you can take preventative measures to limit the spread of the flu. The Center for Disease

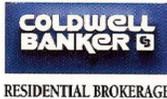
Control and Prevention (CDC) recommends that when you are sick with the flu you stay home for 24 hours after your fever has resolved. The fever should have subsided without the help of fever reducing medications. When you are sick, you should limit your contact with other people. Additionally, it is important to cover your nose and mouth with a tissue when you cough or sneeze. It is also very important to wash your hands often with soap and water.

If you do get the flu, it can be treated with antiviral medications that are prescribed by your medical doctor when necessary. When antiviral medications are used they can lessen the symptoms and shorten the length of the flu by approximately one to two days. These medications can also help prevent potentially serious complications from the flu such as pneumonia. Antiviral medications are considered the second line of defense if you get the flu. The first and best way to prevent the flu remains the influenza vaccine.

For additional more information: Center for Disease Control and Prevention (<http://www.cdc.gov/flu/>)

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

**HEALTHY HABITS is a quarterly column on staying well.**

|   |   |
|---|---|
|   | <b>JOHN KOZYN, M.A.</b><br>Real Estate Consultant<br>Licenses: Virginia & Washington D.C.   |
|   | 202-288-6026 MOBILE<br>703-524-2100 OFFICE<br><a href="mailto:jkozyn@cbmove.com">jkozyn@cbmove.com</a>  |
|    | 4500 Old Dominion Drive<br>Arlington, VA 22207<br><br><a href="http://www.cbmove.com/johnkozyn">www.cbmove.com/johnkozyn</a><br><small>Owned and Operated by NRT LLC.</small> |

## BREEZY RIDERS: FALL SAFETY TIPS FOR CYCLISTS AND OTHERS

The Arlington Policy Department is conducting extra checks for bicyclist violations this fall follow a string of close calls and complaints. APD is circulating the tip sheet below as the days get shorter and reminds you that Arlington requires that every person 14 or younger wear a protective helmet whenever riding or being carried on a bicycle on any highway, sidewalk, or public bicycle path.

**Don't FALL Into Old Behavior**

*When driving*

- CHECK YOUR SPEED
- BUCKLE UP
- YIELD TO PEDESTRIANS

*When walking*

- USE DESIGNATED CROSSWALKS
- MAKE EYE CONTACT WITH DRIVER BEFORE CROSSING
- WHEN CROSSING WITH CHILDREN, HOLD THEIR HANDS

*When biking*

- WEAR YOUR HELMET
- USE LIGHTS AT NIGHT
- STOP AT ALL STOP SIGNS



For more safety tips, follow us on social media!



The Arlington County Police Department



@ArlingtonVaPD

Our Savior Lutheran School  
Arlington, VA

Pre-K (Age 4 by Sept.30) through 8<sup>th</sup> grade

**Affordable Tuition**  
Before and After School Program  
Small Class Sizes  
Many Extracurricular Activities

825 SOUTH TAYLOR STREET  
ARLINGTON, VA 22204  
703-892-4846  
[WWW.OSVA.ORG](http://WWW.OSVA.ORG)

Is your computer broken or your data in jeopardy?  
Or is your small business in need of IT support?



### Arlington Virginia Computer Repair

<http://avcr.us> | [help@avcr.us](mailto:help@avcr.us) | 703-486-0200

*Data recovery, computer repair and IT consulting with a personal touch*

- AVCR is a local alternative to big box stores and mail-in data recovery services.
- We live and work in Barcroft. Our family-owned and operated business has been serving Arlington since 1999.
- All work is given personal attention from our seasoned IT experts. We don't outsource your repair or data recovery.
- Our experts also serve local small businesses for IT support, business consulting, web design, one-on-one training and more.

**Bring this ad to receive a 10% discount on our labor rate for your first case!**

### TOWN & COUNTRY MOVERS, INC.

Local, Long Distance & International Moving & Storage  
Commercial & Residential



#### Missy Jamieson & Kate Hougen

Moving Consultants

(703) 216-2451 Direct

(703) 560-8600

[MandK@townandcountrymovers.com](mailto:MandK@townandcountrymovers.com)

**The Missy and Kate Team**

# 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](mailto:ahca-subscribe@yahoo.com)

## Mom's Pizza Restaurant

3255 Columbia Pike  
703-920-7789/95 / Fax: 703-920-7796  
[www.momspizzarestaurant.com](http://www.momspizzarestaurant.com)

Dine with Family & Friends!  
Enjoy Salads, Pizza, Pasta Dishes, Greek Specialties,  
Submarine & other Sandwiches



FREE DELIVERY (with a \$10 minimum order)!  
—Catering available—  
Visit us on Facebook

[Graphic: [www.designedtoeat.com](http://www.designedtoeat.com)]

## 2015 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 \_\_\_\_\_

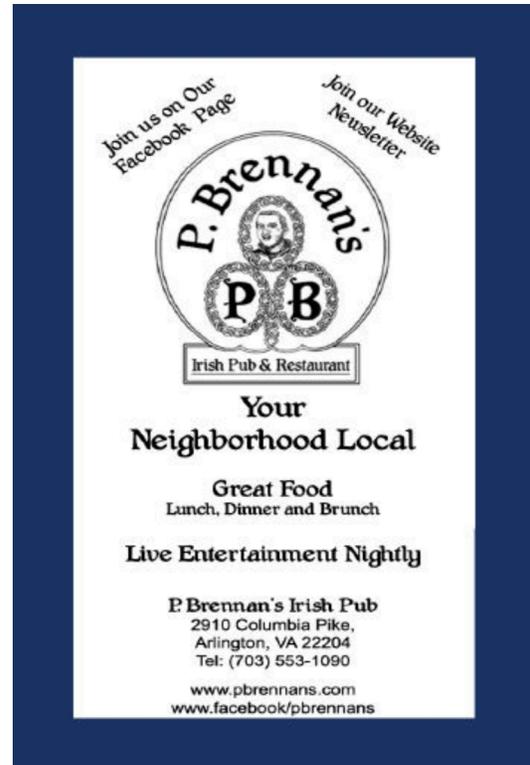
Email \_\_\_\_\_

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

## **GET YOUR CAMERAS READY: AHCA PHOTO CONTEST**

We're lucky to live in a great neighborhood, so why not showcase it in your favorite newsletter? AHCA is launching a photo contest open to all neighborhood residents. The rules are simple: Just show us how you and your neighbors live, work and play in this slice of paradise we all call home. Every trimester, our panel of judges will choose two photos to run in the coming newsletter – one from an adult, the other from kids 17 and younger.

We're also in talks to get some support from local businesses, so stay tuned for that. Please contact Over The Fence editor Julian Pecquet at [jpecquet@yahoo.com](mailto:jpecquet@yahoo.com) if you'd like to help judge the entries and email me your high-resolution jpegs to by Friday, Jan. 8 for the Winter 2016 issue.



### **Advertise with us!**

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

You'll reach plenty of potential new customers, and help support your neighborhood all at the same time.

| <b>Ad size</b> | <b>1 issue</b> | <b>4 issues (one year)</b> |
|----------------|----------------|----------------------------|
| 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)