

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Winter 2016



YOUR AHCA TEAM: STILL LOOKING FOR A PRESIDENT !

Many of the usual suspects are once again stepping up to the plate this year, but your neighborhood association desperately needs a president. Please consider donating some of your precious time to the one organization that helps bring our neighborhood together and represents its interests before the County, School Board and beyond. We can't do it without you !

The president's job requires about 20 hours of volunteering per month. Please email past presidents Stacey Whyte at kandswhyte@gmail.com or Stephen Hughes at stephenthughes@gmail.com for more details.

AHCA is happy to welcome Susannah Keefe as its new secretary following the Nov. 10 elections. Susannah replaces Maureen Critchley, whom AHCA thanks warmly for her service !



A great big thank you as well to Jeanne, Jay and Scott for agreeing to serve a fourth term. For those neighbors who haven't gotten to know them, here's a brief introduction to the people who make the civic association run smoothly.

AHCA Secretary: Susannah Keefe

Susannah Keefe loves living on S. Irving Street with her husband and two kids. As the director of Go Bananas Dancing, a children's dance program, she enjoys being active. You may see her walking or biking to Patrick Henry with her kids or playing soccer and football with them at TJ.

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AHCA First Vice-President: Jeanne Haggerty

Jeanne Haggerty has lived in Arlington Heights for the past year and a half and in the DC area for 15 years. She works for a biotechnology



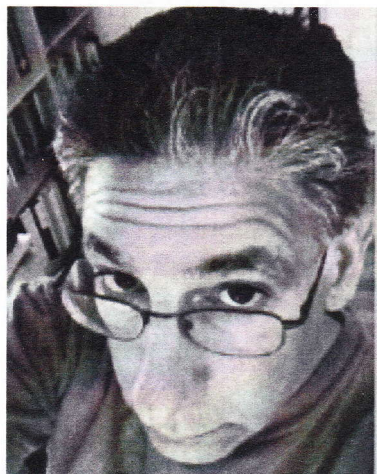
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trade association in DC. Jeanne can often be seen walking around the neighborhood with her two dogs, a beagle and a black lab.

AHCA Second Vice-President: Jay Moore

My wife and I moved to Arlington Heights in 2001. I offered to assist compiling data to support membership efforts for the Arlington Heights Civic Association - and soon found myself being voted in as the 2nd Vice President.

I enjoy long walks (and runs) around the neighborhood with my dog. Delivering and reading the "Over the Fence" newsletter. The gentle rumble of trash trucks at 7 a.m. I also enjoy live music on Thursday nights in the 3100 block of Columbia Pike. Not looking for drama... unless it's a thread on the AHCA listserv.



AHCA Treasurer: Scott Winn

A native Marylander, I moved to Arlington four years ago. A shorter commute is a plus, but more importantly, Arlington Heights is a great community with super neighbors. I'm a long time Washington Capitals fan who can be frequently sighted walking Bodie, the beagle, around the community center.

Finally, AHCA would like to thank all the neighbors and businesses who made our organization possible by supporting us in 2015. And if you haven't already, please take a few moments to mail in your membership dues to our P.O. Box (see form on page 12).

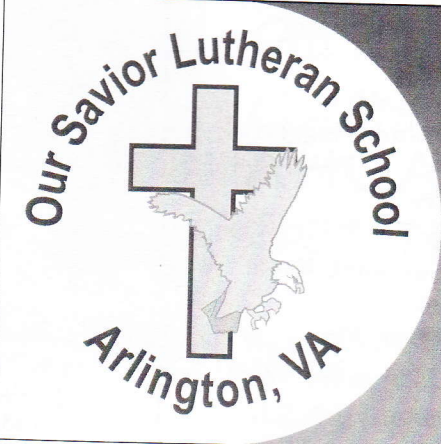
2015 members:

Messay Balcha and Erika Munoz
 Bruce and Anna Baltensperger
 Sally Bird
 Ted and Dora Sue Black
 Ruth Bodnar
 Mary Calkins
 Ellen Campana
 Laurin and Nicy Carrasco
 Jeff and Stephanie Chong
 Doug Clarke and Bambi Semroc
 Phyllis Connor
 Mary Crosby
 Maureen Critchley
 Pattie DeLoatche
 Mahender & Leah Dudani
 Jamie and Erik Einbinder
 Evan Farley
 Daniel and Erin Flaherty
 Bernice Foster
 Theran & Janice Fries
 Tom Fukuda and Pam Byron
 Carla Gorrell

Jeanne Haggerty
 Michael Harmon and Chuck Keyton, Jr.
 Hassan Azura and Jonathan Weinberg
 Gregory and Megan Haydasz
 Paula and Jose Ceballos Henstridge
 Philip Hipley
 David and LeAnn Hogan
 Ernest and Linda Holz
 James Huff and Carolyn Francis
 • Stephen and Amy Hughes
 Eileen Janas
 David and Teresa Jones
 Catherine Kiam-O'Malley
 Gregory Kissel and Jill Crouch
 Jennifer Kliska
 Jipinskaite Laimute and John Rigby
 Steve and Kelly Maguire
 Marilyn Marton
 Terence and Prudence MacKenzie
 Jonathan and Ellen Moore
 Charlotte and Robert Nau
 Julian Pecquet and Christine Suh
 Ron and Cathy Peterson

Continued next page

David and Tatjana Pouliott
 Ralph and Shirley Ruedy
 Nicholas Sanders & Emi Kitawaki
 Tia Scales
 Susan Scott
 Amelia and Charles Self
 Karen Shiplett
 Dustin and Claudia Stamper
 Maureen Sullivan
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SHOVEL THAT SNOW! COUNTY CRACKS DOWN ON SIDEWALK VIOLATIONS

The Arlington County Board is cracking down on snow-removal violations, so please do remember to keep your sidewalks clear now that this season is actually starting to look like winter. County ordinance requires residents to keep the sidewalks in front of their homes free of snow and ice within 24 or 36 hours of a snow storm. The County received more than 600 complaints and issued 25 citations last winter, our hometown *Sun Gazette* reports, after giving residents a pass in the first few years of the 2010 ordinance.

To wit, all property owners are required to remove snow and ice from public sidewalks adjacent to their property:

- Must be removed from the entire width of the sidewalk up to 3 feet wide (to accommodate wheelchairs, strollers, and adults with children in hand).
- Must be removed within 24 hours after the snow stops falling when accumulations are less than 6 inches, and within 36 hours when 6 or more inches of snow accumulate (as measured at National Airport, per National Weather Service). If another snow event occurs, the clock will reset to the end of the most recent snowfall. The official snow ending time will be posted at www.arlingtonva.us/portals/topics/TopicsWeatherWinter.aspx.
- Noncompliance could result in a civil penalty of \$50 for sidewalks less than 200 linear feet in length, or \$100 for sidewalks longer than 200 feet.
- The County may remove the snow or ice on sidewalks around private property when the owner fails to comply within the designated time period, and charge the cost to the owner.
- Private owners may not deposit snow or ice from private property onto public property, including streets & sidewalks. Such action may result in a class 4 (criminal) misdemeanor and fine of \$250.

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AHCA TAPS COUNTY STAFF TO ANSWER YOUR STREET SAFETY CONCERNS

If you care about the neighborhood's roads and sidewalks, you won't want to miss our Feb. 9 AHCA meeting.

Arlington County Capital Projects Manager Claudia Russell has agreed to give a presentation on the ongoing transportation projects affecting Arlington Heights. Specifically, she's expected to address the intersection improvements at Arlington Blvd. and S. Irving and the sidewalk widening project along S. Fillmore Street between Arlington Blvd and 5th Street S.

This will be the perfect chance to share the safety concerns that have been bubbling up and get more clarity about the opportunity to advocate for additional transportation improvements during the Public Facilities Review Committee process for the new elementary school proposed at TJ Park. At the December County Board meeting, Chairwoman Mary Hynes asked Acting county Manager Mark Schwartz to ensure that the transportation safety issues are being addressed in the Arlington Heights neighborhood.

Thank you, Lisa Turcios, for helping pull this together!

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Above: Caden and Scarlett play in the leaves. Photo by Debbie Lee.

Below: 2nd annual "6th Street Block-toberfest" Sept. 26th, 2015. Photo by Megan Havdasz



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 if you'd like to help judge the entries and email me your high-resolution jpegs by Friday, April 8 for the Spring 2016 issue.

COMMUNITY CALENDAR: NEIGHBORHOOD HAPPENINGS

Parks and Recreation: Help Arlington set a course for our parks and recreation places and spaces. Come to a public meeting of **Arlington POPS – A Plan for Our Parks and Spaces** – to provide input on and as questions about the changing needs for parks, recreation and natural resources. Each meeting will feature interactive stations, brief presentations by the project consultants, and different opportunities for the public to provide input.

Thursday, Feb. 4 @ Langston-Brown Community Center (7 p.m. - 9:30 p.m.)

Friday, Feb. 5 @ Courthouse Plaza (10 a.m. - 2 p.m.: Open House; 10 a.m. - 11 a.m.: Chat with the Parks Director; 5 p.m. - 7 p.m. : Happy Hour at Whitlow's on Wilson)

Saturday, Feb. 6 @ Arlington Mill Community Center (9:30 a.m. - 12 p.m.: Public Meeting).

Skate The Night Away: Join your neighbors at the Thomas Jefferson Community Center every Saturday from 6:30 to 9 p.m. until March 19 for Family Skate Nights!

Celebrate your Saturdays with a live DJ, a moon bounce and roller skates! Snacks are available at the cash-only cafe. After skate nights, teens can stay from 9:30-10:45 p.m. to play various sports and use the fitness equipment.

Admission: \$2 per person (cash only).

Skate Rental: \$3 per person (cash only).

Etz Hayim Fundraiser: Plan for a night on the town on February 20 at Congregation Etz Hayim (CEH)'s much-anticipated annual fundraising auction. **Spend the evening schmoozing, drinking wine and bidding on items and services from local restaurants and so much more.** Babysitting will be available! Visit <http://etzhayim.net/events/annual-silent-live-auction/> to RSVP. We're also continuing to accept donations. Event proceeds help fund CEH programs that benefit Arlington non-profits and community programs, such as [Doorways for Women & Families](#), the [Arlington Food Assistance Center \(AFAC\)](#) and the [Arlington Street People's Assistance Network \(A-SPAN\)](#).

Who: Congregation Etz Hayim, Arlington's synagogue since 1940.

What: Silent and live auction with hors d'oeuvres, desserts, and wine tastings.

When: Saturday, Feb. 20 at 7:30 p.m.

Where: Congregation Etz Hayim, 2920 Arlington Boulevard, Arlington, VA 22204.

Why: Proceeds help fund the congregation's many programs including community outreach, adult education, and youth education programs.

Cost: On or before February 17, \$18/person or \$27/couple. February 18 until event, \$20/per person or \$30/couple.

RSVP: Call 703-979-4466 or register online at etzhayim.net/events/annual-silent-live-auction/

How to donate: Community businesses and individuals wanting to support CEH and our community programs can visit etzhayim.net/events/annual-silent-live-auction/ or contact Naomi Harris at 703-362-9875 or naomichandra@hotmail.com. Items to donate include, but are not limited to: tutoring; babysitting; personal fitness lessons; art, photography, and other retail items; and gift certificates to stores or restaurants.

Democracy Day: Polls will be open from 6 a.m. to 7 p.m. for the Democratic and Republican presidential primaries on Tuesday, March 1. You can register to vote online or download a [Virginia Voter Registration Application](#). The deadline to register is Monday, Feb. 8. More information is at vote.arlingtonva.us/

Have an upcoming event you'd like to highlight in the calendar? E-mail newsletter editor Julian Pecquet at: jpecquet@yahoo.com.

The next issue of Over the Fence will be distributed in late April.

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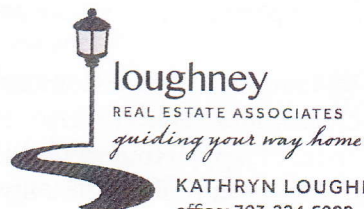
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COLUMBIA PIKE LIBRARY: WINTER 2016

CHILDREN'S PROGRAMS

Babies and preschoolers

Wednesdays, 10:30 a.m. : Cuentos. Nannies, parents, and preschoolers enjoy stories, songs and rhymes in Spanish for all preschool ages 0-5 (through March 16).

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 March 18)

Saturdays, 10:30 a.m. Stop in for Stories. Families with children enjoy stories, songs, rhymes and a simple craft for ages 0-5 (through March 19).

Elementary & Middle Grades

Tuesdays 1st & 3rd of the month, 5:30 p.m. - 6:30 p.m.: Paws to Read. Students grades K-5 read for fun and fluency to therapy dogs during 15 minute sessions. Sign-up online or at info desk. (Year-round).

Wed. Feb. 10 & March 9, 2 p.m.: Early-Release Movie Matinéés. 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. During traditional school year.

PROGRAMAS INFANTILES EN LA BIBLIOTECA DE COLUMBIA PIKE: INVIERNO 2016

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 16 de marzo).

Viernes, 10:30 a.m.: Hora de Bebitos (0 - 12meses). Programa para bebitos y sus adultos. Cantamos, leemos y recitamos rimas de cuna y otras actividades (hasta 18 de marzo).

Sábados, 10:30 a.m.: Cuentacuentos con Sra. Desirée. Disfrutamos cuentos, canciones, rimas en inglés y manualidades para niños 0-5 años (hasta 19 de marzo).

Primaria y Intermedio

Martes 1er y 3er del mes, 5:30 p.m. - 6:30 p.m.: Patas a leer. Se invita estudiantes de K- 5º a leer a perros de terapia. Estudiantes interesados pueden reservar su sesión de 15 minutos en línea, en el mostrador de información o por teléfono. Todo el año.

Miércoles de Salida Temprana , 2 p.m.: Matiné. Películas basadas en libros infantiles para estudiantes de primaria en los días de salida temprana de la escuela (10 de febrero y 9 de marzo).

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. Durante el año escolar.

HENRY HIGHLIGHTS: COME INSPIRE STUDENTS WITH YOUR CAREER ADVICE

Patrick Henry Elementary School has once again been named a Title I Distinguished School by the Virginia Department of Education! Henry was one of 46 schools to receive the designation. The school was recognized for meeting all state and federal accountability requirements for two consecutive years and exceeding 60th-percentile SOL pass rates for reading and mathematics. Congratulations to the school's students, families and staff - keep up the good work!

Kindergarten Information Sessions – Parents of rising kindergarteners please note there will be two Patrick Henry-specific Kindergarten Information sessions held at the school on Feb. 18 from 9:15 a.m. to 10:45 a.m. and on April 7 from 12:45 p.m. to 2:15 p.m. Registration for the 2016-2017 school year officially opens Feb. 1. Get more information by contacting your neighborhood schools' administration, or at apsva.us/domain/167

Community Meeting on Potential Move to TJ – Arlington Public Schools will hold a meeting on Thursday, Feb. 11 in the Patrick Henry Elementary School gymnasium to provide a general overview of the timeline for construction of the new elementary school at the Thomas Jefferson site. This meeting will also serve as an opportunity for the Henry community (and general public) to offer input on issues related to Henry's anticipated move to this new school in 2019. If you are unable to attend the meeting but have additional feedback, please feel free to contact moreseats@apsva.us to share your ideas.

Career Café – This new program offers an opportunity for children in grades 3 through 5 to hear directly from adults about different career possibilities. We are seeking neighbors who would be willing to give one hour of their time to help inspire kids during lunchtime on Wednesdays or Fridays until May 2016. Please type in this link to sign up for a slot: <http://www.signupgenius.com/go/10c0e4ba4ab2fa3f94-career> or contact the school's guidance counselor, Erin Upton, at erin.upton@apsva.us or 703-228-8215 for more information.

Silent Auction – This much-anticipated annual event will take place at the school on Friday, Feb. 26th, at 6 p.m., offering parents and neighbors alike the opportunity to bid on donations from a wide variety of local businesses, teachers, staff, parents, and students. This year's auction theme is "Carnival," and you can expect fun decorations and favors for the kids, along with a staff-supervised movie in the gym to keep them entertained while parents place their bids! Many items will be available for online bidding with "Buy now!" options in the week leading up to the event as well – please monitor the AHCA email listserv for further details.

Finally, the Henry community would like to say a big "Thank You" for your generous support of our students during the holiday season! Our Thanksgiving Food Drive in November collected 10 baskets of food (including a turkey, fresh fruits and veggies, canned and boxed goods, and a Giant gift card) for our families in need. In December, each one of our Secret Snowflakes were claimed – many by neighbors without children at Henry – providing several students in our community with a wonderful surprise this holiday. Thanks again!

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

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

TJ PARK SAGA: WORKING GROUP WRAPS IT UP, BOARDS VOTE

Your AHCA representatives on the Arlington Public Schools South Arlington Working Group (SAWG), Lisa Turcios and Mahender Dudani, are glad to report that the working group is done.

The group polished off its final report and gave its three-prong recommendation to the School Board on Nov. 5. A substantial majority of the group preferred three actions:

- **Build a new school for Henry Elementary on the Thomas Jefferson site** to open in 2019;
- Move the Montessori Program from Drew to the current Henry building to open seats that can help relieve crowding; and
- Plan now for a second elementary in the Pentagon City area after 2019.

The SAWG final report and background information is available at www.apsva.us/Page/30469

The School Board voted on Dec. 3 to approve Thomas Jefferson as the site for a new 725-seat neighborhood elementary school in South Arlington. In addition, pending County Board approval of the Jefferson site, the School Board directed that individual meetings be held with Henry Elementary School, the Montessori Program at Drew and Drew Model School by March 2016 to discuss possible next steps. A recommendation will be brought to the School Board by March 17 regarding Henry's move to the new site at Jefferson; the relocation of the Montessori Program at Drew to the old Henry Elementary School building; and the transition of Drew to a stand-alone school.

The School Board also directed the superintendent to prepare a report, based on 2016-25 projections and additional CIP (Capital Improvement Plan) information, on options and next steps regarding the possibility of a new elementary school in the Pentagon City area post 2019. This report will be presented to the Board no later than April 1, 2016.

The Arlington County Board voted 5-0 at its Dec. 15 meeting to approve the use of the northwest portion of the Thomas Jefferson Middle School and Community Center site (currently a parking lot) as the site for a new south Arlington elementary school.

The board also directed the acting county manager to “expeditiously initiate the public facilities review committee process with participation by all appropriate stakeholder groups, building on the site analysis, including placement and impact mitigation, already done by the Thomas Jefferson working group.”

A community forum has been planned for Tuesday, Feb. 16 in the TJ auditorium to let folks hear information and discuss how these moves may help address crowding in other South Arlington elementary schools.

Check out www.apsva.us/moreseats or contact MoreSeats@apsva.us for more information.

Stay alert for more information sure to come soon about possibly combining the County Public Facilities Review Committee (PFRC) and the APS Building Level Planning Committee (BLPC).

HEALTHY HABITS: THE LOWDOWN ON LOW BACK PAIN

Low back pain is one of the most common disorders in the United States. About 80 percent of people will experience at least one episode in their lifetime. Risk factors include smoking, obesity and getting old. Women and people with dissatisfying, physically strenuous or sedentary work are also at greater risk.

The back is made up of bones, muscles, nerves and tissues that work together so we can stand and bend. The bones of the back, called vertebrae, are stacked one on top of the other and form the spinal column. This column encloses and protects the spinal cord. The back is divided into four main regions called the cervical, thoracic, lumbar and sacral regions. In the cervical region are 7 vertebral bones located in the neck. The thoracic region is comprised of 12 bones in the upper back. There are 5 lumbar vertebral bones that are located in the lower back. Finally, the sacral region is located at the base of the spinal column and consists of the sacrum and coccyx, two bones that are fused together. Between each pair of vertebral bones is a gel-like structure called a disc that acts like a cushion to protect the vertebral bone.

Most people have nonspecific back pain where the cause is not defined. Problems with the ligaments and muscles of the spinal column, as well as degenerative disc disease (arthritis) are common causes. Others include herniated discs and lumbar spinal stenosis (narrowing of the spinal canal). Less common causes include spinal compression fracture, infection and tumors.

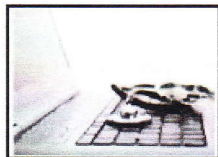
Common symptoms include radiculopathy, which occurs when the nerve root is irritated and causes radiating pain, numbness or muscle weakness to a specific area (typically the lower leg). Another common symptom is

sciatica, which occurs when one of the spinal nerve roots becomes irritated. Symptoms of sciatic nerve irritation include a sharp burning pain that extends down the back or thigh to the foot or ankle. Patients with a herniated disc often have sciatic pain, which will increase when they cough or sneeze. Another symptom known as neurogenic claudication may occur when the spinal cord is compressed due to the narrowing of the spinal canal. It typically causes pain to run down the back of the buttocks, thighs and lower legs on both sides of the body.

Most people who have low back pain do not require a specialist. Typically a comprehensive history and focused physical exam can determine if a serious condition is to blame. A specific cause for the back pain often can't be identified, but in about 90 percent of patients the cause is benign. Lab tests and imaging studies are often not required for initial evaluation of low back pain.

The mainstay for treatment includes remaining active. Performing daily activities will allow for

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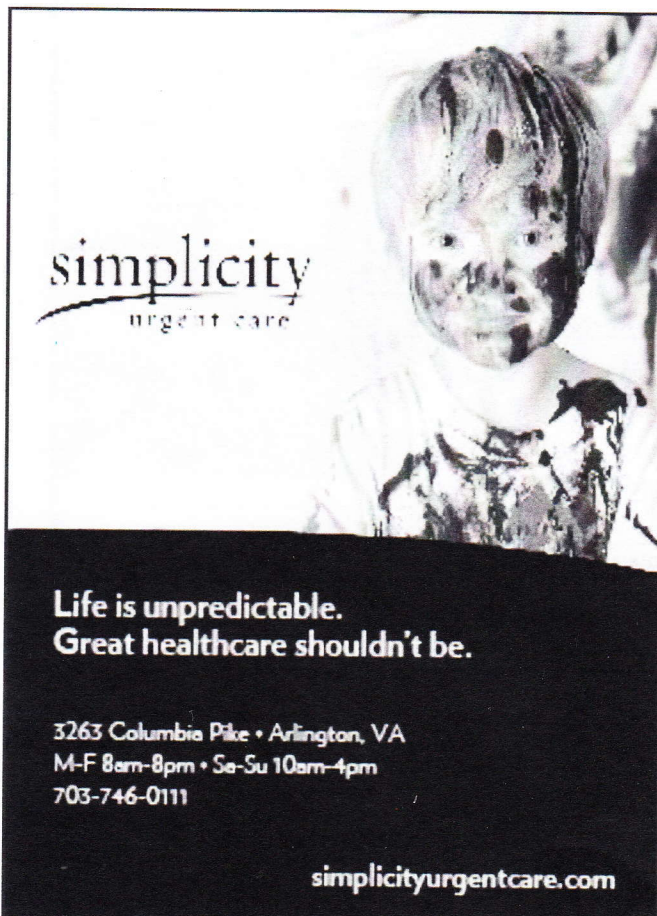
faster recovery. Movement is shown to decrease muscle spasms and strengthen the muscles. Another important aspect of treatment is light exercise, which is the best way to prevent low back pain from returning. Back exercises and stretching can start once the pain begins to resolve. Cardiovascular exercise along with exercises that strengthen the muscles of the torso, hips and abdominal wall also help. Additional preventive steps include learning to bend and lift correctly and remembering to change positions often when sitting or standing for long. For back pain that persists beyond 4 to 6 weeks, your doctor may recommend physical therapy and/or spinal manipulation. Generally prolonged bed rest is not recommended, but if the back pain is severe, then bed rest for up to a day may be needed.

Pain medicines may help alleviate symptoms. Acetaminophen and ibuprofen can provide some pain relief. Muscle relaxants can also be prescribed. These can be helpful when taken for a short period of time. They typically cause drowsiness so should be taken at bedtime.

For more information, visit the American Academy of Family Physicians at www.familydoctor.org

Nandini Koka, MD
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Healthy Habits is a quarterly column on staying well.



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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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2016 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. \$ _____