

Neighbor News



Sign up! Douglas Park online:
www.arlingtondpca.homestead.com

October–November 2005

El evento anual de Douglas Park de recoger fondos esta comenzando. Su generosidad puede ayudar. DPCA esta coleccionando dinero para ayudar a las familias de la escuela Lizana de la ciudad de Gulfport, Mississippi. Todo el dinero que se puede coleccionar se usara para ayudar a estas familias. Use el sobre que se le esta proveendo. > 1

?Estas listo para una emergencia? Este sera el tema que se va hablar en nuestra proxima reunion DPCA el 15 de noviembre. > 1, 6

Uno de nuestros vecinos trabaja para socorro de disastres, incluyendo ayuda para mascotas. Si tienes preguntas o quieres ayudar, escribe veldeb@aol.com. > 4

Hay un "grupo de ninos" los martes y viernes a las 4:30pm para madres o padres de casa con sus hijos. Llaman 703-271-5335 > 5

El programa de plantar arboles se esta aumentando. Se dara \$50 a duenos de casa que plantan arboles especificos de sombra. Contacten a marty.nielsen@verizon.net > 5

El Cinema Drafthouse a cambiado de duenos y tendran eventos de familia. > 3

El segundo baile de verano anual del vecindario esta programado para enero o febrero. Mas detallas en proximos boletines. > 6

Quien entrega sus boletines? Vea la lista de voluntarios > 4

Your Holiday Donations Will Help! DPCA Will Aid Hurricane Victims This Holiday Season

For this year's Holiday Fund Drive, the Douglas Park Civic Association will be collecting donations to help the families of Lizana Elementary School in Gulfport Mississippi, a school adopted by our own Randolph Elementary. Gulfport was hit hard by Hurricane Katrina, and many of these families lost their homes. They need *everything* for the holidays. This is DP's opportunity to help hurricane victims—100% of the money will go to the families. Thank you in advance for your generosity.

Please make checks payable to **DPCA HOLIDAY FUND DRIVE** and mail to:

Treasurer, DPCA,
3621 S. 14th St.,
Arlington, VA 22204.

An envelope is provided in this newsletter. Please be generous!



Randolph students pause with boxes they have packed to ship to Mississippi.

Are You Ready? Shelter in Place or Evacuate: Are You Prepared?

This year's active hurricane season has clearly illustrated how important it is we all take steps to be prepared for disasters — both natural and manmade — where we live and where we work. We need to be ready to shelter-in-place or evacuate at a moment's notice. And we need to have supplies—whether we're staying or going—to sustain us for at least three days. How many of us can say we're actually that prepared?

We've all seen the suggested supply lists and emergency planning forms available from such agencies as the American Red Cross and FEMA, but see our abbreviated version that includes the basics everyone should have on-hand. > 6

- | |
|----------------------------|
| Emergency CHECKLIST |
| • water |
| • food |
| • radio |
| • flashlight |
| • first aid |
| • personal papers |

NeighborNews: Frequently Asked Questions

How often does this newsletter come out? What's the deadline?

Every few weeks, or about 7–9 times a year. The deadline varies, because the publication date varies.

Whom do I contact about advertising or other information?

See the list of names on page 2.

How do I find out when the civic association meets?

See the information on page 2.

How can I submit a photo? or some news?

Send a high-resolution color jpg image, saved at about 5 inches wide, to the newsletter coordinator, listed on page 2—and provide a caption! Send your news and notes to that same e-mail address.

INSIDE

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••• Volunteer! Contact Rebecca Krafft •••
 Douglas Park Civic Association, Arlington, VA

Meeting Calendar: The DPCA executive committee has scheduled regular meetings on the third Tuesday of the month, 7:30pm. November 15: *general meeting*, fire sta. #9, 1900 S. Walter Reed Dr.— emergency preparedness is the topic.

Douglas Park Executive Committee (All area codes 703)—
 President: John Snyder, 892-2887, jvsnyder54@comcast.net;
 Vice president: Mitch Opalski, 553-1942, mopalski@aol.com
 Treasurer: Linda Dye, 979-6276, wwwcdyels@starpower.net
 Secretary: John Roman, 892-2225, roman3606@comcast.net
 At Large: Bob Cowan, 979-3081, bcowan@rlcjr.com
 Lane Nemirow, 271-1111, lane@pop.net
 Randolph liaison: Rita Wiggins, 521-4725, roserita_wiggins@apsva.us
 Parks committee: Marty Nielsen, 979-8777, mnielsen@erols.com
 Traffic committee: Bob Cowan, chair, 979-3081, bcowan@rlcjr.com
 Parking liaison: Lane Nemirow, 271-1111, lane@pop.net
 Neighborhood Conservation Advisory Commission Delegates:
 John Snyder, 892-2887, jvsnyder54@comcast.net;
 Lane Nemirow, 271-1111, lane@pop.net

Civic Federation Delegates—
 Linda Dye, 979-6276, wwwcdyels@starpower.net
 Rebecca Krafft, 553-4140, rebecca_krafft@hotmail.com
 John Roman, 892-2225, roman3606@comcast.net
 Debbie Falco, 919-5131, dfalco@speakeasy.net

Neighbor News—
 Advertising: Mitch Opalski, 553-1942, mopalski@aol.com
 Coordination/layout: Dawn Leland, 979-4480, dmleland46@hotmail.com
 Distribution: Jamie Daly, 521-4567, jamie22204@yahoo.com
 Webmaster: Nancy Limprecht, nlimprecht@yahoo.com

Advertising rates and information

1/8 page (card) \$25 Full page, \$250
 1/4 page, \$60 Sponsorships and discounts available
 1/2 page, \$100 —call Mitch for information.

SEND check, payable to DPCA, and ad information to Mitch Opalski, 3129 12th St S., Arlington, VA 22204. He will provide information on preparing and submitting your ads.

PRESIDENT'S MESSAGE

Hello neighbors,
 Fall is here, winter is gearing up, we're all getting into the new seasons, and I have a few notes to share with you.

Holiday Fund Drive Gears Up

For years, the Douglas Park Civic Association has sponsored a holiday fund drive to help families in our community. Through your generosity, and working with Randolph School, we have been able to help families with toys, clothes, and other presents for Christmas. And this year, in response to Hurricane Katrina, Randolph has adopted a school in Gulfport, Mississippi—and so have we. The holiday fund drive will benefit Lizana School families. 100% of the money raised goes to the them. Please be generous once again. Contact me if you want to help other volunteers!

DPCA Meets: Are You Ready for Any Emergency?

Emergency preparedness will be the topic of a presentation November 15 at the next Douglas Park Civic Association meeting, at 7:30 PM, Firehouse No. 9. We have all seen the importance of emergency preparations for our family and immediate neighborhood. We have to be able to take care of ourselves until help arrives. Helpful practical information on emergency preparations will be presented.

Randolph Fair Raises Big Bucks for Books

Many thanks to everyone who came to the Randolph Book Fair. Through the efforts of our volunteers, lead by Heather McPhail, the fair raised approximately \$1800 for the Randolph library. Also, many of the books purchased at the fair were donated for use by Randolph teachers.

Kudos to Clean-Up Volunteers.

Many thanks to Marty Nielson for organizing the invasive plant removal effort in Douglas Park on October 15, and to the volunteers who helped rip out the vines that are trying to take over our park. Kudos also to Andy Johson, recently spotted picking up litter along Monroe St. It is a shame we even need to do it, but thanks, Andy, for the good example of how we can improve our neighborhood just by picking up.

Thanks to Adam Henderson for designing the poster announcing the Douglas Park Invasives cleanup. Attendance more than doubled from previous years!

—John Snyder, DPCA president

News Volunteer Needed

We need a new newsletter coordinator/graphics and layout specialist, starting in Jan. '06. We're sorry to report that Dawn Leland, our newsletter editorial, design, and layout heroine will be moving on in January to other things after five years working on this newsletter. We cannot thank her enough for her contributions. The newsletter is always a source of pride, and shows the talent and professionalism of Dawn and the other contributors. Now we need help in carrying on the tradition. If you have an interest in working on the newsletter, or know someone, please contact me. For details on what's required, contact Dawn, at 703-979-4480.

MEMBERSHIP FORM, thru 2/06

Douglas Park Civic Association

YES! Count me in!

— Enclosed is my payment of \$10.00. for 2005, ___ and \$10 for 2006. [Dues year runs from March to February.]

— **YES**, I'm donating the additional amount of \$ _____

A CHECK FOR THE
 TOTAL IS ENCLOSED, \$ _____

[PLEASE PRINT]

Name _____

Street address _____

Apt. # _____ Arlington, VA 22204

Home phone, 703- _____

E-mail _____

___ **YES**, I'd like to volunteer for:

- ___ the 4th of July picnic ___ election day bake sale
- ___ holiday fund drive ___ write articles for newsletter
- ___ call me any time and I'll see if I can help

MAIL CHECK payable to DPCA, with this FORM to:

Treasurer, DPCA, 3621 S. 14th St., Arlington, VA 22204

Thank you!

AROUND YOUR NEIGHBORHOOD

Safeway Site: The Latest in the Columbia Pike Development Update

The Georgelas Group submitted plans on October 15 for re-development of the Safeway site. The plans show a six-story, mixed-use building. The project will include 25-30,000 square feet of retail on the ground floor with residences or commercial offices above, and parking underground. A public presentation will be held the week of Nov. 14. The next steps in the process are a hearing scheduled with the planning commission on Nov. 28, and then a hearing at the county board meeting Dec. 10 (or the following week). Questions? Contact Richard Tucker, 703-228-0069.

Wildlife Habitat Challenge: DP's a Winner!

I attended the Arlington Community Wildlife Habitat meeting and was informed that Douglas Park will be receiving one of three prizes being awarded to the neighborhoods at a reception at Fort C. F. Smith. This historic facility dates back to the Civil War and it's certified as a backyard wildlife habitat (of course!), too.

The other two winning neighborhoods are Ashton Heights and Lyon Park. Please come to the celebration on Wed., Nov. 9, to see which prize Douglas Park will receive. Jay Fisette will also be recognizing those neighborhoods which certified five or more properties.

We are asking that folks RSVP as noted in the invitation below so we can plan adequate refreshments at this special event. —*Janine Finnell, co-chair; Arlington Community Wildlife Habitat Project*

You're invited

Certified Community Wildlife Habitat Celebration

Wed., Nov. 9, 7–9 p.m.

Fort C.F. Smith, 2411 24th St. N, Arlington.

Light refreshments will be served.

**If you plan to attend,
please RSVP to 703-228-6427, or
office@arlingtonenvironment.org**

Cinema & Draffhouse Under New Management

Certainly one of the nicest things to happen around here is the change in ownership of the Cinema & Draffhouse. The new owners are young, energetic, and excited about the potential for the landmark cinema. They live in Penrose, the neighborhood behind the Giant. They've started doing Neighborhood Days, where they offer Arlington residents two-for-one admission, and having weekend family matinees—we saw "Madagascar" there, and "March of the Penguins" is coming soon. They have the Redskins games on the big screen, as well as Hokie Football for Tech fans.

—*Rebecca Krafft*

Here's a note from one of the new owners:

Nonsmoking and Family Shows

In order to accommodate both our non-smoking and smoking customers, our 7:15/7:30 show on Tuesdays and Fridays will be non-smoking. Other shows will remain the same with smoking sections and non-smoking sections. We are currently reviewing our smoking policy and watching the attendance during the non-smoking movies closely to get a better feel for meeting the demand of our patrons. If you haven't been to the Draffhouse in a while, because the smoke bothers you, PLEASE come back on Tuesday or Friday (first show) or during one of our Family Movie of the Month shows where smoking is prohibited.

We're listening! Due to requests from many patrons we will showcase more family-friendly movies so parents can come to the Draffhouse with their children. The whole family can enjoy a comfortable atmosphere while enjoying selections from our menu—like fresh-dough pizza. Our Family Movies of the Month will all be smoke-free. Our 21- and-over policy will still apply. Anyone under the age of 21 must be accompanied by a guardian. We hope these movies will provide an experience the whole family can enjoy. Visit www.arlingtondraffhouse.com. —*Colleen Godbout*

Other Notes

Leaf Collection

Arlington announced that fall leaf collection began Oct. 31, and continues through December. Signs will be posted noting the actual pickup date for your area. Collection is affected by weather and the rate of leaf fall.

To prepare: Remove rocks litter, branches or other debris from leaf piles; don't place piles in front of storm drains or meter covers; move parked cars away from piles; and do NOT leave them in plastic bags at this time. Watch for updates on cable channel 71, or call 703-228-6565 for details.

Dog Park Needs Liaison to County

Years ago a group of neighbors/dog owners banded together to form DouglasDogs, the sponsoring group for the Ft. Barnard community canine area (CCA) established by the county at S. Walter Reed Dr. and Pollard St. Over the years the group has loosened up and it needs to be reconstituted



AROUND YOUR NEIGHBORHOOD

and a county liaison designated. Not much is involved with the position: Keep an eye out for problems, notify the county and animal control of any significant event, and maintain the bulletin board. It's easy! Our Parks & Rec contact, Howard Hudgins, says that "Somebody (or group) will also need to sign an up-to-date Memorandum of Understanding and an "Adopta Park" agreement with the county. If not, I don't know how long we will be able to keep it operating. ... I really need a point of contact. The sponsoring group needs to be structured enough that it can fulfill its obligations to monitor the facility, act as the liaison between the county and the users, educate the users as to the proper behavior, sponsor clean-ups and other maintenance functions. If you can do this, contact Hhudgins@arlingtonva.us. —*Dawn Leland*

Hurricane Relief Worker in DP

One DP neighbor notes that he works for the US Dept. of Agriculture (USDA), in cooperation with FEMA, and has worked many extra hours helping hurricane survivors receive assistance. He points out that USDA vets are helping the humane societies with pets left behind, and with farm animals in distress. To thank him for his efforts or to ask questions, contact veldeb@aol.com.

NeighborNews couriers

Many thanks to these volunteers for delivering this newsletter! If you have questions, please check with your courier:

Contact Phone (703) Route

Elizabeth, 271-0049: 1300 block Pollard, 14th–Oakland to Quincy, 1300 block Quincy, s. side of 13th–Quincy to Pollard.
 Enid, 271-5335: Quincy–14th to 16th, 16th Quincy–Randolph.
 Debbie, 305-2638: 16th–Stafford–Taylor, remainder to Va. Gardens ofc.
 Patricia, 979-4320: 16th St –Stafford to Randolph, 16th Rd S. Stafford–18th to 16th and court no. of 16th.
 Natalie, 892-6481: 18th–Quincy to court, Quincy–16th to 18th.
 Diana, 920-9214: Quincy–18th to Walter Reed, 19th–Randolph to Pollard.
 John, 920-1431: 19th–Randolph to end, Randolph St–19th to W.Reed.
 Jean, 920-0328: Quebec–Randolph to W.Reed.
 Jamie, 521-4567: Pollard–16th to W.Reed.
 Nancy, 920-2507: 16th–Quincy to Oakland, Pollard–14th to 16th.
 Gus, 892-8813: Oakland–16th to 19th.
 Greg, 486-3539: Nelson–16th to 19th, 18th–Nelson to Monroe.
 Corinne, 892-6135: Monroe–16th to W.Reed, 18th–Monroe to W.Reed.
 Kathryn, 920-1536: Lowell St, Lincoln St, 17th Monroe to Glebe, Glebe–13th Rd. to W. Reed.
 Carol, 271-0431: 16th S–Oakland to Glebe.
 Linda, 979-6276: 14th St–Monroe to Oakland, Oakland–14th to 16th, Nelson–14th to 16th.
 Nora, 892-0961: Monroe St–16th, 15th, 14th–Monroe to Glebe.
 Mitch, 553-1942: 12th–Glebe to W.Reed, Highland St–Col. Pike to 12th.
 Sedge, 979-2162: 14th– Glebe to W.Reed–13th Rd. to Glebe, 15th–Glebe to W.Reed, townhouses off 14th.
 Richard, 486-2915: 13th–Glebe to W.Reed, 13th Rd.–Highland to Glebe, west side Glebe 13th Rd to 13th St.
 Drie, 920-8585: 12th–Monroe to Quincy, Monroe–12th to Col. Pike.
 Ingrid, 920-0874: 13th–Monroe to Quincy (no.side fr/Pollard to Quincy only), Oakland, Norwood, Nelson.

How To Double or Triple Your Investment When Preparing Your Home To Sell!

Cleaning up, removing clutter, adding a new coat of paint, installing carpeting, refinishing hardwood floors, manicuring landscaping, updating fixtures, and other cosmetic touches, put your home in the best light. An investment of \$5,000 to \$10,000 can easily be doubled or tripled at resale. Buyers will gravitate towards generic improvements that enhance a home's functionality, efficiency, and aesthetics, giving it a more contemporary feel.

Complete deferred maintenance and make repairs to fix or replace broken items and systems. Use your cash to put the home and its components in good working order by replacing missing roof shingles and broken or cracked windows. Repair driveway cracks and straighten leaning fences. Make sure doors, gates, lights, plumbing fixtures and other items are all working properly. Beyond the cosmetic touches and functional upgrades, the best home improvements that help net sellers' full market value include kitchen and bath remodels and only those alterations and additions that bring your home in line with the others in the area.

Too often home improvements are random, uneven upgrades. If you leave one of your bath-

rooms in its original 1950s style, but remodel the other, or if you landscape the front yard, but leave the backyard in its natural weed-infested state, most buyers will notice what's left to be done, rather than credit you for completed work. Consistency pays off for achieving the best price!

Want a quick and easy checklist of inexpensive ways to make a buyer instantly attracted to your home? **Contact us for our report on the "44 Money Making Tips For Preparing Your Home To Sell"!** For a free copy and other helpful reports, call our office or visit our web sites.

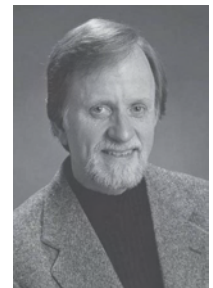
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703-824-4196

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703-969-6772

SCHOOLS AND CHILDREN

Play Dates

At-home or part-time working parents have organized regular park play dates at Douglas Park (Quincy St.) on Tues. and Fri. afternoons at 4:30 p.m. Everyone's invited. Questions: Contact Enid Dunbar, 703-271-5335.

Kids and Clubs

Along with hundreds of schools across the country, on Thurs., Oct. 20, Randolph celebrated its after-school programs. Under the direction of Bridget Kraft, Randolph participated in Lights On! After School, a national event geared toward recognizing the importance of after-school programs as a venue for keeping kids safe, inspiring kids to learn and providing enriching activities.

More than 140 children participate in more than 20 clubs each week at Randolph. Clubs at Randolph include: knitting, Arabic, Spanish, "fit smart", soccer, arts and crafts, sculpture, street jammin' dance, wow worms, math Club, *Little House on the Prairie* Book Club and more!

<http://www.arlington.k12.va.us/schools/randolph/>



Randolph Elementary was featured on NBC-4 and other local news outlets on National Walk to School Day. Randolph's entire school district lies within the one-mile walking zone. <http://www.walkarlington.com/home.html>



Randolph PTA members and students packed up school supplies to send to Lizana Elementary School in Mississippi.

HOME AND GARDEN

Tree Grant to Neighbors Renewed

The first year of the Douglas Park Tree Grant program has been a big success. This unique program gives up to \$50 to the first 10 households that plant a tree in their yards. It has been proposed that in 2006 the program be limited to shade trees—medium to large trees that shade the house or yard. Shade trees benefit homeowners by reducing summer cooling bills and improving air quality. Shade trees in every yard benefit entire communities, aesthetically and environmentally. Douglas Park has many fine shade trees, some of which are approaching the end of their life expectancy. We'd like to encourage homeowners to plant new ones for the future.

Details including suggested shade trees will be published in the next newsletter. If you have questions or comments watch this space, or email me— marty.nielsen@verizon.net

Tree Tip: Don't Let Renovation Kill Your Trees

Construction causes unseen damage to trees. Vehicular and foot traffic compacts the soil above and around tree roots, slowly suffocating them. The effects of the damage may not be seen for months, but it will come. How many times have you seen a mature tree die back after a major home renovation?

If you are planning a renovation, consider establishing a "construction-free" zone around trees you wish to save. Make your zone as large as possible. Fencing this area off is a good idea. Tree roots extend far from the trunk. If possible, fence off the area covered by the tree branches; i.e., the "drip-line."

SOLD *For \$605,000*

FOR SALE

3908 South 19th Street
Douglas Park

4 Bedrooms 2-1/2 Baths
Garage Fireplace
Family Room

Newly Renovated \$595,000

Call me for your free market analysis.

Carole Skole

Re/MAX CitySide
703-585-8034

"The Balloon Lady"

Calendar

Nov. 9, 7–9 p.m. Certified Wildlife Habitat Celebration
2411 24th St. N, Arlington. Douglas Park accepts award.
Please RSVP to 703-228-6427. > 3

Nov. 13, *Peter and the Wolf*

County board member Paul Ferguson will narrate *Peter and the Wolf* at the Sun., Nov. 13, 3 p.m., performance of the Capitol Woodwind Quintet in its first Arlington appearance. The concert is geared to children but designed for all audiences. Spectrum Theatre 1611 N. Kent St. (Rosslyn). Adults \$12, students \$6. Children, free.

Dec. 2–4, *Nutcracker*

Arlington's Center Dance Company will perform the holiday classic the *Nutcracker*, at Thomas Jefferson Community Theatre, Dec. 2, 7:30 p.m.; Dec. 3, 2 and 7:30 p.m.; Dec. 4, 1 and 5 p.m. Advance tickets, adults \$20, seniors \$15, youth 18 and under \$15. Buy online www.ArlDance.org; call 703-522-2414.

Early 2006, Second Annual DP Neighborhood Dance
Plans are under way, so watch for an announcement as to date and place!

**Want to
advertise?
See p.2**



Ward Pest Control, Inc.

4625 Old Dominion Drive
Suite B-1
Arlington, VA 22207
703-248-3631

Serving the D.C. Metropolitan area for 30 years, we offer a full range of residential pest control services, including termite treatments, warranties, and wildlife management. Consumer groups rates us as one of the top firms for quality of service and pricing.

Juliet's House Cleaning Services

Honest, with excellent Douglas Park references.

Low rates • weekly/bi-weekly/
monthly/one-time available

Call anytime!

703-354-3225 home

703-628-3434 cell

571-236-3700 cell

Ask for Juliet

Emergency Checklist

Water: Three days (minimum) drinking water for every person *and* pet in your household (one gallon per person per day). It's also a good idea to have unscented, regular bleach available in case water purification becomes necessary (eight drops of bleach per gallon of water).

Food: Three days (minimum) non-perishable food. Rotate regularly to ensure expiration dates have not passed. Make sure you have a manual can opener with your supplies.

Radio: A battery-operated radio with extra batteries (crank-powered radios are also available). Local information will be broadcast on AM 1700, 1500, 630, and other local AM stations. If you want to be even better prepared, you could add a NOAA emergency alert/weather radio to your supplies. They emit an alarm when an emergency alert—such as a severe thunderstorm or tornado warning—is issued.

Flashlight: At least one flashlight and extra batteries. It's a good idea to hang a flashlight on the back of every bedroom door. Do not burn candles for light unless absolutely necessary. If left unattended, they can result in fires.

First Aid Kit/Medications: Have a basic first aid kit for emergencies, as well as a supply of any additional medications—prescription or over-the-counter—your family requires.

Personal Records/Papers: Copies of all important papers and documents should be stored in a fireproof/waterproof container that can be evacuated with you if necessary. Keep some extra cash on-hand.

On Metro: If you ride the Metro regularly, you may want to take a few emergency supplies with you when you do, including a small flashlight or a lightstick and a disposable N95 dustmask (to be used in the event of smoke or the release of chemical or biological agents). You should also check out the instructional *Exiting Metro in an Emergency* video at www.wmata.com/riding/safety/evac.swf.

Arlington Alert: The county provides a free emergency notification system for residents who can receive text messages via computer, PDAs, cell phones, pagers, or other devices. To enroll, go to www.ArlingtonAlert.com. You can elect to receive information regarding weather, traffic, crime and computer viruses via this service.

This list contains only the most basic items you'll need in the event of an emergency. You should also have a plan in place so that everyone in your family knows what to do, where to go, and who to call should a disaster occur. For additional information, see *Emergency Preparedness* on the county website, www.arlingtonva.us—one of many valuable websites that provide emergency preparedness information.

Take time now to be sure you and your family are prepared for a variety of emergencies and are able to support yourselves for at least three days without help. Doing so will bring you greater peace of mind ... and will keep you out of the long lines at the grocery store the day before a blizzard!

—Mitch Opalski

SENIOR SOURCES

Seniors are a growing segment of the population and there are more resources available to serve them. Check these sources, available through your public library, www.arlingtonva.us/Departments/Libraries/sites/Libraries/SitesSeniors.aspx

Computers and Internet

CyberSeniors/CyberTeens, Arlington County DTS

CyberSeniors.org is a nonprofit organization dedicated to connecting seniors to the world. The CyberSeniors/CyberTeens program provides low-cost computer training tailored for seniors. Seniors are partnered with teens from CyberTeens, who provide tutoring assistance. Contact volunteer coordinators: Buck Burgess, Barbara Morris, 703-228-6425. www.volunteersolutions.org/acvo/org/1148054.html

Senior Net—www.seniornet.org/ Information about computer technology and the Internet.

Internet Tutorial—www.learnthenet.com Web-based tutorial for Internet users. Information about Internet access, and how to do research on the Internet.

Health, Law, Finance, Retirement, Benefits

AARP's Guide to Internet Resources Related to Aging—www.aarp.org/cyber/guide1.htm. Information on the Internet on all aspects of aging—health, caregiving, legislation, etc.

Age of Reason—www.ageofreason.com. More than 5,000 connections to sites of interest.

FirstGov for Seniors—www.firstgov.gov/Topics/Seniors .

Internet access to the services offered by almost every major federal government agency.

Yahoo Senior Site—<http://seniors.yahoo.com/> A guide to senior living; news items provided by Third Age News Service, community bulletin boards, and links to relevant sites.

Health, Financial, and Legal Information—Crash course in wills and trusts, www.mtpalermo.com/ This commercial website provides practical information.

Exercise—<http://exercise.about.com>. A guide to sites related to exercise, health and fitness, nutrition, weight training, exercise gear, etc. Timely, relevant.

Identity Theft Clearing House—www.consumer.gov/idtheft/ Maintained by the Federal Trade Commission; good information about ID theft in general and how to clear your account.

Big List of Internet Hoaxes—www.hoaxbusters.org/ E-mail scams and ways to identify a likely hoax message; browse through a list of known scams and hoaxes.

Medicare—www.medicare.gov/ Official U.S. government site for Medicare information, news, updates, comparisons of Medigap insurance plans, helpful contacts, new “nursing home compare” feature.

National Center for Retirement Benefits —www.ncrb.com. Have your retirement annuity or lump sum benefit checked to make sure you're getting all the money you're entitled to.

National Council on Aging Drug Discount Program Eligibility Information—www.benefitscheckup.org. Check your eligibility for programs to save money on prescription drugs.

National Institute on Aging—www.nih.gov/nia/ Part of NIH, NIA leads the federal government effort on aging research.

SeniorNavigator.com—www.seniornavigator.com/ This award-winning website for seniors provides free information about health and aging resources available for Virginians.

U.S. Food and Drug Administration—www.fda.gov. Hot topics, including buying medicines online and whole-body CT scans, FDA news, new products approved by FDA.

Leisure and Learning

Adult Education, Arlington Co.—www.arlington.k12.va.us/instruct/ctae/adult_ed/ Classes in painting, photography, computer applications, writing, languages, cooking, auto repair, and more. Seniors 55+ receive a discount.

Arlington Learning in Retirement Institute—<http://arlingtonlr.web114.discountasp.net/> ALRI offers college-level, non-credit courses to seniors over fifty. Affiliated with George Mason U., Arlington Public Schools Career, Technical and Adult Education Programs, Arlington Parks and Recreation Senior Program, and Elderhostel.

Washington—www.closeup.org/lifelong.htm. In cooperation with AARP and Elderhostel; an insider's view of Washington—democratic process, public policy, current events, etc.

Elderhostel—www.elderhostel.org/ Information about the elderhostel travel experience, online catalog.

Institute for Learning in Retirement—www.american.edu/ilr/ One of the first learning-in-retirement organizations.

Recreation and Leisure Classes, Arlington County—www.arlingtonva.us/Departments/ParksRecreation/scripts/classes/class_catalog.pdf. Classes in fitness, dance, painting, pottery, ceramics, and more. Seniors 55+ receive a discount.

Seniors Home Exchange—www.seniorshomeexchange.com/ Commercial home-exchange site features U.S., Canadian, and International exchange opportunities.

Volunteer Opportunities in Arlington Library—www.co.arlington.va.us/lib/support/volunteer.htm Help promote the joy of reading and lifelong learning

Cooking, Entertaining

Gourmet Cooking —<http://eat.epicurious.com/>

On-Line Cookbook—www.allrecipes.com/ Find a recipe that will allow you to whip up a dish with ingredients on hand.

Holidays and Festivities Fabulous Foods—www.fabulousfoods.com/holidays/holidays.html Recipes, decorating ideas, gift ideas, and craft projects.

Grandparenting, Family, and Fun

Arlington Arts—www.arlingtonarts.org . The local arts scene.

Cybergran—www.cyberparent.com/gran/ Ideas for activities with grandchildren.

Especially for Grandparents—www.scholastic.com/familymatters/igrandparents. Reading to grandchildren; book and toy recommendations, and more.

Grandparents Information Center—www.aarp.org/grandparents/ Variety of topics.



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