OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association



Winter 2015

PASSING THE TORCH: STEPHEN HUGHES TAKES OVER AHCA PRESIDENCY

I have had the great pleasure of being asked to serve as President of our Civic Association in 2015. I am following a great President, Stacey Whyte, whom I wish to personally thank for her years of service to our Civic Association.

I came to northern Virginia from southwest Virginia, where I grew up. I attended George Mason University and I am an unabashed fan of Mason Basketball. I moved to Arlington in 2008, first to Crystal City, then Penrose and now Arlington Heights. My wife, my new daughter and I are happy to call Arlington Heights our neighborhood.

My vision and goals for our Civic Association are as follows:

• Arlington Heights Civic Association is stronger with more members. I want to increase our Membership through outreach. Have you asked your neighbor if they are a member?

LOOK INSIDE...

MEET YOUR OFFICERS	PAGE 4
LATEST TJ NEWS	PAGE 5
ANIMAL AFFAIRS	PAGE 5
COMMUNITY CALENDAR	PAGE 6
TRIP TO SISTER-CITY AACHEN	PAGE 7
JOIN AHCA	PAGE 8
HEALTHY HABITS	PAGE 9
HENRY HIGHLIGHTS	PAGE 10
WHAT'S NEXT FOR	
COLUMBIA PIKE?	PAGE 11

• Arlington Heights Civic Association is stronger with more active members. I want to increase our participation at multiple levels. When was the last time you attended a Civic Association-sponsored event?

• Arlington Heights Civic Association is only a force for good for our community if we are invested in the association. I want each of us to believe we are "the" reason Arlington Heights is a great place to live. Could you consider sponsoring or helping out Arlington Heights with your unique gifts?

We are all neighbors and we will always see things differently. We will continue to make this the best neighborhood in Arlington, if we remember that we are all just neighbors.

Stephen Hughes, President, AHCA

THANK YOU, MEMBERS: AHCA COULDN'T SURVIVE WITHOUT YOU

Each year, residents of our community choose to make an extra commitment to where we live by becoming members of our Civic Association. Membership is a statement of our investment in the place we live. Our Civic Association works to keep you informed of all of the issues.

We work to make the place we live just a little *continued on page 2*

Please attend the quarterly meeting of the Arlington Heights Civic Association Tuesday, Feb. 17, 2015, 7-9 pm at the Patrick Henry Elementary School Library

Arlington Heights Civic Association PO Box 40311 Arlington, VA 22204

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Thank You, Members, from page 1

better. Members financially support this newsletter, the neighborhood picnic, the Halloween parade and many other community events.

I want to take this opportunity to thank our members in 2014, and ask if you would be willing to once again show your support for where we live by becoming a member in 2015.

Stephen Hughes, AHCA President AHCA Members Victoria Arias Bruce and Anna Baltensperger Ryan Brannan and Kristi Slafka Jeff and Veronica Bartlett Ruth Bodnar Steve and Lisa Bongardt Rod and Joy Bovernick Eileen and Parish Braden Christina Bruegger Richard and Patricia Bullington-McGuire Ellen Campana Margaret Carpenter Jeannine Christian Andre and Ericka Collins Erin and Cary Comer Phyllis Connor Eileen Conoboy and Mark Wallis Mary Crosby Maureen Critchley Pattie DeLoatche Maya and Michael Dhavale Laurie Dodson Martha Duggan Mahender and Leah Dudani Jov and Mark Duncan Carlos and Jessica Estrada Evan Farley and Susan Scott Laura and Ron Ferguson Daniel and Erin Flaherty Faith Foulke James Huff and Carolyn Francis Greg and Liz Fried Lawrence and Jenny Friedl Tom Fukuda and Pam Byron Paola Gaiardi Dale and Dana Galvin

Continued on page 3

Thank You, Members, from page 2

Andrew and Aristia Glinka Carla Gorrell Joelle and Chris Guy Melissa Hackmann Gregory and Megan Haydasz Philip Hipley Mark and Juliet Hiznay Stephen and Amy Hughes Christie and Jeff Iredell Dana Jackson **Eileen Janas** Jim and Holly Jewell Catherine and Nicholas Johnson David and Teresa Jones Peter and Kelly Jones Alisa Key Beverly Kilmer Dong and Julie Kim Stacia and Dominic Kiraly Gregory Kissel and Jill Crouch Jennifer Kliska Karl and Dori Kukawa Stephanie Lagana Eric and Santva Lanman Matthew Laskoski **Richard Lee** Melissa and Chris Logson Mark and Lola Lombard Ron Jacobus and Mark Knight Timothy and Dorie Johanns David T and Teresa Jones Steve and Kelly Maguire Marilyn Martin

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Norman B. Reich Adam Reiter and Amanda Perl David and Bette Rudgers Ralph and Shirley Ruedy **Tia Scales** Christopher and Cynthia Schaller Amelia and Charles Self David and Amanda Shapiro Betty Siegel Bryan Sieling and Nancy Edwards Doug and Sara Snow Sonali Soneji Mike and Helen Sobola Maureen Sullivan Jesse and Nikki Toyama-Sezfo Ronald and Amanda Taylor Sandra Thompson Robert and Penka Trimble Ben and Emily Tsai Irene Upshur Jacqueline Vargo Jay and Amy Vennett Erin Walsh and Andrew Black Tim and Anna Alt-White Keith and Stacey Whyte Paul and Loren Wilee Melissa Williams and John Omartian Jay Wind and Estelle Roth Scott Winn Amerine and Zac Woodyard Alexander Younoszai Anne and Peter Zuidema



3

MEET THE NEW TEAM: (MOSTLY) SAME AS THE OLD TEAM

In addition to its new president, Stephen Hughes (below), the Arlington Heights Civic Association is happy to welcome Maureen Critchley as its new secre-



tary following the Nov. 12 elections. Maureen replaces Megan Haydasz, whom the AHCA thanks warmly for her years of service !

A great big thank you as well to Jeanne, Jay and Scott for agreeing to serve a third 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: Maureen Critchley

I've lived in the Arlington Heights neighborhood since 1989 when I bought a condo unit at The Arbors of Arlington on S. Old Glebe Rd. I retired from Northrop Grumman almost 3 years ago. My interests include volunteering (with USO at Ft. Myer/Hender-

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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 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 listserve.

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 (suffering) Washington



Capitals fan who can be frequently sighted walking Bodie, the beagle, around the community center.

We are still looking for Civic Federation Delegates and Alternates, so if you have four hours per month to spare please contact AHCA President Stephen Hughes at stephenhughes@gmail.com.

SAVE OUR PARK: YOUR LATEST TJ NEWS

The ongoing campaign to stop TJ Park from being paved over was expected to dominate AHCA's first meeting of the new year, on Tuesday, Feb. 17. Instead, we will be able to focus on the new issues and briefly discuss the next steps at TJ.

To recap, the Arlington County Board passed a motion stating that the park "shall remain essentially 'as is' – dedicated to open space and recreational uses" and rejecting the School Board's request for approval to use part of the site for construction of a new school, for NOW.

You can read the whole motion here: http://arling-tonva.s3.amazonaws.com/wp-

content/uploads/sites/22/2015/01/FINAL-TJWG-moti ons-1.26.15-no-tracking.pdf

At its Feb17th meeting this was section 2 of the board's motion:

I move that the County Board

• Not grant approval, at this time, for use of the Jefferson site for a new school. The County Board would be willing to reconsider the School Board's re-

quest at any time if the following key information, essential to the County Board in exercising its landstewardship and fiduciary responsibilities, has been provided to the Board for discussion with the community:

• An analysis of county sites and/or school additions that will be needed to serve south Arlington's projected students (using current long-range projections).

• Any feasible non-construction strategies that could reduce the need for construction should also be examined. While all public infrastructure investment is constrained by our adopted debt policies, from the land-stewardship perspective it is critical to conduct alternative analyses that allow accurate comparisons of varied impacts, such as traffic or green space.

• An "as close to final" estimate of requested County funding, if any, to support a Jefferson elementary school project.

ANIMAL AFFAIRS: COULD YOUR PET BE DIABETIC?

Does your dog or cat drink an excessive amount of water? Is he or she having accidents in the house? Is your pet lethargic or vomiting frequently? Has your pet lost her appetite and/or lost weight? These could be signs that your pet is diabetic.

Just like humans, dogs and cats can develop diabetes. In most instances, the disease develops over time and is more commonly seen in older, overweight pets. Certain breeds of dogs have an increased risk of developing diabetes including Australian, Cairn and Fox Terriers, Miniature and Standard Poodles, Keeshonds and Miniature and Standard Schnauzers. While any dog or cat can develop diabetes, female dogs and neutered male cats have a higher incidence of contracting the disease.

In addition to genetic predisposition, other factors that can contribute to diabetes include obesity, other illnesses (especially hyperadrenocorticism or 'Cushing's Disease'), a compromised immune system, pancreatitis or prednisone administration (usually over a long term at high doses; however, it can develop suddenly in cats).



The majority of diabetic pets are insulin dependent, or Type I. They must have insulin injections twice daily to control the diabetes. Rarely, some cats can be non-insulin dependent or Type II diabetics. These cats will often respond to diet change and weight loss.

Unlike humans, a diabetic dog or cat's glucose (blood sugar) is not checked on a daily basis, as they seem to handle mild variations relatively well. It is becoming more common for cat owners to check their cat's

glucose level at home and relay the number to the veterinarian as opposed to bringing them in to the animal

continued next page

hospital. The main reason is that many cats get overly anxious in the hospital setting and this can affect the glucose readings. The home environment is more familiar and relaxing to the cat and a more accurate reading can be achieved. An 8 to 12 hour blood glucose curve is done periodically. Your veterinarian will also check a fructosamine level periodically. This will give an idea of the pet's glucose concentrations over the past 2 to 3 weeks. In addition to monitoring glucose levels, a full blood panel should be done yearly at a minimum. This ensures there are no other diseases developing or complications from the diabetes.

While a diagnosis of diabetes can be daunting, with proper nutrition, monitoring and insulin injections, many pets can have a good quality of life. If your pet is exhibiting any symptoms you think may be indicative of diabetes, take them to your veterinarian right away.

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

COMMUNITY CALENDAR: NEIGHBORHOOD HAPPENINGS

Get oriented: Mark you calendars for Kindergarten Orientation at Patrick Henry Elementary School. This is a great opportunity to visit the school, learn about its unique programs and have all of your questions answered. Orientation at Henry will be held on:

February 19th, 9:15 a.m. - 10:45 a.m. March 10th, 9:15 a.m. - 10:45 a.m. April 9th, 12:45 p.m. - 2:15 p.m.

PLAY BALL! REGISTER FOR ARLINGTON LITTLE LEAGUE

Registration for Arlington Little League's Spring 2015 baseball season is now open. The league offers eight levels of recreational baseball for boys and girls ages 4 -12 and also has two teams for mentally and physically challenged players ages 5 - 22.

Younger players start by hitting off a tee, then transition through coach pitch to kid pitch as their age and ability allows. We do our best to meet requests to be paired with certain teammates or coaches.

Friendly evaluation sessions will be held in February and March to determine the correct level of play for those 8 and older and to help form balanced teams.

Registration is \$80 until Feb. 15 and \$90 until March 15 (scholarships are offered to families in need). Practices start Saturday, March 14; games start Saturday, April 11. Register at **www.arlingtonlittleleague.org** or call 703-351-5111. **Come and eat:** Don't miss the Wakefield High School Choral department's Silver Diner fundraiser on Wednesday, Feb. 25, 6-10 p.m. Twenty percent of that evenings earnings will go to Wakefield HS chorus to help fund the Spring competition trip to New York.

Drop by the Mill: The Arlington Mill Community and Senior Center, is hosting Family Nights from 7-9 p.m. so residents can discover the county's newest community center just down Columbia Pike at Dinwiddie Street.

Don't miss **International Family Night** on Feb. 6. Go around the world in two hours with us & make memories at a multicultural night to remember!

(Please note: Food is not being served and is not part of the program. We will explore many other facets of International Cultures such as active games, creative crafts, & music! Regular, limited concessions will be for sale.)

Other upcoming events at the Mill include:

March 6: Family Movie Night - Bring your blankest & pillows to enjoy a movie in the gym on our big screen together as a family.

April 10: Families Giving Back - In multiple stations that will help us give back to the Arlington Community & beyond!

May 1: Family Fiesta - Celebrate with us as we enjoy old & new Cinco de Mayo traditions together!

For more information, please call Emily Thrasher at (703) 228-4773 or email DPR-YouthandFamily@arlingtonva.us

To highlight an event in the calendar e-mail editor Julian Pecquet at jpecquet@yahoo.com. The next issues of *Over the Fence* will be distributed in late April, late July and late October.

VISIT DEUTSCHLAND: SISTER-CITY TRIP TO AACHEN NOW OPEN FOR ENROLLMENT

Achtung, achtung! The application deadline for this year's High School Summer Exchange to Germany is February 20. The visit, organized by the Arlington Sister City Association (ASCA), has been tentatively scheduled for June 20-July 8.

Applicants should be 16-18 and demonstrate leadership, maturity, and an interest in foreign cultures and history. The 18-day tour and home stay in Germany for Arlington students takes place in June/July and is the first



part of the yearly exchange.

Arlington students will be matched with a host family in Aachen and will experience everyday German life in a way that few tourists ever get to see. No knowledge of German is required.

Make new friends, try incredible food, and visit sites in Aachen, the historic cities Cologne and Bonn, Berlin, the Netherlands, and Belgium. Students participate in a variety of planned activities including museum visits, tours, a ropes course, and welcome and farewell dinners. Your German host student comes to Arlington in October 2015 for the second part of the exchange. Your German guest will be part of the everyday things you do and will have their own planned activities while you are in school.

To apply email AachenArlingtonExchange@gmail.com or visit http://www.arlingtonsistercity.com/our-sistercities/aachen/ Arlington Sister City Association (ASCA), a nonprofit organization established in 1993. The ASCA promotes the region's international profile through a variety of exchanges in education, commerce, culture, and the arts.

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PLEASE JOIN AHCA AND LISTSERV!

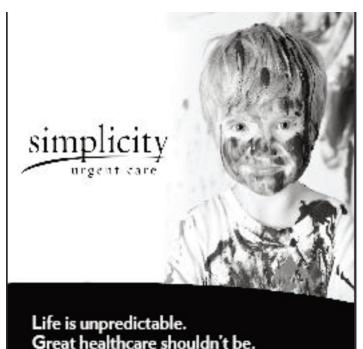
Please take this opportunity to renew your AHCA membership. Residential memberships are \$20.00 per household; business memberships are \$25.

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@yahoogroups.com.



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

simplicityurgentcare.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. \$_____

HEALTHY HABITS: CHILDHOOD INNER EAR INFECTIONS

We are now well into the winter season, and many children are sneezing and getting runny noses. One frequent complication of these viral upper respiratory infections is an ear infection. The medical term for a middle ear infection is acute otitis media (AOM), which is a very common childhood infection: About half of all infants will get at least one before their first birthday.

How Ear Infections Develop

For children, Eustachian tube dysfunction, which occurs as a result of a viral upper respiratory infection, can lead to AOM. The role of the Eustachian tube is to maintain normal pressure in the ear. If the Eustachian tube is impaired by an upper respiratory tract infection, then the pressure in the middle ear changes and an effusion forms in the middle ear (fluid behind the eardrum). Oftentimes, when an effusion forms, bacteria and viruses also accumulate in the fluid – resulting in inflammation of the middle ear. The increased pressure in the ear causes the eardrum to bulge and leads to the typical symptoms of fever, ear pain and fussiness in young children.

How Ear Infections are Diagnosed

For a child, the diagnosis of AOM is made when there is an acute onset of symptoms such as pain, irritability and fever. These symptoms, along with the physical exam findings of middle ear effusion (fluid behind the eardrum) and inflammation, may lead to a diagnosis of AOM. Otitis media in the absence of acute symptoms is defined as Otitis Media with Effusion (OME).

How Ear Infections are Treated

When children are diagnosed with AOM, there are many factors that need to be considered before determining an appropriate treatment plan for the patient. In the past, antibiotics were typically prescribed for all patients with an AOM diagnosis. Now, the child's age and severity of symptoms are two key components medical providers use in determining if antibiotics are necessary. Current pediatric guidelines as stated by the American Academy of Pediatrics, recommends that children between 2 and 12 years old with AOM in only one ear and mild symptoms may best be treated with only pain medication and close observation. Options for pain medication include ibuprofen, acetaminophen, or a topical pain reliever. Antibiotics may not be necessary for this specific group of children with mild symptoms as long as their symptoms improve in 48 hours.

Children who are younger than 2 years old or patients who are between 2 and 12 years old and have moderate to severe AOM should be treated with antibiotics at their initial visit. For those patients who require an antibiotic, Amoxicillin is a first-line treatment option for children without allergies to it. The advantages of using Amoxicillin include low cost, better taste, good safety profile, proven effectiveness and narrow microbiologic spectrum. There are many other

antibiotic options available for children who have allergies to Amoxicillin.

Check out www.kidshealth.org and www.familydoctor.org for additional information.

Nandini Koka, MD HEALTHY HABITS is a quarterly column on staying well.

Dr. Koka is a board-certified family physician and the lead physician at Inova Urgent Care Centers, which acquired Simplicity Urgent Care earlier this year. Simplicity will is retaining the same name and staff, with Patty Grzankowski, LPN, staying on as Practice Manager.



Award-winning neighborhood Preschool has openings for 2014-15 school year. We welcome children of all religions and backgrounds ages 18 months to 5 years.

Learn more today!

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

HENRY HIGHLIGHTS: THANK YOU, NEIGHBORS, FOR HELPING MAKE THIS YEAR A SUCCESS

It is hard to believe that it is already February! Our year is flying by and has been filled with tons of learning, fun events and great honors.

We are so proud to celebrate our diverse community with fun, school-wide and community events. This fall, celebrations included Academic Night, Hispanic Heritage Night, our Veterans Day Assembly, ESOL/HILT Family literacy nights, and our Winter Concert. It was wonderful to have so much participation from the Patrick Henry community at these events. This spring, keep your eyes open for our Spring Musical, Fine Arts Festival, Henry Challenge (a 3K Fun Run/Walk that winds through Arlington Heights, around TJ Park and back to Henry) and International Night – a celebration of our community.

At the end of October the Patrick Henry PTA sponsored a school wide Read-A-Thon. Henry students read more than 50,000 minutes during this event and raised \$15,000 for the school! We were thrilled to have our Principal and Assistant Principal honor their commitment to the students for reaching their goal by spending the day on the roof! This exciting event was highlighted by Fox 5 News, and the video can be seen on our webpage. Way to go Patrick Henry students and families!

In addition to sponsoring the Read-A-Thon, the Patrick Henry PTA puts a great deal of time and funding into supporting the annual fourth grade overnight field trip to Jamestown, Yorktown and Williamsburg. This field trip is an extraordinary learning experience for our students and is provided at no cost to the students so that all can participate. The teachers and PTA collaborate to raise funds for this trip through a variety of fundraisers, including a very popular Bingo Night, Papa John's nights and by seeking donations from our community. We want to thank the Washington Forrest Foundation for their generous grant to purchase entry tickets to these historical sites this year. Community donations are always welcome and can be directed to the school.

The students, teachers and school have received many awards and recognitions so far this year. Henry students participated in the Paralyzed Veterans of America Poster Contents, the PTA Reflections content, and the MLK Jr. Literary and Visual Arts contest. We are so proud of the work our Henry students did, and many of our students were recognized for their work on the County and National level.

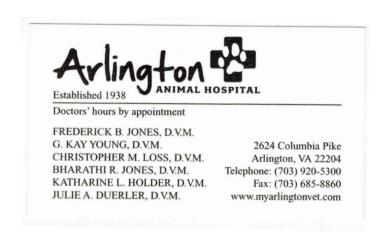
As a school, we have also received two awards this

year for outstanding performance on the Reading and Mathematics Standards of Learning Assessments. Patrick Henry Elementary School was recognized as one of four Highly Distinguished Title I Schools in the State of Virginia for achieving an 85% or higher pass rates on the Reading and Mathematics SOL for the previous two academic years. Additionally, we received a National Title I award for exceeding all federal Annual Measurable Objectives (AMOs) in reading and math over two consecutive years. Patrick Henry was selected for this award from 40 high achieving Title I schools and was the only school recognized in the category of exceeding all federal AMOs. Keep up the great work Patrick Henry students, teachers and families!

Thank you for the support you provide our students and the Patrick Henry community. Many of your families donated gifts and funds to our Snowman project this winter. Your generosity was greatly appreciated! Henry has continued its commitment to Community this winter through a Goodwill Drive sponsored by the Student Council and Girl Scout Troop 5838. The kids worked together to organize a community drive to support Goodwill, who has been a great partner to our Community Initiative this year. Thank you all for your donations and support!

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

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



WHAT'S NEXT FOR COLUMBIA PIKE? HERE'S WHAT YOU NEED TO KNOW

Following the abrupt cancellation of the Columbia Pike streetcar, we thought this would be a good time to remind neighbors of the role your Neighborhood Association plays in helping ensure the busy corridor gets developed appropriately. To that end, we've asked our representative to the Columbia Pike Form Based Code advisory committee, Betty Siegel, to help us understand the community standards that have helped ensure that recent new buildings such as the Halstead and Shell apartments have similar characteristics.

What is the Form Based Code?

A group of dedicated citizens, communities and civic associations came together around 15 years ago to create a shared vision of what a future Columbia Pike might look like and to consider a different approach to development. To that end, at the recommendation of these engaged communities, the County Board adopted the use of the Columbia Pike Form Based Code (FBC).

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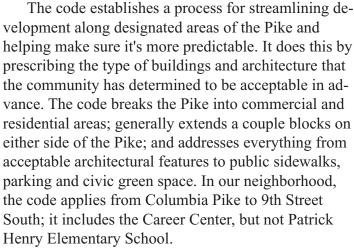
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The code tries to predict and establish certain parameters and even certain esthetics that support the community's established wishes for what Columbia Pike should look like. For example, you will likely never see very tall buildings along Columbia Pike (unlike in Roslyn) because the code restricts the height of buildings to a more human scale, as desired by the Pike communities. There is one caveat, however: De-

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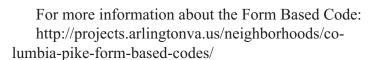


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To ensure that the FBC process worked and that any the communities along the Pike remained actively involved, the county established the Form Based Code Advisory Working Group. The working group is tasked with "providing clear direction for implementing the vision for Columbia Pike established by the community." Basically, it keeps an eye on the practical application of the FBC.

The direct impact of the FBC can be seen in such developments as the ones further up Columbia Pike towards Fairfax County as well as the one currently underway at the corner of Columbia Pike and Glebe Road. To date, there has not been any direct impact on Arlington Heights.

Down the road the benefit to Arlington Heights is that many of the ambiguous or problem areas of the FBC will have been ironed out. As the AHCA representative to the FBC AWG, it has been an honor and a privilege to service on this group, and to represent the future needs and desires of AHCA in the process.



Betty Siegel

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