

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Spring 2016



AHCA GETS A NEW LEADER: WELCOME MOLLY!

Molly Calkins is honored to serve as AHCA's new president. A proud Arlington resident for four years, including two in Arlington Heights and the prior two in Alcovia Heights, she runs her dogs around TJ Park, commutes by bus and metro, and loves the neighborhood. Her husband Mark Dickerson is a third-generation Arlington native who has resided for decades within two blocks south of Arlington Blvd. They now live on 2nd Street, just west of TJ Park.



Molly's goals as AHCA president include opening lines of communication as wide as possible between our community and the county, schools, police, fire, and planning and transportation authorities to ensure neighbors' concerns are heard and Arlington Heights is given a fair shake in planning decisions.

PLEASE JOIN US FOR THE
AHCA QUARTERLY
MEETING
TUESDAY, MAY 10 7 PM
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FLUMMOXED BY THE FAIR? COUNTY LIAISON TO ANSWER YOUR QUESTIONS

Are outdoor concerts, mechanical rides and fair food vendors your idea of heaven? Or are you dreading a parking and congestion nightmare this summer? Everyone's got an opinion – or 20 – about the annual Arlington County Fair, so don't miss our next AHCA meeting for the inside scoop.

Laura Barragan, the county liaison for the Arlington County Fair, has agreed to answer your questions at the May 10 meeting. The current Fair Board Chair, Rene Gornall, will also try to attend.

This year, the fair will be held Wednesday, Aug. 17 through Sunday, Aug. 21. The ride vendor, RC Cole, will begin bringing in his equipment on Saturday, Aug. 13 and will have it removed by Monday, Aug. 22.

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County fair, continued from page 1

The Fair Board has decided not to host the 5K race again this year. Instead, the parade that was held on Wednesday evening of last year's Fair will be held on Saturday, Aug. 20 starting at 10 a.m. The route will be the same as last year: Starting at the Patrick Henry/Career Center parking lot, down S. Highland Street to 2nd Street South and ending at T.J.

Last year, 20 groups participated in the parade; the fair is hoping a few more groups will join this year. Details about how to register your group will be **listed on the Fair's website**, www.arlingtoncountyfair.us, in the next couple of weeks.

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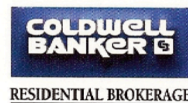
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ON THE ROAD AGAIN: STREET WORK (AND TRAFFIC DELAYS) COMING SOON

Construction work is scheduled to begin this spring on widening the sidewalks along South Fillmore Street and getting the utility poles out of pedestrians' way. Crews are expected to be on the road from 9 a.m. to 4 p.m., so expect delays getting to work or school and plan accordingly.

Location: South Fillmore Street from Arlington Boulevard to 5th Street South.

Status: Construction

The design plans for this project are complete, the construction contract has been awarded and actual construction is anticipated to begin in Spring 2016

Anticipated Construction Impacts:

- Construction duration: 6 weeks
- Construction Hours: 9 a.m. to 4 p.m.
- Fillmore Street lane closures: 1 lane of traffic will be open at all times during working hours
- Pedestrian access will be maintained
- Access to bus stops and shelters will be maintained
- County will work to minimize blockage to private driveway access

Questions? Contact the County's Construction Manager, Mannan Qureshi, at

mqureshi@arlingtonva.us

About the Project:

- Sidewalk widening on the west side of S. Fillmore Street from 4.5' to 7'
- Relocation of Dominion Virginia Power utility poles to provide clear passage along the sidewalk
- Upgrades to residential driveway access to meet current County standards
- Installation of new pavement markings and signage
- Paving of S. Fillmore Street along the section needed for sidewalk widening

About the Process:

The project manager will be sharing the finalized construction plans and discussing anticipated construction impacts with the adjacent civic associations early in 2016.

Presentation: S. Fillmore from Arlington Blvd. Community Briefing Winter 2016

Around the start of construction, the project manager will send notice to update the community on anticipated construction impacts.

Funding: Decal Fees Program

BUS ROUTE CHANGES: LAST CHANCE TO SPEAK!

Arlington County has drafted recommendations to improve bus service over the next 10 years, with proposed changes to 36 ART and Metrobus routes. The County Board is slated to review and approve the Transit Development Plan in May, so this is your last chance to provide feedback to board members.

You can shape the future of bus service in our neighborhood by first learning about the proposed recommendations. Just search for "Transit Development Plan" on the arlingtonva.us web site.

Separately, the Columbia Pike Presidents Group is expected to shortly write to the County Board demanding a number of service upgrades so that future service is at least equivalent to the abandoned streetcar project, as promised. Keep an eye on the AHCA listserve for more on that effort !

Proposed changes to ART bus routes in our area include:

- ART 41 (Columbia Pike-Ballston-Court House): Increase rush-hour frequency to every 10 minutes
- ART 45 (Columbia Pike-DHS/Sequoia-Rosslyn): In Phase 1, increase rush hour frequency to every 20 minutes and realign route to remove it from Columbia Pike and create more circulation within adjacent neighborhoods. In Phase 2, increase rush hour frequency to every 15 minutes
- ART 77 (Shirlington-Lyon Park-Court House): Extend route to Rosslyn. Increase round-trip runtime to 72 minutes Increase weekday service to start at 5 a.m. and end at 1:30 a.m. and rush hour frequency to every 20 minutes Increase Saturday service to start at 5:45 a.m. and end at 1:30 a.m. Add Sunday service from 5:45 a.m. to midnight with a 30 min. frequency.

Neighbors should direct any concerns about the proposed bus route changes to the County Board at countyboard@arlington.com or directly to the individual board members: kcristol@arlingtonva.us; cdorsey@arlingtonva.us; [jihstadt@arlingtonva.us](mailto:jvihstadt@arlingtonva.us); jfisette@arlingtonva.us and lgarvey@arlingtonva.us.

NEIGHBORHOOD CONSERVATION: WE NEED VOLUNTEERS!

AHCA is sad to announce that our representative to Arlington's Neighborhood Conservation Advisory Committee, Ron Jacobus, is stepping down as he heads to greener pastures. Thank you for your time and efforts, Ron !

The silver lining? Now a new neighbor can step up and discover the joys of volunteering for our wonderful neighborhood. You can email Ron at marknron@gmail.com for the low-down on what the position entails.

For those who may not be aware, Neighborhood Conservation is an Arlington County Government Program that works with a neighborhood association like AHCA to identify areas of need such as sidewalks, streetlights, park improvements, etc. When a need is identified, it is presented to an NC planner who guides the neighborhood and project to completion.

Current Projects: As of April 1, the 5th St. South streetlight project was qualified and will be presented for funding consideration this June. Once funded the project will go into a queue with probable installation sometime in 2017. The lighting project for 9th St. South should be completed before the end of 2016.

Projects take several years to work through the process and Arlington Heights does not have any new ones in development. If you have noticed things in the neighborhood or have questions, please bring them to the next AHCA meeting.

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WHAT'S IN A NAME? NEW MONIKER SOUGHT FOR ARLINGTON'S ALTERNATIVE HIGH SCHOOL

Arlington Mill High School's planned move to the Fenwick Center off S. Walter Reed Drive this fall has rekindled debate over finding a new name for an institution that hasn't been in its namesake location since 2008. Here's how Arlington Heights neighbors can weigh in, but first, a little bit of background on Arlington's alternative high school.

Formerly known as the Arlington Mill High School Continuation Program, the alternatively accredited high school first opened in 1929. The school now serves about 300 students in both day and evening classes and currently shares space with the Arlington Career Center.

All students must be seeking a high school diploma (not a GED), must be over age 16 (no upper age limit) and must live in Arlington. Most students are between the ages of 18 and 25, have interrupted schooling, and work to support themselves. The school demographics is about 98 percent minority, with students representing 29 countries and 19 languages.

The school has historically changed names with every move, from Hoffman-Boston, to Wilson, then to Arlington Mill. That last name has stuck since its 2008 move to the Career Center, but now students and others are clamoring for a permanent name that won't carry the "mill" connotation.

The School Board has appointed a committee of nine people to consider renaming options. Members include the principal, a school advisory board member, two faculty, two students, a staff liaison, a citizen at large, and a neighborhood representative.

The result of the committee work will be to make a recommendation to the school board. In the end, the committee will not decide; it can only make recommendations to the board.

In early February, neighborhood representative Jeff Bartlett contacted the leaders of local groups and associations – AHCA, Penrose CA, Henry PTA, Jeffers on PTA – with information about the name change process. Bartlett asked them to pass information along to their respective groups.

Dozens of names suggestions were received via an in school suggestion box, via a link on the AMHS web page, and via direct contact with committee members. Those suggestions were reviewed by the committee to remove names that did not meet APS naming conventions.

The following options remaining under consideration: Arlington High School; Arlington Alternative High School; Arlington Options High School; Arlington Monroe High School; Columbia High School; Monroe High School.

Questions? Comments? Please email Jeff Bartlett at jhbartlett@hotmail.com.



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COMMUNITY CALENDAR: NEIGHBORHOOD HAPPENINGS

Stamp Out Hunger: On **Saturday, May 14**, you can leave a bag of non-perishable food donations next to your mailbox by 9 a.m. and your Arlington letter carrier will deliver the food to AFAC, the Arlington Food Assistance Center. If you live in an apartment building or miss your letter carrier, donations can also be made at the North, South, Main, Shirlington and Preston King post offices.

AFAC's goal is to collect 35,000 pounds of food. Most needed items include low sodium canned soup, tuna, tomato products and beans and low sugar cereal. AFAC thanks the National Association of Letter Carriers and Arlington residents for helping to Stamp Out Hunger!

For more information, visit www.afac.org or call 703-845-8486. Hunger does not take a break! AFAC is always in need of some basic pantry items: canned tomato products, canned soup, canned tuna/chicken, pasta, rice and low-sugar cereal. Drop these items off Monday-Friday from 8 a.m to 4:30 p.m. and on Saturday from 9 a.m. to noon.

Bike To Work: On **Friday, May 20**, BikeArlington invites you to join thousands of area commuters for a celebration of bicycling as a clean, fun and healthy way to get to work. Meet up with your neighbors at one of 83 regional pit stops, ride to work with an experienced commuter convoy and wear your FREE Bike to Work Day t-shirt at work with pride. Help the Washington region become a better place to ride. Bike to Work Day is a FREE event and open to all area commuters. Register at BikeToWorkMetroDC.org.

Details for Columbia Pike – Penrose Square pit stop:

- Address: 2503 Columbia Pike
- Pit Stop Time: 6:30 a.m. to 9:00 a.m.
- Brought to you by BikeArlington, Arlington Transportation Partners and the Columbia Pike Revitalization Organization
- FREE food and beverages
- Contact: BikeArlington, 703-247-9299 / info@bikearlington.com

Summer Reading: Kick off Arlington Public Library's Summer Reading program **Saturday, June 4** from 2:30 p.m. to 3:30 p.m. outside the Columbia Pike branch with fun and games, refreshments, and a relay race! More details at: library.arlingtonva.us/a-z-list/summer-reading/

Blues On The Pike: Ready to get your Rock on? Columbia Pike's very own Blues Festival is right around the corner, on **Saturday, June 18**. As always, the great music will be supplemented with crafts, face painting - and food! - from noon to 8:30 p.m. at S. Walter Reed Drive and Columbia Pike. Best of all, it's free! Here's the full lineup, per Stayarlington.com:

- 1 p.m.: Little Bit A Blues
- 2 p.m.: Bobby Thompson Project feat. Ron Holloway
- 3:30 p.m.: Bosley
- 5 p.m.: Davina & The Vagabonds
- 6 p.m. (headliner): Jesse Dee

On Parade: Don't miss this year's Arlington County Fair parade on **Saturday, Aug. 20**. Read more in our May 10 AHCA meeting preview in this newsletter and at arlingtoncountyfair.us/

TJ PARK SAGA: MOVING FORWARD WITH ELEMENTARY SCHOOL PLANNING

Here's the latest on planning for a new elementary school at TJ Park.

Following a series of community meetings, the School Board on April 7 unanimously (5-0) accepted the Superintendent's recommendation on three of the South Arlington Working Group's preferences:

- Build a new school for Patrick Henry Elementary on the TJ Middle School site to open in 2019.
- Relocate the Montessori Program from its current location at Drew to the current Henry site.
- Open approximately 400 seats at the Drew Model School.

Next steps will include:

- A future visioning process for Drew Model School to begin in Spring 2016.
- A review of the Montessori Program to determine possible cost efficiencies.
- An attendance zone boundary change process, to be conducted during the 2017-18 school year, with changes to take effect in September 2019.

Two committees began working together on the project on April 20: **Arlington Public Schools'** Building Level Planning Committee (BLPC) and **Arlington County's** Public Facilities Review Committee (PFRC). Here's the schedule for the next few months (meetings are Wednesdays at 7 p.m. in the Jefferson Middle School library unless otherwise noted):

- May 4: BLPC Meeting
- May 18: PFRC/BLPC Meeting
- June 1: BLPC Meeting
- June 15: PFRC/BLPC Meeting
- June 29: BLPC Meeting
- July 20: PFRC/BLPC Meeting

Molly Calkins is representing Arlington Heights on the PFRC. You can contact her at molly.calkins.ahca@gmail.com or (202) 826-3858. Lisa Turcios is representing Arlington Heights on the BLPC. She can be reached at lisaturciosva@gmail.com or (571) 522-0520.

More information, including full membership lists for the committees, is available on the county and school board web sites. Finally, please check out www.apsva.us/moreseats or contact MoreSeats@apsva.us for more information on any aspect of APS Facilities Planning. Background information, PowerPoint presentations and meeting notes for the items described above are posted on the Arlington Public Schools / SAWG website at www.apsva.us/Page/30469.

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GROWING VEGGIES IN SMALL SPACES?

URBAN FARMING COMES TO ARLINGTON

A wise person once said: “Give someone a fish, they eat for a day. Teach someone to garden, the whole neighborhood gets tomatoes.”

If you’ve ever been the recipient of a neighbor’s freshly-grown tomatoes, you know the value of a good veggie garden. But did you know you can grow your own veggies right here in Arlington? It’s true! Limited space does not mean limited vegetable potential. In fact, gardening in small spaces has its own name – it’s called Urban Farming, and it’s a growing trend. You may have heard the benefits of eating locally grown produce; well, there’s nothing more local than your own backyard! And bonus: You control how you grow it, so your harvest can be organic.

I’ve been growing veggies in my Arlington farm (aka my backyard) for thirteen years, and this past season I grew more than forty varieties. But even as an experienced farmer, I still have a tough time getting started in the garden after a long winter. After months of neglect, the garden looks as hopeless as I feel, so taking baby steps makes it more manageable.

Are you interested in starting your own veggie garden? Here are some steps you can take right now to get started:

- **Identify your space.** Most veggies thrive with at least eight hours of direct sunlight, and they need to catch rainfall and drain well.
- **Choose your produce.** What do you love to eat? Pick a couple of your favorites, and start with those. No need to get fancy. Just stick with what you love.
- **Create a garden plan.** It’s important to plan ahead so you’ll have enough space. I use Mother Earth’s garden planning tool ([motherearthnews.com](http://www.motherearthnews.com)) to map out my beds – it’s easy to use, and helps you figure out how much space you’ll need for each plant. This is particularly useful for urban farmers like us, who need to maximize small spaces.
- **Order seeds.** It’s surprisingly gratifying to read through the new seed catalogs each spring. I particularly like Southern Exposure Seed Exchange (<http://www.southernexposure.com>). They’re in central Virginia, so they know what grows well in our region, and their seeds are organic.
- **Prepare your bed(s).** When the weather is bearable, begin cleaning out your space. Enlist a helper, put on some good tunes, grab your tools, and take it bit by bit. Clear out rocks, throw away debris, and start turning over the soil and adding compost (I use a hoe, but a sturdy rake or shovel also work). An easy alternative is to use containers or build a raised bed; it saves you from having to break through our dense Virginia clay.

This preparation is the least gratifying phase of farming, but building a strong foundation is critical for a successful harvest. Like life, the garden is cyclical. And I’m thankful for that.

Coming next month, the fun stuff: planting! We’ll begin sowing our cool season crops: leafy greens (spinach, kale, lettuces) and flowering heads (broccoli & cauliflower). And we’ll walk through the steps of how we built our raised bed. Until then, happy farming!

Rebecca Carpenter, Master Gardener & CEO of Sprout
www.SproutKitchenGardens.com
Rebecca@SproutKitchenGardens.com

HENRY HIGHLIGHTS: CELEBRATING INTERNATIONAL DIVERSITY

Spring is in full swing, and we're excited for the great upcoming events at Patrick Henry Elementary!

The first joint meeting of Arlington Public Schools' Building Level Planning Committee (BLPC) and the County's Public Facilities Review Committee (PFRC), which are helping to collaboratively design the new Patrick Henry at the TJ site for its slated September 2019 opening, was held on April 20th. All meetings are open to the public, with the next BLPC meeting scheduled for **May 4th** and the next joint meeting scheduled for **May 18th**. Patrick Henry families who would like to share their ideas or concerns with our great group of PTA and staff BLPC representatives are welcome to contact Megan Haydasz at meganhaydasz@yahoo.com. We're really excited to see our new school take shape!

The week of May 2nd is Teacher Appreciation Week. Families enjoy recognizing all of Henry's amazing teachers through this week of daily, themed gestures of gratitude, including a PTA-sponsored luncheon. Thank you to our entire staff for your hard work and dedication to nurturing our children EVERY day!

PTA Board Elections for the 2016-17 school year will be held at the next PTA meeting on **Tuesday, May 3rd**. We are seeking nominations for all positions except President and Past-President, and we promise lots of fun and rewarding work in return!

Specific jobs up for election are: President-Elect, Treasurer, Secretary, Vice President of Education & Appreciation, Vice President of Fundraising, and Vice President of Outreach & Hospitality. Nominees must be members of the PTA, and most terms will begin at the conclusion of the June 7th PTA meeting. To nominate yourself or another PTA member, or to get involved in one of our non-Board leadership roles, please contact the current President-Elect, Michelle Gentry, at michellegentry@hotmail.com before **April 30th**.

Thursday, May 5th, through Friday, May 6th, brings the fun of the fourth grade's overnight field trip to Jamestown, Yorktown, and Williamsburg. The students and staff are really looking forward to this historical adventure!

Please mark your calendar for our **International Night on May 13th**! It's a wonderful opportunity to celebrate the rich diversity of our Patrick Henry community with entertainment, games, food, and a chance to "visit" countries around the world. There are lots of ways to participate, by sharing your family's heritage and teaching others about the many cultures represented in our school. We need families to "host" countries – you can create a display using maps, photos, stamps, flags, crafts, activities, and/or food. There are plenty of other ways to help too: Is your family involved in any sort of ethnic performance group that could participate? Would you be able to demonstrate a game or craft, or make food from



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another country? If you're interested in helping, please contact Maggie Moore at maggiemeyer@hotmail.com.

On Friday, **May 20th**, we will celebrate our young musicians at our Spring Concert!

In addition to these wonderful events we have a variety of assemblies, field trips to museums, the zoo, the planetarium, swimming at a local high school, and celebrations of academics scheduled to close out the year on a fun note. It may be hard to believe, but summer is right around the corner - our last day of school is June 24th!

We continue to be grateful for the support you give to the school all year long!

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

Henry Highlights is a regular 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: PERTURBED PETS

Dogs and cats can have fears and phobias just like humans do. For animals, this can take the form of excessive barking, excessive grooming (licking the fur) and scratching up furniture and doorways, to name a few. One of the most common behavioral issues we see at the animal hospital is separation anxiety. While cats can and do have separation anxiety, the majority of affected pets we see are dogs.

There are several ways to help anxious pets. Trainers and veterinary behaviorists are available. These specialists can offer desensitization and training exercises to help pets overcome their fears. This can involve leaving a television or radio on while the owners are away; exercises such as picking up the keys (often a clue to the pet that the owner is preparing to leave, thus initiating the anxiety) and not going anywhere; leaving the home for 30 seconds to a minute and coming right back in; and leaving the room to go to another part of the house and coming right back in.

Some pets find comfort in their crates / kennels. Often, owners will leave the crate open even when they are home and will place a favorite toy in there or their pet's food. This can help to identify the crate as a "safe place" so that when the owner has to leave, they can simply put their pet in the crate for the time they are gone. An alternative to crating the pet at home is to sign them up for daycare or have a pet sitter / walker come by. This has proven helpful for many people.

Medications are often used in conjunction with behavior modification training or crating. The medications we use in veterinary medicine for anxiety are the same ones used by physicians and include alprazolam (Xanax), trazodone, fluoxetine (Prozac) and amitriptyline. Medical therapy is usually a last resort, but it can be very effective. While the majority of pets' anxieties are behavioral in origin, underlying medical conditions may contribute. It is a good idea to run baseline labs on your pet to rule out potential illnesses as a cause of their actions.

If you have concerns that your pet may have separation anxiety, call your veterinarian and set up a consultation.

Animal Affairs is a regular column from Dr. Frederick Jones and our friends at Arlington Animal Hospital.



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HEALTHY HABITS: TICK BITES AND LYME DISEASE

Spending time outside hiking, gardening, exercising and playing can be fun and healthy. But sometimes, outdoor fun can be impeded by tick bites. There are many different types of ticks in the United States and some of them are capable of spreading infections. Factors influencing the risk of infection by a tick include geographic location, season, type of tick, and how long the tick has been attached to the skin.

It is important to remember that when a tick bite occurs the risk of developing an infection is still very low even if the tick has been attached, fed, and carrying the infectious bacterium. Ticks can transmit infection only after attaching to a host and taking a blood meal. If a tick is not attached then it cannot pass infection because it has not had sufficient time to take a blood meal. The specific tick that can transmit Lyme disease is commonly known as the deer tick (*Ixodes scapularis*). The deer tick must feed for more than 36 hours before it transmits the infectious agent known as *Borrelia burgdorferi*, which is responsible for causing Lyme disease in its host. This bacterium is dormant in the tick's midgut and becomes activated by the blood meal causing the bacteria to enter the tick's salivary glands. When the tick feeds it salivates the infectious bacterium into the human host.

After spending time outdoors it is important to check the skin for possible tick bites. Ticks like to attach to the axillary area, groin, or waistline in adults, and the scalp and neck in children. If a tick bite occurs, try to remove the tick as soon as possible using fine tweezers. Grip the tick close to the skin and pull with steady pressure. Ticks removed from the skin can be brought to a healthcare provider or local county health department in a plastic bag for identification. Deer ticks typically appear brown and are the size of a poppy seed or pencil point.

There are two common approaches for treating patients with tick bites. The first approach recommends observing the patient and treating with antibiotics only if signs and symptoms develop. Common signs and symptoms of Lyme disease include a bull's eye rash called Erythema migrans, headache, fever, and joint pain. If a patient develops symptoms, then antibiotic treatment can begin immediately. The second approach is to treat with a preventative antibiotic, doxycycline, if the patient meets specific criteria as determined by a doctor.

Overall tick bites can cause a variety of infections but the most common infection in this geographic area is Lyme disease. Vigilant care to check the skin for ticks when coming in from outdoors can help prevent ticks from becoming attached and engorged. The chance of infection from a tick bite is low when the tick has been attached for less than 36 hours.

For more information: www.cdc.gov

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