

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Fall 2016



ENJOY THIS NEWSLETTER? STEP UP OR BID IT ADIEU!

Area newsletter seeks new editor.

Starting date: Now

Experience needed: None

Pay: None

Sense of fulfillment: Priceless

Just like NPR/WAMU have their pledge drives, the Arlington Heights Civic Association is always looking for new volunteers – and for the same reason: Without community support, your favorite programming just can't exist.

After three years editing the newsletter and raising the ad revenue that helps fund a great many of your favorite neighborhood activities, the family and I are moving to Barcroft. Now it's time for someone to step up and take over. Most of the content is written by our wonderful regular column writers, and the fantastic Rebecca Mashaw handles the lay-out, so this really shouldn't take more than a few hours spread over a couple of weekends four times a year.

I'll be happy to get you up to speed with our columnists and advertisers, so feel free to contact me any time at jpecquet@yahoo.com or 202-417-1932.

Bonne chance!

Julian Pecquet

Look Inside...

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PLEASE JOIN US FOR THE
AHCA QUARTERLY MEETING

WED., NOV. 16 7 PM

PATRICK HENRY ELEMENTARY
SCHOOL LIBRARY

(Former) Editor, *Over the Fence*

BIKE AND BITE ON THE PIKE: WELCOME NEW NEIGHBORHOOD BUSINESSES



World-wide indoor cycling sensation CycleBar is offering **free group rides** through Wednesday, Nov. 2 to celebrate the opening

of its new location at the Pike 3400 apartment complex at Columbia Pike and Glebe Road. A ribbon-cutting ceremony is scheduled for Tuesday, Nov. 1 at 11:30 a.m.; following the ceremony, the public is invited for **free individual rides** from Nov. 3rd through Nov. 13. Free rides can be scheduled at columbiapike.cyclebar.com.

After your workout, treat yourself to a delicious pizza right next door. 1000 Degrees Neapolitan Pizza, which we first announced in our Fall 2015 issue one year ago, finally opened its doors on Oct. 5. The pizzeria

offers a “fast-casual American spin on authentic, hand-tossed Neapolitan pizza” Monday through Sunday, from 11 a.m. to 10 p.m.



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**NOV. 8 BOND PROPOSITION
 TO PAY
 FOR NEIGHBORHOOD
 IMPROVEMENTS**

Is your sidewalk broken? Do we need a crosswalk to improve safety? Have an idea for neighborhood beautification? The Neighborhood Conservation Advisory Committee (NCAC) recommends neighborhood-initiated capital improvements for funding by the County Board. Improvements include sidewalks, street beautification, pedestrian safety projects, street lights and parks.

The committee includes representatives from 48 of Arlington County's 57 civic associations. Each civic association develops a neighborhood plan, which includes priorities for improvements. The Arlington Heights 2008 plan can be found online at projects.arlingtonva.us/neighborhood-conservation/

Over the past 30 years, thanks to the dedicated work of many neighbors serving as NCAC representatives, many Arlington Heights' projects have been funded. These include sidewalks, curbs and gutters on S. Fenwick St. between Rt. 50 and S. 2nd St.; sidewalks, curbs and gutters on S. Irving between Rt. 50 and S. 2nd St.; and replacement of sodium street lights by Carlyle-style lights throughout the neighborhood. The replacement of sidewalks and gutters on the west side of S. Fillmore St. between Rt. 50 and S. 5th St. is Arlington Heights' most recently completed project.

Arlington Heights' highest priority project competing for new funding is traffic calming on 1st Rd. S. Funding for NCAC projects comes from bonds approved by voters every two years. **The 2016 Community Infrastructure bond proposal of \$98.85 million, which will be on the Nov 8 ballot, includes funds that pay for the NCAC projects.**

Eileen Janas is our new representative to the NCAC and welcomes your suggestions for improvements. Eileen has lived in Arlington Heights since 1983. She can be reached at 703-521-9171 or emjmls@gmail.com.

NCAC meets on the second Thursday of every month at 7:30 p.m., usually at the Navy League Building. Interested in helping get some of our tax dollars back to our neighborhood to meet our needs? **Please consider volunteering as the NCAC Alternate representative.**



TJ PARK SAGA: SCHOOL BOARD ACCEPTS SCHEMATIC DESIGN

The Arlington County School Board approved the schematic design for the new elementary school at the Thomas Jefferson site at their October 20 meeting.

The most significant change from the July Concept Design is that the new design moves the parking garage completely underground. Current drawings show 224 parking spots spread out over two for use by elementary and middle school staff, parents, and visitors during the school day. Eleven surface spots will be designated handicapped parking.

Proposed capacity is 752 seats (pre-K through 5th grade), an increase over the prior School Board direction of 725 seats. This design change allows for five classrooms per grade and two classrooms for the countywide communications program (for the deaf and hard of hearing).

The proposed building is four stories tall and best described as "Y" shaped. Each level of the building gets smaller and steps back from S. Old Glebe as it gets taller.

Outdoor design elements include pre-K and K play space to the northwest and upper elementary play space to the southeast of the new school. The design also calls for play space for the middle school to be used primarily during lunchtime recess and before/after school for basketball, soccer, and football.

The bus loop to be used for both the elementary and middle schools (which begin and dismiss at different times) will be directly north of the new school and behind the row of single family homes located on the Arlington Boulevard service road. The service area for the new elementary school will be located directly north of the dining commons.

Two-lane-wide student drop-off and pick-up lanes are proposed to be constructed parallel to S. Old Glebe Rd. The latest designs include space for cars to queue up, particularly for the afternoon pick-up. An extended roof provides a large area sheltered from rain.

Continued next page

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LEAVE THE LEAVES TO ARLINGTON COUNTY PICK-UP

Buried under the leaves? Arlington County is coming to the rescue.

Vacuum collection will run from **Nov. 7 through Dec. 16** (except during Thanksgiving). Each civic association will get two passes, one in November and the other in December. Look for neighborhood signs posted three to seven days before each pass. The tentative date for Arlington Heights' first vacuum truck pass is Nov. 16 - 22.

How to Prepare for Vacuuming

- Rake your leaves to the curb;
- Don't block roadways with leaves more than seven days in advance of your scheduled vacuum leaf collection as it's dangerous, blocks traffic and limits street parking;
- Pile your leaves away from storm drains, water meter covers, low wires and parked cars;
- Remove stones, litter, branches and other debris from your leaves to prevent equipment damage and worker injuries;
- Don't place leaves in plastic bags or trash carts;
- Never park your car on leaf piles — it's a fire hazard.

Biodegradable Bag Collection

Leaf bags are collected year-round on your regular trash collection day.



- Place your bags at the curb no earlier than 5 p.m. the day before your regular collection day and no later than 6 a.m. on your collection day;
- Remove dirt, stones, litter and other debris from your leaves;
- Close the bags by folding them top down;
- Don't use plastic bags.

Biodegradable paper leaf bags are available at most hardware stores. Free bags are also available starting Oct. 24 at the following locations, while supplies last:

- Aurora Hills Community Center
- Courthouse Plaza Information Desk
- Lee Community Center & Park
- Long Branch Nature Center
- Lubber Run Community Center
- Madison Community Center & Park
- Solid Waste Bureau
- Thomas Jefferson Community Center

Missed or Partial Pickup

Report a missed or partial pickup by 1:30 p.m. the next business day so that the County may collect it, or it will be collected on your next regularly scheduled collection day. You may report it online using the county's missed pickup form at topics.arlingtonva.us/reportproblem or by calling 703-228-6570.



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COMMUNITY CALENDAR: NEIGHBORHOOD HAPPENINGS

Automotive Art: Calling all high school students! The Arlington County Treasurer's Office is now accepting student submissions for the 13th Annual Decal Design Competition. The winning design will appear on the 2017-18 decal that will be displayed on more than 160,000 vehicles registered in Arlington. This is a fantastic opportunity for high school students to use their creative skills, while participating in the workings of local government. **The deadline for submissions is 5 p.m. on Monday, Nov. 28.**



Holiday Wreath Workshop: Come create delightfully decorative winter wreaths you can use to spruce up your home or give as gifts, on **Sun., Dec. 4, 1 – 4 p.m.** at Long Branch Nature Center.

Arlington County will

provide music, refreshments, basic instruction and materials. Bring hand pruners or wire cutters (if you have them) and any extra materials or special decorations you may wish to add.

Price: \$30

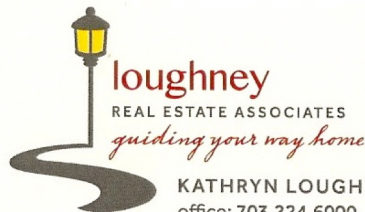
Ages: 12 and above

Register online at www.arlingtonva.us or call (703) 228-4747. Use Activity #622946-A

Wakefield Winter Chorus Concert: Come hear the Wakefield Madrigals, concert choir and women's choir raise their voices in song – it's free and it's always a great show!

When: Tuesday, Dec. 13 at 7 p.m.

Where: Wakefield High School auditorium, 1325 S. Dinwiddie Street in Arlington



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ANIMAL AFFAIRS: HELP! FIDO ATE THE M&Ms

It's that time of year again: The weather is getting cooler, the leaves are changing colors and Halloween decorations are everywhere. The change of seasons and the approaching holidays are always an exciting time – but they can spell danger for your favorite companion. Remember to be vigilant about preventing your pet from getting into candies and treats not meant for their consumption!

One of the most common treats your local veterinarian gets phone calls about is chocolate. Just like most of us, dogs love the stuff, and they will devour it any way they can : With or without the wrapper or in cookies, brownies or muffins. The toxic components of chocolate are caffeine and theobromine. The amount of each depends on the type of chocolate consumed.

The most dangerous type of chocolate for a dog or cat to eat is unsweetened baker's chocolate. As little as 2.5 ounces can be life threatening to a 20-pound dog. Semi-sweet chocolate is the next most dangerous and milk chocolate is the least dangerous. A 20-pound dog could ingest almost 16 ounces of milk chocolate before reaching the same life threatening levels as 2.5 ounces of unsweetened baker's chocolate.

Agitation and restlessness can occur regardless of the amount of chocolate consumed. Mild symptoms (non-life-threatening) consist mostly of gastrointestinal upset, such as vomiting and diarrhea. As the toxicity level

increases, changes can occur to the heart, including tachycardia, or increased heart rate. At its most dangerous levels, chocolate toxicity can result in tremors and seizures which along with tachycardia can lead to cardiac arrest.

There is no specific antidote for chocolate toxicity. Treatment consists of removal of the chocolate and

supportive care as necessary. Vomiting can be induced up to 12 hours after ingestion. Activated charcoal can also be given orally to help absorb the chocolate from the gastrointestinal tract. Supportive care could include IV fluid therapy and observation at a 24-hour emergency clinic.



Duffy Mashaw has eaten pretty much everything, including most of a chocolate meringue pie. Thanks to a quick trip to the vet, he was fine, but it could have been very serious, even for an omnivore like

The ASPCA (American Society for the Prevention of Cruelty to Animals) has a great mobile app, APCC (Animal Poison Control Center) by ASPCA, which has a chocolate toxicity calculator to help pet owners determine whether their pet is at mild,

moderate or severe risk. The app also has lots of other great information for pet owners regarding additional toxins or hazards. You can download it here : <http://www.aspc.org/pet-care/animal-poison-control/apcc-mobile-app>
Happy Autumn!

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



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HENRY HIGHLIGHTS: SCHOOL'S IN 'TIL NEXT SUMMER

The students and staff at Patrick Henry have had a great first month of school. It was so wonderful seeing so many new and familiar faces at our annual Back-to-School Picnic in September. We have truly enjoyed meeting and getting to know the new Patrick Henry families and are excited to have you as part of our community!

Over the past few weeks we have had the opportunity to see many of you at Back-to-School Night, Parent Teacher Conferences and our PTA meetings, as well as our Silver Diner Night and Hispanic Heritage Night in October. We will be busy in the coming weeks and have many exciting events and opportunities ahead!

Our annual **Veterans Day Assembly is Thursday, Nov. 10** starting at 10 a.m. This event provides students with an opportunity to learn about and reflect upon the meaning of Veterans Day.

At 6:30 p.m. on Thursday, Nov. 17 Patrick Henry families are invited to participate in our whole school **Academic Night**. Families participate in a variety of engaging games, experiments and activities across each of the content areas.

Throughout November, Patrick Henry students will also participate in our school-wide Read-A-Thon. We are looking forward to seeing how many minutes our Patrick Henry Bulldogs can read this year! Look for more information in the Happenings @ Henry and through Backpack mail.

November 23 through November 27 is Fall Break. We hope you enjoy this time with your family and look

forward to seeing everyone back at school on Monday, Nov. 28.

On **Thursday, Dec. 1** at 6 p.m., Patrick Henry parents are invited to our **Math Parent Information Night**. This event will provide information about the progression of math standards across the elementary school grade levels and will explore many of the strategies students today use to solve problems in math. We hope you can join us for this event.

Thursday, Dec. 8 at 7 p.m., Patrick Henry students who participate in the Chorus, Band and Orchestra will perform at our **Winter Concert**. We love hearing all of the songs they have learned since September!

In November and December, we have a few assemblies scheduled for the students including the Dynamic Duo, The Ned Show and 1-2-3 Con Andrés. We look forward to these exciting and enriching learning opportunities.

Finally, thank you to all of the families that came out to our Chipotle Fundraiser! This event raised nearly \$1,500 for the 4th grade overnight field trip to Jamestown, Yorktown and Williamsburg. We continue to be grateful for the continued support you give the school and are excited for what this academic year has in store.

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@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.



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GREEN GARDENING: DEBUNKING THE LOW-MAINTENANCE GARDENING MYTH

It's amazing to me that people who should know better — landscape designers, garden writers and the like — talk so much about low-maintenance gardening. I hate to be the one to break the news, but unless you define “garden” as a patchy lawn and a few foundation shrubs that don't need pruning, accented by flourishing weeds and volunteer seedlings, there's no such thing as a low-maintenance garden. If you want a garden with perennial beds and vines and healthy woody plants and maybe a vegetable plot, you have to work for it.

The first thing to do, if you want to minimize garden maintenance, is to avoid putting in invasive plants. They can create serious problems, and not just for you. Take English ivy. Yes, you can still buy it at area nurseries, but please don't. We have more than enough of the stuff that people have planted in previous years and allowed to run riot. Once ivy starts to climb it matures, flowers and sets berries. The birds love these berries, eat them voraciously, and then proceed to excrete the seeds all over northern Virginia. Ivy is wreaking havoc in our woodlands, choking out native plants. And in your yard, it makes a preferred nesting site for rats and mosquitoes. Seriously.

Plants that were once (and in some cases, still are) garden favorites are also proving problematic now. Nandina (*nandina domestica* and its many hybrids) is a great shrub; it can tolerate sun, shade, wet soil, dry soil, cold heat, you name it. It looks nice all year and produces gorgeous red berries that are great for Christmas decorating.

But if you have ever planted it — as I have — you know what else it does. It suckers, sending shoots up all over the place. It spreads both by these suckers and by seed. It's a pest. We dug ours up. I can attest, it is much easier to simply avoid planting it in the first place.

My husband and I also made the rookie error of planting trumpet vine (*campsis* species and its cultivars). It's a native! It gets beautiful flowers! The hummingbirds will love it!

Ha! We hardly ever saw a hummingbird near it. It rooted under our driveway and came up on the opposite side, in the midst of a garden bed, where it tried to choke the life out of all the other plants. It headed in the other

direction, too, into the middle of our neighbor's back lawn. Then it started climbing up out of a crack in our garage floor. More heavy digging was required. And still we find it coming up here and there, every summer.

Any kind of gardening involves work. Some of us strange people enjoy that work (up to a point). But there is no sense creating more work than is required. Do a bit of reading. Talk to experienced gardeners. Get advice from the Cooperative Extension Service here in Arlington County and the Master Gardener volunteers. Learn about the plants you think you want BEFORE you buy.

Your back, your environment and your neighbors will thank you.



The uncooperative, non-blooming trumpet vine (campsis) that almost ate Arlington Heights.

Green Gardening is a new column on – you guessed it – green gardening from Master Gardener and newsletter layout artist Rebecca Mashaw, a 22-year resident of Arlington Heights. You can reach her at rmashaw@comcast.net

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:

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

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@yahoogroups.com

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