

OVER THE FENCE



NEWS FOR NEIGHBORS
FROM THE
ARLINGTON HEIGHTS CIVIC
ASSOCIATION

SPRING 2019

PLEASE JOIN US FOR
THE AHCA SUMMER
QUARTERLY MEETING

TUESDAY,
AUGUST 13
AT 7 P.M.

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NEIGHBORHOOD UPDATE

BY KRISTI RUPERT SAWERT, AHCA PRESIDENT

Greetings neighbors:

It has been a busy spring with lots of goings-on here in Arlington Heights. Many thanks to everyone who attended our spring quarterly meeting on May 14, 2019. We had a great turnout of neighbors to hear presentations from Washington Gas, Code Enforcement, and the Arlington County Fair. The following is an update on several developments impacting our neighborhood:

Alice West Fleet Elementary School: We have held two meetings with APS this year to get updates on the progress of construction at Fleet. APS expects the new school to open in time for the 2019 school year. The new school should also meet or exceed LEED Gold standards for green construction.

Patrick Henry Elementary School: It will be sad to say goodbye to the neighborhood elementary school that educated so many of our children and neighbors. As a reminder, the Montessori Public School of Arlington will move into the Henry building this fall. APS plans to perform some updates to the building this summer.

Career Center Redevelopment: Expect more construction at the Career Center this summer, as APS adds more seats for Arlington Tech students. The trailers currently located on the Henry property will be moved to the Career Center parking lot, resulting in the loss of approximately 50 parking spaces. The Career Center Building Level Planning Committee (BLPC) will meet starting this September. Many more e-mails from me encouraging you to get involved will be forthcoming!

Columbia Pike Library: Following a scare earlier this year, we have worked hard to ensure that the Columbia Pike library stays in its current location until a new location in the same proximate area is found and/or built. The library is a much-beloved community amenity, so please stay vigilant on this issue!

Left-Hand Turn Restriction on Route 50: We attended a community-wide meeting this spring with VDOT and traffic engineers from Arlington County about the possible installation of a left-hand (south-bound) turn restriction at the intersection of Route 50 and Irving Street. Arlington County/VDOT plans to study traffic patterns on Route 50 between Glebe Road and Washington Boulevard this summer and fall before taking further action.

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Please find more information about neighborhood representatives on our website at ahca.info/about/contact

Washington Gas: At our spring meeting, representatives from Washington Gas have pledged to work with us to resolve the persistent gas smell at the intersections of Irving and 6th and 5th. If you smell gas, please call Washington Gas and 911. The representatives from Washington Gas were very clear that we should call every time. Please also e-mail Mr. Jayben Castro, who has pledged to follow any call to resolution. Jayben's contact information is:

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GARDEN SMART

*IT'S GREAT EXERCISE BUT SENSIBLE PRECAUTIONS ARE
IMPORTANT*

BY REBECCA MASHAW

Gardening is one of the best forms of exercise around. Thirty to 40 minutes of gardening is equivalent to about 30 minutes of other aerobic exercise, and when it comes to maintaining muscle fiber and bone mass, gardening is second only to lifting weights.

Working in the garden can also improve your strength, endurance, flexibility, lowers blood pressure, and definitely helps relieve stress.

But there are some risks involved. More than 400,000 injuries are treated in emergency rooms every year that are related to the use of garden tools—mostly lawnmowers, but hedge trimmers, pruners, and saws, too.

Overuse/repetitive motion injuries such as carpal tunnel syndrome

Resolution for Upgraded

LED Lights: Our membership unanimously passed a resolution requesting that Arlington County upgrade our current 4000 Kelvin LED lights to the newer, safer 3000 Kelvin lights. Many thanks to our neighbor Genevieve Kelly who is following up with Arlington County on this issue.

Wishing everyone a safe and fun summer! Please let me know if you have any questions.

can also result from gardening, especially long periods of pruning with hand shears; I have a friend who had to have a thumb joint replaced (yes, they can do that!) after years of pruning plants with her trusty Felcos. Then, of course, there are the more ordinary back neck and shoulder pains and aches.



You can avoid a lot of these issues with some common-sense measures. Start slowly, with lighter chores such as deadheading flowers or watering pots. You'll also have a chance to walk around the garden and see what needs to be done and set your priorities. Don't dive right in to lugging heavy bags of mulch or digging holes in hard soil.

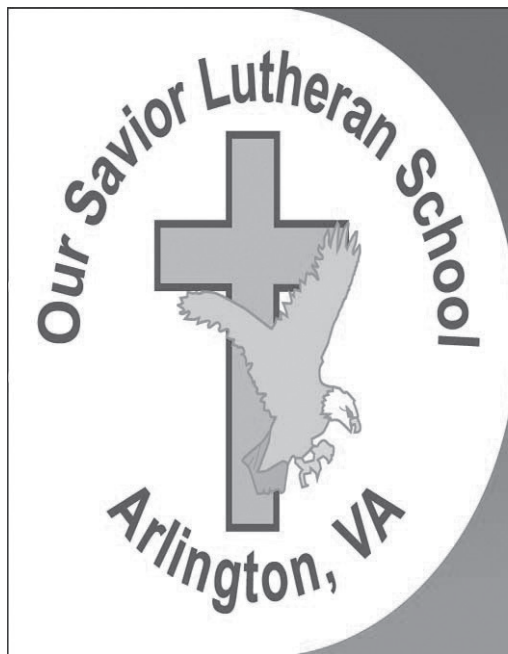
Vary your activities and positions. We often get going a particular task—weeding a long stretch of

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planting bed—and don't look up for an hour. That's a great way to get a wicked back ache. Weed a few feet, then stand and stretch and do some pruning or raking. Try not to do any single task for more than 20 minutes at a time.

Take breaks. Step back, stretch a bit, drink water. It's very important to stay hydrated. Drink a pint before beginning work and take a drink break every 15 minutes.

Sit upright as much as possible to weed. Kneeling is acceptable. Avoid reaching too far. Stay upright when digging, hoeing and raking. Bend at the knees, not the waist. Avoid lifting and turning at the same time. Dig down, lift, then turn. You'll save yourself a lot of back pain. Never lift with your back. Use your legs and rear—these are the strongest and largest muscles in the body.

With summer coming on, it's really important to try to limit gardening to cooler hours of the day—before 10 and after 5; our heat is at its worst in the late afternoon. If you have to work in the heat of the day, double up on the hydration and take more breaks.

Use sunscreen and reapply often! Look for sunscreens that are broad spectrum and protect against UVA and UVB rays. Go for SPF 30 or higher and look for sunscreens that won't run into your eyes. There are also SPF-treated clothes available.

Unless it's really hot, wear long pants for protection against bugs, injuries, sun, poison ivy, or thorns. Long sleeves are best, too. Wear a hat! Find one that provides enough shade protection but doesn't block your view and that doesn't cause you to heat up. Sturdy footwear is also important to protect you from tools,

rocks, and other hazards. Good traction and support are both important. Rubber garden shoes that can be hosed off are great—sandals are NOT so good.

Light-colored clothing is good for heat resistance, but it also helps you avoid my personal nemesis in the summer garden: mosquitoes! For some reason mosquitoes are attracted to dark colors, so lighter colored clothes may help you avoid bites. Ticks will also be easier to find and remove.

DEET is the most effective repellent, although a recent study showed that oil of lemon eucalyptus is just about as good. I like to use repellent wipes around my face so I don't breathe in the spray, and I go outside to spray my clothes—not my skin—with a DEET-based repellent. (I still get bites. Some of us just do. Consider yourself lucky if these nasty critters don't enjoy feasting on your blood!)

It's also important to watch out for plants that can cause irritation—poison ivy, poison oak, and poison sumac are the big offenders, especially poison ivy. Look up pictures online and get familiar with these plants so you can avoid them, and if you know you are likely to run across them, there are products you can apply to your skin and clothes to help block the oil in the plants that causes the itchy rash. You can also find special soaps to help wash the oil off your skin and detergents that will remove it from your clothes.

At the end of the day, do a "tick check," especially if you have been in tall grasses. Then wash your clothes and enjoy a nice long shower or a soak in the tub!

NEIGHBORHOOD CONSERVATION PROGRAM REPORT

BY EILEEN JANAS, AHCA REP TO NCAC

The county is beginning a review of the Neighborhood Conservation Program. The review will evaluate how well the program is meeting its core mission, explore opportunities for improvements, and investigate ways to leverage the program's civic engagement components.

Anthony Fusarelli, Assistant to the Department Director, Community Planning, Housing and Development (CPHD) and Hans Bauman, former NC Chair and Rep from the Waycroft Woodlawn neighborhood, are leading the review. The project website is at:

<https://projects.arlingtonva.us/neighborhood-conservation/nc-plan-program/neighborhood-conservation-program-review/>

Our first priority project, traffic calming and intersection redesign on First Road South, remains in the queue but does not yet have enough points for implementation. We have no start date for the South Irving Street - Arlington Blvd Phase II project, our funded project from 2011.



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Your membership helps support the Arlington Heights Civic Association's activities. Members receive voting rights on issues presented to the association. Membership year runs the calendar year, renewable each January regardless what month dues were paid in the previous year.

Individual/Family Memberships are \$20. Business Memberships are \$25. Please complete this form and send with your check made out to AHCA to the following address:

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