



Over the Fence

News for Neighbors from the Arlington Heights Civic Association
Spring 2011

Visit our website: www.ahca.info

Join our yahoo group: ahca-subscribe@vahoogroups.com

Dear Neighbors,

I would like to take this opportunity to thank all of the business sponsors who have donated to our organization throughout the past year. These local groups have donated food, supplies, equipment and gift certificates for our quarterly meetings, our Neighborhood Day BBQ and our Halloween Parade. I thank them for their generosity and their commitment to our community and I hope you will support them as they have supported Arlington Heights.

With most sincere thanks to...

Arlington Cinema N' Draft House
Arlington Public Library at Columbia Pike
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Giant Foods
Kabob Inn
Lost Dog
Mancini de Paris Hair and Day Spa
Mom's Pizza
Patrick Henry Elementary School
P. Brennan's
Thomas Jefferson Middle School
Universal Sound DJs
Webb Associates/Claudia and Mike Webb

Arlington Heights
Civic Association Meeting

April 12, 2011
7:00 P.M.

Patrick Henry Elementary
School
701 South Highland Street

I would also like to extend special thanks to our locally owned and operated **Papa John's** for providing delicious pizza dinners for all of our AHCA meetings for the past two years and once again this year. I truly cannot thank them enough for their kindness and generosity.

Sincerely,
Stacey Whyte
President
Arlington Heights Civic Association

AHCA Executive Committee

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kandswhyte@gmail.com

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AHCA Annual Neighborhood BBQ

May 14, 2011

You are invited to the Arlington Heights Annual Neighborhood Day BBQ/Picnic which will be held on Saturday, May 14 from 12:30p.m. until 2:30p.m. on the field/playground area adjacent to Patrick Henry Elementary School.

This event is a wonderful opportunity to meet your neighbors. Not to mention an afternoon of food and fun! We will have the grill going with burgers and dogs (including a vegetarian option) and we only ask that you bring a side dish or dessert to share with others and a picnic blanket. We will have a moon bounce and free face painting, as well as a few other special activities.

If you would like to volunteer for grilling, helping with set up or clean up, or assisting with some games please contact Stacey Whyte at kandswhyte@gmail.com.

Don't forget a picnic blanket and a side dish/dessert to share and we look forward to seeing you on Saturday, May 14!

(Please note - in case of inclement weather our rain date is Saturday, May 21 from 2p.m. until 4p.m. at the same location.)

AHCA Volunteer Opportunity:

Saturday, June 18 – 12p.m. to 8p.m. – Columbia Pike Blues Festival

Please help our neighborhood by working a one or two hour shift at our AHCA booth at the Columbia Pike Blues Festival. We will be selling cans of soda and lemonade as a fundraiser and we will also be accepting memberships to the Civic Association. Enjoy the music and visit with your neighbors! Please contact Stacey Whyte at kandswhyte@gmail.com if you are willing to help.

We Want You! For Arlington Heights Softball

Please consider coming out to play a game with Arlington Heights own neighborhood softball team the "Fightin' Pineapples". The 'team' is any adult who wants to come play, have fun and meet some neighbors. Whether it has been two weeks or 20 years since you last played, now is your chance, so come on and dust off your glove. Games are held monthly throughout much of the year on the Patrick Henry Elementary School playing field directly next to the school at 701 South Highland Street. We play teams from other Arlington neighborhood civic associations. As for practices - we don't have them - we rely on our natural raw talent. (We also rely on the fact that the other teams don't practice either!) So if you want to play (and you know you do) please contact Stacey Whyte at kandswhyte@gmail.com or 703-271-2681. Please also consider joining the neighborhood list serv at AHCA@yahoogroups.com for up to date game schedule information. We also encourage fans of all ages to come out and support the neighborhood team!

**April 12, 2011 AHCA Agenda
7:00 p.m.**

Patrick Henry Elementary School

"Meet The Neighbors Series"
New Business Members of AHCA
P. Brennan's and 3111 Club
Neighborhood Conservation Update
AHCA's Annual Neighborhood Day BBQ
Presentation on Bike Arlington
Community Safety Presentation
By Arlington County Police Department
Other Business



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Arlington Sales Prices are Up!

Sales data for major jurisdictions across Northern Virginia, based on figures reported Feb. 10 by Real Estate Business Intelligence:

Alexandria: Home sales for January totaled 114, the same number that sold a year before. The average sales price of all homes that sold during the month was \$444,599, up 11.8%, while the average sales price in the single-family-home sector was \$749,943. Total sales volume for the month was \$50.24 million, up 11%.

Arlington: Home sales totaled 129, down from 134 a year before. The average sales price of all homes that sold was \$506,005, up 2.4%, while the average sales price of single-family homes was \$682,250, up 5.1%. Total sales volume for the month was \$64.77 million, down 2.2%.

Fairfax County: Home sales totaled 636, down from 732 a year before. The average sales price of all homes that

sold was \$440,938, up 1.8%, while the average sales price for single-family homes was \$614,278, up 2%. Total sales volume for the month was \$279.1 million, down 13.5%.

Falls Church City: Home sales totaled eight, up from six a year before. The average sales price of all homes that sold was \$386,863, down 24.4%, the average sales price of single-family homes was \$660,000, up 26.5%. Total sales monthly volume \$3.09 million, up 6.7%.

Loudoun County: Home sales totaled 251, down from 261 a year before. The average sales price for all homes sold was \$363,394, down 5.2%, while the average sales price of single-family homes was \$466,115, down 9.1%. Total sales volume for the month was \$90.12 million, down 10.7%.

Prince William County: Home sales totaled 332, down from 400. The average sales price for all homes that sold was \$257,904, up 1.3%, while the average sales price of single-family homes was \$317,826, up 4.6%. Total sales volume for the month was \$84.59 million, down 20.3%.



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Neighborhood Conservation Update
By Juliet Hiznay, Neighborhood Conservation Representative

At a special meeting on February 8, the AHCA identified potential projects for the new Micro Projects program. The top choice selected is for a kiosk at Arlington Heights Park, as well as a new bench if funding will allow. More information about this program is available at

<http://www.arlingtonva.us/departments/CPHD/ons/CPHDOnsConservation.aspx>

Project Queue

Regarding our project queue, the Fenwick Street sidewalk, curb and gutter project has been completed. Arlington Heights also has two funded projects (Irving/Arlington Blvd phases I and II (frontage project along Arlington). The top priority proposed project is the consolidated streetlight project (Ivy, Highland and 9th, south of 7th), which has passed petition but has not been funded.

Construction

Recent work to replace the water main on Irving (0-100 blocks) is complete. The street conditions will be improved, but not until the NC project is built. Residents are now reviewing temporary easements in preparation for construction of the sidewalk, curb and gutter project on Irving. Construction will not be scheduled until utility poles on the west side of the street are moved by utility companies. Neighborhood Conservation Planner Kellie Brown has indicated that construction is likely to start some time after the 2011 County Fair, assuming the poles are moved.

If you have any questions or concerns, please contact Juliet Hiznay at strangefruitblues@yahoo.com.



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sented to the association.

Membership needs to be renewed
annually.

Please complete this form and send it
with a check made out to AHCA
and mailed to Arlington Heights Civic
Association, P.O. Box 40311, Arlington,
VA 22204

Name _____

Address _____

Home Phone _____

E-Mail Address _____

Columbia Pike Library Event

Calling all babies,

Every Friday @ 10:30a.m. through May, the Colum-
bia Pike Library patrons get to see a parade of babies
who waddle or wheel in to the storytime room to sing,
sign, bounce & dance the morning away. Children
ages 0 - 23 months enjoy traditional nursery rhymes
like Baa Baa Black Sheep, or Jack and Jill Went Up
the Hill along with the rich rhythms and rhymes from
other cultures in our community. Last week
we chanted to Garam, Garam, Chapati and Tortillitas,
tortillitas ; both traditional clapping rhymes from In-
dia and Latin America that imitate the making of
bread. Come join the fun with your little ones
and learn what the newest additions to the neighbor-
hood are doing these days.

Daddies, grandparents & au pairs are encouraged to
participate!!!

For more info:

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This article was written by our new business member, Dr. John Jones.

What Should You Do When Your Child Has A High Fever and Cough?

By Dr. John Jones, Medical Director

Simplicity Urgent Care, www.simplicityurgentcare.com

You spent a great day playing with your baby at Heritage Park, but now it's the middle of the night and the sound of her hacking cough wakes you from a deep sleep. You jump out of bed to assess the problem, and when you touch your baby's forehead she's burning up. Do you head to the emergency department or urgent care center, or, are you overreacting?

As a parent of four young children and a pediatric emergency physician, I see both sides of the dilemma. Here are some options:

1. It is never wrong to take your child to be seen in the emergency department at any hour. That is what we are there for. Trust your parental instincts. If you feel that something is wrong, bring her in because you know what is best for your child.

2. Once you get there: With children and fever, pediatric emergency physicians break children up into three groups based on the number of vaccinations the child has received.

- **If your child is 2 months and under** with a rectal temperature of 100.4 or greater, the baby automatically gets a comprehensive work-up and spends the next two days in the hospital for observation.

- **For children who are 2 to 6 months**, the child will receive a work-up; however, if the lab results are normal, the child can go home but needs to be followed-up with a visit to their pediatrician in the morning.

- **For children who are 6 months and older**, the work-up will depend on the child's symptoms and how sick the child looks to an experienced pediatric provider. Don't be surprised if your doctor does a complete physical exam and sends you home with no antibiotics. This is standard — and good medicine — because it decreases the chances of allergies, diarrhea, and antibiotic resistance in your child.

3. About fever. I reassure parents that a relatively high fever in a small child is not harmful because raising the body's temperature is its method of fighting off infections. In some countries, doctors do not advise using ibuprofen or acetaminophen because they want to let the fever take its course.

In the United States, we advise taking antipyretics (Tylenol or Motrin), which knock down the fever and keep both the children and their parents happy. When determining the proper dose, be sure to administer it based on your child's weight — not their age. By using the wrong table it is easy to under-dose the medication, and even a small amount under what is required will render the dose ineffective.

4. About that cough. This is frequently part of the viral syndrome, but can also be a sign of pneumonia. Here is my algorithm for determining whether to order a chest X-ray:

- **Does the child look good?** Yes, she is sick, but does it look like something is really wrong?
- **Is the child breathing well?** If not, their oxygen saturation may be low.
- **Has the child had a fever and cough for more than three days?**

If you answered "no" to the first two questions, and "yes" to the last one and think your child has pneumonia, contact your pediatrician immediately or head to the ER or urgent care center.

But once the doctor has done an exam and found the child's oxygen saturation to be normal, be reassured that the cough isn't hurting the child. There's also little you can do to calm the cough using over-the-counter medications because they are for children 6 years and older, as advised by the FDA. In fact, they have caused adverse outcomes mainly in children under 1 year old.

So I suggest that parents put a vaporizer in the child's room, especially in the cold, dry winter. Just keep your eye out for symptoms of pneumonia.

About John Jones, MD, FACEP, FAAP – Owner, Simplicity Urgent Care

An emergency physician at INOVA Fair Oaks Hospital who is certified in both pediatric and adult emergency care, Dr. John Jones opened Simplicity Urgent Care in Arlington, VA in 2010, www.simplicityurgentcare.com. A graduate of George Washington School of Medicine, Dr. Jones completed his residency in emergency medicine at George Washington University, and began working at the Quincy Medical Center in Mass., where he taught residents and was a clinical instructor at Boston University. He completed a two-year fellowship program at Inova Fairfax Hospital for Children, and is now boarded by the American Academy of Pediatrics and the American College of Emergency Physicians — one of the few physicians in the country who is double boarded in both emergency medicine and pediatric emergency medicine. For more information, contact him at john.jones@simplicityurgentcare.com.

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Community Events

Columbia Pike Farmer's Market

Sundays 10:00-1:00 @ Pike Park

Saturday, April 9 E-Care 8:30-3:00

@ Jefferson Middle School

Saturday, April 16 10 a.m. to 12p.m. - Proposed
softball scrimmage among our own players as a
season warm-up.

Saturday, May 14th Neighborhood BBQ @ 12:30-
2:30 @ Patrick Henry Elementary School

Saturday, May 14 10 a.m. to 12 p.m. Softball
Neighborhood Day - Season Opener
AHCA versus Penrose Civic Association

June 5th Newsletter Deadline

June 18th Blues Festival on Walter Reed Dr.
12:00-8:00p.m.

July 12th Summer AHCA Meeting @
Patrick Henry Elementary @ 7:00

Creating a Backyard Habitat to Attract Birds

By Alicia Frances King

Backyard Habitats

A backyard habitat is an area that provides wildlife and birds with four basic needs: food, water, shelter, and a place for raising young. Wildlife includes wild mammals, birds, reptiles, amphibians, fish, invertebrates, and plants. Creating habitats can make sure wildlife has a place to live and can be a fun and rewarding activity for the whole family. After a long day at the office being able to relax in your own backyard and enjoy the birds can be very entertaining!

The widest variety of habitat elements will attract the greatest number of birds and other animals to your yard. The Four Elements of Creating a Backyard Habitat

- **Food for Wildlife**

The ideal wildlife habitat supplies food through vegetation. This type of food source meets the year round needs of many species of birds and other animals. Shrubs, trees, and other plants that produce foods such as acorns and nuts, berries, and other seeds, as well as buds, fruit, nectar and pollen should be planted as much as possible. By providing nectar producing native plants you are also providing places for insects that the birds will feast upon. Not only will the birds appreciate it, but the butterflies and bees will also gain benefit. Be sure to plant native plants and reduce or eliminate invasive plants such as Japanese honey suckle and English ivy.

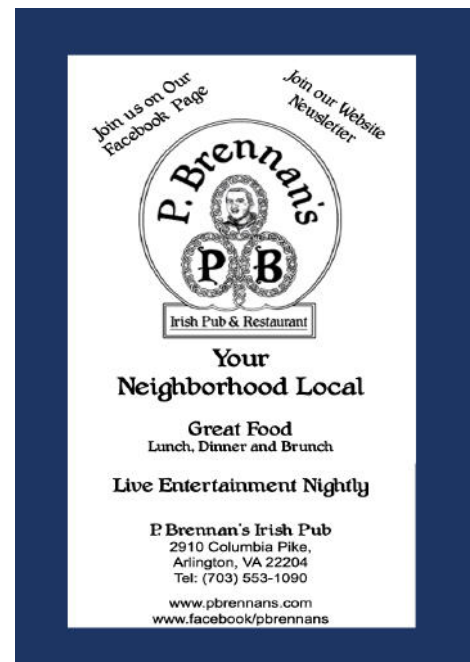
While plants are maturing, and especially in winter, natural food sources can be supplemented through supplying bird feeders. In addition to natural plants, feeders allow you to attract a variety of birds. The best feeder foods are sunflower, thistle (Nyger) and millet seeds or seed blends that incorporate these seeds. Adding several varieties of feeders to your backyard will attract the biggest variety of birds to your area. Because birds have different feeding requirements you will want to provide different types of feeders and different foods. Be aware that all seeds are not created equal. Many mixes are composed of seed fillers that end up on the ground uneaten by the birds and other

- **Water**

A reliable (a year round water source is best) source of water is not only attractive to birds but is very important in a backyard habitat. Wildlife needs water, both for drinking and bathing. Water can be supplied in a birdbath, a small pool, a recirculating waterfall, a shallow dish, or through a dripper or mister. Moving water is especially attractive to birds. A mister or dripper added to a birdbath will create an inviting sound to help attract birds. A small pool set into the ground can provide not only water for drinking and bathing, but cover and reproductive areas for small fish, frogs, insects, and reptiles. An elevated birdbath will help protect birds from cats and other predators, and can be an attractive addition to the yard. In summer heat, be sure to replace water regularly and keep birdbaths clean. Consider adding a rain barrel to catch water to supply water for your garden and plantings.

- **Cover/Shelter**

Wildlife needs protective cover just as people need the shelter of a house. Cover can be provided in many forms. Plants that offer food can also provide cover. Dense shrubs, evergreens, hollow logs, rock piles, brush piles, and stone walls provide cover for many animal species. Birds need protection from predators such as free roaming cats (remember to keep your cats in doors). Making sure there are hiding spots for birds to escape danger can help birds survive. (Continued on page 10)



• Places to Raise Young

A more specific kind of cover where birds can reproduce is needed to make a backyard habitat complete. These areas provide space for courtship and for protecting young animals, whether they're birds in a nest, tadpoles in a shallow pool or specific plants upon which butterfly caterpillars depend. Bird nest boxes and nesting shelves and bat boxes can be added to a backyard habitat to provide safe rearing areas when other nest sites are not readily available. Dense plantings of shrubbery provide safe areas for many species of wildlife. Plants specifically for butterflies such as milkweed for monarchs, supply host plants can ensure that the butterflies have a place to reproduce.

As we create habitats in backyards, in schoolyards, at businesses and in our communities, we need to remember the importance of these habitats to the birds and the enjoyment we can gain.

For more information visit these Websites:

<http://www.nwf.org/en/In-Your-Backyard.aspx>
http://www.dcr.virginia.gov/natural_heritage/invspinfo.shtml
http://www.dcr.virginia.gov/natural_heritage/nativeplants.shtml
<http://www.dcaudubon.org/>

Getting Started

- 1.) Take inventory to determine what the habitat elements exist.
 - Use the attached checklist.
 - Consider the habitat elements
 - Food sources
 - Water sources
 - Shelter
 - Space for nesting/raising young
- 2.) Develop an action plan
 - Be realistic in selecting the type of plants and nest boxes, shelters, or ponds to use in your habitat.
 - Decide which species you want specifically to attract
 - Draw up a timetable
 - Determine seasonal factors
 - Create a list of sources for items needed
 - Check native plant list
 - Check which birds will most likely be attracted
 - Consider any animals you want to avoid?
- 3.) Create a site plan
 - Measure property
 - Create a blueprint, (cardboard cut out with movable pieces)
 - Determine where shadows fall at the different seasons
 - Note which plants stay and which come out
 - Consider the best spot for water source
- 4.) Basic considerations
 - Consider reducing the amount of grass in your habitat
 - Use native plants
 - Talk to Neighbors
 - Share your plans to create a wildlife habitat with neighbors, ask them to create a habitat of their own.

We Welcome Our Newly Elected Officers and Say Thank you to Those Leaving

At the January AHCA quarterly meeting, the Arlington Heights Civic Association elected a slate of officers for the 2011 year. We welcome back Stacey Whyte as President. Sara Snow continues as an officer but has moved into the Treasurer's position. We welcome Jay Vennett, Betty Siegel, and Teresa Jennings to their new positions.

We say thank you to Kimberly Sumners, Lisa Bongardt, and Juliet Hizney as they retire from their current positions. Juliet will continue to be our Neighborhood Conservation Representative.

Here is a bit about our newly elected board members.

Jay Vennett will be our First Vice President. He has lived in the Arlington Heights neighborhood for nearly 17 years. Jay's wife Amy, a nurse, actually works in Arlington Heights for the Arlington County Health Dept. at the Walter Reed office. Jay and Amy have a son, Jestin, who is a sophomore at Wakefield High School. Jay was the 2nd Vice-President of the AHCA for 2 years around a decade ago and is happy to be an officer on the board again. Jay has worked mainly as a teacher and a performer over the years. Jay can often be seen walking the family's white fluffy dog Griffin around the neighborhood.

Betty Siegel will be our Second Vice President. She has lived in the Arlington Heights Civic Association for the past eleven years. Prior to that she and her husband lived in Austin, Texas for about eight years and before that she lived just down the road in South Arlington close to Columbia Pike and Queen Street. Having served as the AHCA secretary during the early 2000's she took a hiatus from community volunteering to get her law degree.

Teresa Jennings is our new secretary. She likes to go by Terry. She has owned her home in Arlington Heights since July 1999. Her husband (Michael Bromley) and two step-children (Gaby and Christopher) moved in after Michael and Terry were married in 2007. She runs the state government affairs program for a large international company, and travels a great deal. She has been able to collect Christmas ornaments from every city she has traveled to, and now has enough ornaments to fill two trees. She also loves to sew, and in college she was a finalist in the American Home Sewing contest.

Arlington Heights' Young Entrepreneurs

Children and Youth 18 and under may advertise for free in our *Over the Fence*. Parent permission is required. Send all information to Dora Sue Black - dstblack@msn.com.

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