

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Spring 2015



AHCA PICNIC: IT'S IN YOUR HANDS

Do you enjoy the annual neighborhood picnic? Well, it can't happen without volunteers. Neighbors are the reason these events happen year after year, and this is your chance to be part of the action.

The picnic is scheduled for Saturday, June 13, on the Patrick Henry Elementary School grounds. Here's what we need:

- Two adults with big cars to buy items from an AHCA list at Costco (Costco Members Preferred)
- Two adults to help set-up 11 a.m. - noon
- Two adults to grill food from noon to 1 pm
- Two adults to grill food from 1-2 pm



Neighborhood resident Annalee Pecquet enjoys the baseball field at Patrick Henry; photo by Christine Suh

- Two adults to help clean up 2 -3 pm
- Two adults to watch the food table, run messages, let griller know need food, and keep tabs on things.
- Two adults to develop and organize some fun games for all.

Anyone who would like to bring items for the picnic (napkins, plates, food, etc.), please contact stephen-thughes@gmail.com for a list of items we need.

AHCA only works because neighbors like you contribute to its success. Please consider volunteering as the AHCA's Social Chair to coordinate these events.

If we do not have sufficient volunteers, the picnic will be cancelled.

DO YOU RIDE THE BUS? ARLINGTON COUNTY WANTS TO HEAR FROM YOU

Arlington County officials are starting to put together a plan for Metrobus and Arlington Transit (ART) service over the next 10 years, and they need your help.

This year the County is starting work on its next major Transit Development Plan update. It will result in a new, longer-term 10-year plan for service and capital improvements. The Transit Development Plan will:

- Identify transit goals
- Prioritize improvements
- Include recommendations for new transit service on the Columbia Pike and Crystal City-Pentagon City corridors

The first step includes an analysis of transit service in Arlington and a review of travel and ridership trends. The County is seeking community input

continued on page 2

**PLEASE ATTEND THE QUARTERLY MEETING OF THE
ARLINGTON HEIGHTS CIVIC ASSOCIATION TUESDAY, MAY 12, 2015, 7-9 PM
AT THE PATRICK HENRY ELEMENTARY SCHOOL LIBRARY**

Arlington Heights Civic Association

PO Box 40311 Arlington, VA 22204

President	Stephen Hughes
	stephenthughes@gmail.com 540-467-0817
First Vice President	Jeanne Haggerty
	jhaggerty@bio.org 703-585-4158
Second Vice President	Jay Moore
	ahca.jay.moore@gmail.com 703-249-9029
Secretary	Maureen Critchley
	maurcrit@gmail.com
Treasurer	Scott Winn
	scottwinn@me.com 703-407-4751
NCAC Representative	Ron Jacobus
	marknron@gmail.com
NCAC Alternate	Sara Snow
	AHCA.Sara@gmail.com 703-979-3487
Civic Federation Delegates	
Jason Murphy	
	murphyj@gmail.com 202-507-9294
Janet Presswood	
	janetpresswood@gmail.com 571-723-6568
Stacey Whyte	
	kandswhyte@gmail.com 703-271-2681
Loren Wilee	
	pwilee@gmail.com 757-323-9172
Civic Federation Alternate	
Eileen Janas	
	emjmls@gmail.com 703-521-9171
Social Chair - OPEN	
Newsletter Content and Advertising	
Julian Pecquet	
	jpecquet@yahoo.com 202-417-1932
Newsletter Layout	
Rebecca Mashaw	
	rmashaw@comcast.net 703-892-3793
Newsletter Distribution	
Ron Peterson	
	peterson3112@verizon.net
Webmaster and Neighborhood Email List	
Jay Wind	
	jay.wind@att.net 703-920-5193

Do You Ride the Bus? from page 1

through a survey that asks for feedback on:

- Where and when you want to travel?
- What type of service improvements would you like to see?
- What would make it easier for you to take transit?

The survey is available at <http://www.surveymonkey.com/s/TDP15>. The link to the survey is also available on the County website – visit arlingtonva.us and search "transit development plan."

The survey, available in English and Spanish, will be open until May 15.

¿UTILIZA USTED EL AUTOBÚS? ¿DESEAMOS CONOCER SU OPINIÓN!

El Condado de Arlington está elaborando su Plan de Desarrollo de Transporte Público para los años fiscales 2017-2026.

Necesitamos conocer su opinión sobre los cambios deseados para el servicio de Arlington Transit (ART) y Metrobus dentro del Condado.

El Plan de Desarrollo de Transporte Público:

- Identificará objetivos de transporte público;
- Priorizará mejoras;
- Incluirá recomendaciones de nuevo servicio de transporte público en los corredores Columbia Pike y Crystal City-Pentagon City.

Visite www.surveymonkey.com/s/TDP15 para realizar la encuesta breve.



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WHAT'S NEXT FOR THE NEW COLUMBIA PIKE FARMERS' MARKET?

If you've been pining for a second Farmers' Market on Columbia Pike, don't despair. The good folks at the Columbia Pike Revitalization Organization (CPRO) assure Over The Fence that the missed opening date for the Arlington Mill market in April was due to resource shortages, not any lack of demand from shoppers or vendors.

The CPRO now says it hopes that the weekday market will open in May. The Arlington County Board approved the operation back last June.

Location: 909 S. Dinwiddie St.

Time: Wednesdays, 3 p.m. - 7 p.m.

Dates: April - October

Meanwhile, opening day of the new Fairlington Farmers Market on Sunday, April 19 was a big success. The market, located on the back patio of the Fairlington Community Center at 3308 S. Stafford Street, is slated to operate every Sunday from 9 a.m. to 1 p.m., now through November. Find out more here: <http://www.fairlingtonfarmersmarket.org/>

The two new markets will bring to nine the total number of farmers' markets currently operating in Arlington, which also include:

Columbia Pike Farmers' Market

Location: Pike Park @ Columbia Pike and Walter Reed Drive

Time: Sundays, 9 a.m. - 1 p.m.

Dates: Year-round

Web site: <http://www.columbia-pike.org/fm/>

Arlington Farmers' Market

Location: Near Arlington County Courthouse parking lot, N. Courthouse Rd. & N. 14th St.

Time: Saturdays, 8 a.m. - noon.

Dates: Year-round (9 a.m. - noon, January - March)

Web site: <http://www.arlingtonparks.us/farmersmarket/>

Ballston Farmers' Market

Location: Welburn Square (901 North Taylor Street)

Time: Thursdays, 3 p.m. - 7 p.m.

Dates: May 7 - Oct. 29

Web site:

http://www.freshfarmmarkets.org/farmers_markets/markets/ballston.php

Clarendon Farmers' Market

Location: Clarendon Central Park, 3000 Clarendon Blvd.

Time: Wednesdays, 3 p.m. - 7 p.m.

Dates: April - December

Web site: <http://clarendon.org/farmersmarket/>

Crystal City Farmers' Market

Location: Crystal Drive, between 18th St. and 20th St.

Time: Tuesdays, 3 p.m. - 7 p.m.

Dates: April 7 - Nov. 24

Web site:

http://www.freshfarmmarkets.org/farmers_markets/markets/crystal_city.php

Rosslyn Farmers' Market

Location: Wilson Boulevard & N. Oak Street

Time: Thursdays, 11 a.m.-2 p.m.

Dates: May - October

Westover Farmers' Market

Location: Washington Blvd. & N. McKinley Rd.

Time: Sundays, 8 a.m. to 12 p.m.

Dates: Year-round (9 a.m. - 1 p.m., December through April)

Web site: <http://westoverfarmersmarket.org>



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AFFORDABLE HOUSING: TIME TO SPEAK UP IS NOW

The April meeting of the Neighborhood Conservation Advisory Committee (NCAC) was focused on a county presentation of the Affordable Housing Study. The third draft of the study, which is currently out for community review, will be considered by the County Board at its July 18 meeting. Adoption is a distinct possibility, as the two-year timeline for the study ends in July.

The study includes three areas of concern to your neighborhood representative. First, in discussion with the presenter, NCAC attendees learned that most affordable housing will continue to be focused on Columbia Pike and not spread equally around the county.

Second, the resulting impact on schools in south Arlington did not seem to receive serious consideration. Third, in order to provide more options for middle-class families, the study proposes that neighborhoods like ours that border main transportation arteries be rezoned, from single-family to multi-family. This would allow the building of townhouses, duplexes, English basements, in-law apartments, etc. The impact on parking is not addressed. These changes, if implemented, could have a profound long-term effect on the character of our neighborhood, property values, etc. And so, although we have just

been through a bruising battle over the proposed elementary school at TJ, it is critically important for us, as residents of Arlington Heights, to take some time to become familiar with the study's contents and let our opinions be known as soon as possible.

Full information, including current drafts of the study and implementation framework, may be found at <http://housing.arlingtonva.us/affordable-housing-study/>.

Ron Jacobus, AHCA representative to the Neighborhood Conservation Advisory Committee



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SPRING = SPRING CLEANING = SPRING YARD SALES

Spring cleaning season is upon us, which can only mean one thing: Yard sales! After much back-and-forth on our community listserv – ahca-subscribe@yahoogroups.com – we've concluded that it's just not possible to find a date that will make everybody happy for an Arlington Heights-wide event.

So, here's the next best thing: A map of some of the biggest multi-yard sales in May. So grab your wallet and go meet your neighbors as you look for that perfect item that you never realized you were missing.



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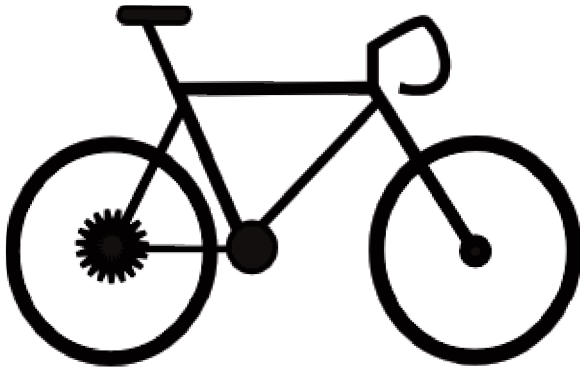
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COMMUNITY CALENDAR: NEIGHBORHOOD HAPPENINGS

SPRING MUSICAL: Wakefield High school is putting on their Spring musical "Anything Goes" on Fridays May 1 and 8 and Saturdays May 2nd and 9th. Curtain goes up at 8 p.m. For details and tickets, email chris.gillespie@apsva.us.



BIKE TO WORK: On Friday, May 15, 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 more than 70 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.
- Contact: BikeArlington, 703-247-9299 / info@bikearlington.com

WALK/BIKE TO SCHOOL: Speaking of cycling, Patrick Henry Elementary School hosts its annual Walk/Bike to School on Wednesday, May 6. Students can get test-fitted for helmets and get a new one if they need it. Find out more in this issue's Henry Highlights column.

BLUES FESTIVAL: Ready to get your Rock on? Columbia Pike's very own Blues Festival is right

around the corner, on Saturday, June 20. 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.

This year's headliner is Louisiana slide master Sonny Landreth, who should start playing around 6:30 p.m. Visit www.columbia-pike.org/ for more on the lineup as we get closer to the concert date.

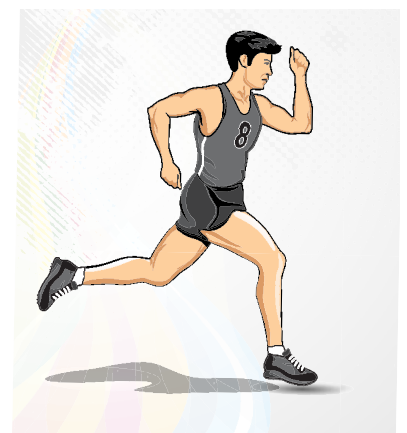
BOTANICALLY CHALLENGED? Do you want to turn your weed patch into a blooming wonder? The Virginia Cooperative Extension's Master Gardeners are now available through the Fall to get you all the help you need.

Volunteers staffing the clinics can answer general gardening questions as well as questions about plant pests and diseases. They can also identify plants and provide soil test kits on request.

You can find them at:

- Arlington Central Library, 1015 N. Quincy St., every Thursday through November from 6:45 to 8:45 p.m.
- Arlington Farmers Market, 14th St. and N. Courthouse Rd., every Saturday through September.

DIZZYING FEET: The 6th annual Grant-Pierce Indoor Marathon and 50K will be held on Sunday, June 28, at the Thomas Jefferson Community Center track starting at 9 a.m. Watch AHCA web master and neighborhood email list guru Jay Jacob Wind and 49 other athletes run 211 laps to complete a full marathon (250 laps for the 50K). The event is free for spectators. Volunteers are needed. Write jay.wind@att.net (subject: Indoor Marathon) or call 703-505-3567.



READY FOR FIREWORKS? The Air Force Memorial is

a great viewing location and is holding a free Independence Day concert. Closest Metro stations are Pentagon and Pentagon City. Limited parking available on Southgate Road, or you can park at Pentagon Mall; be sure to be parked no later than 7:30 p.m. The USAF Band will be performing from 8 p.m. to 9:15 p.m.



ROAD UPDATE: Final paving is planned for S. Jackson Street and S. Old Glebe Rd. in late June / July. Micro-sealing is scheduled on S. Walter Reed from Columbia Pike to 5th St. in mid-July.



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Have an upcoming event you'd like to highlight in the calendar? E-mail newsletter editor Julian Pecquet at: jpecquet@yahoo.com. The next issue of *Over the Fence* will be distributed in late July.

HENRY HIGHLIGHTS : DAHLIA CONSTANTINE WINS APS TEACHER OF THE YEAR

We are thrilled to announce that Mrs. Dahlia Constantine, third grade teacher at Patrick Henry, has been named the APS Teacher of the Year. Mrs. Constantine has been at Patrick Henry since 2011 and exemplifies her colleagues' dedication and passion for teaching the whole child.

In February, the PTA hosted our Silent Auction. Thanks to the generosity of our community, we are pleased to announce that this was our most successful event ever! All funds will be used to support activities and events for the students such as our upcoming 4th grade overnight trip to Williamsburg, field trips, International Night, the Henry Challenge and other school based activities.

At the end of February, the Patrick Henry the-

ater club put on an amazing performance of What a Fine Day! Nearly eighty fourth and fifth grade students participated in this performance and displayed their immense musical, theatrical and technical abilities.

At the end of each quarter, the Patrick Henry community celebrates the academic successes of our students. Patrick Henry students who earned all As and Bs celebrated their achievement at our Honor Roll breakfast. Students in third through fifth grade who brought up at least one of their grades while maintaining their other grades celebrated at our Bringing Up Grade (B.U.G. Roll) celebration. As a school, we continue to strive to have each student reach his/her fullest academic potential and we enjoy celebrating

their successes along the way.

On March 27, Patrick Henry students and staff celebrated College Pride Day and had a whole school dance party as a reward for reading over 100,000 minutes during the Read-a-Thon. A sparkling disco ball set the scene for the many book/reading related songs sung by Henry teachers.

Patrick Henry families had the opportunity to participate in some very fun events recently. Our school wide book swap, ESOL/HILT family literacy night, visit with Megan Hicks "Origami Swami", and Fine Arts Showcase are just a few of the after-school events Patrick Henry families attended.

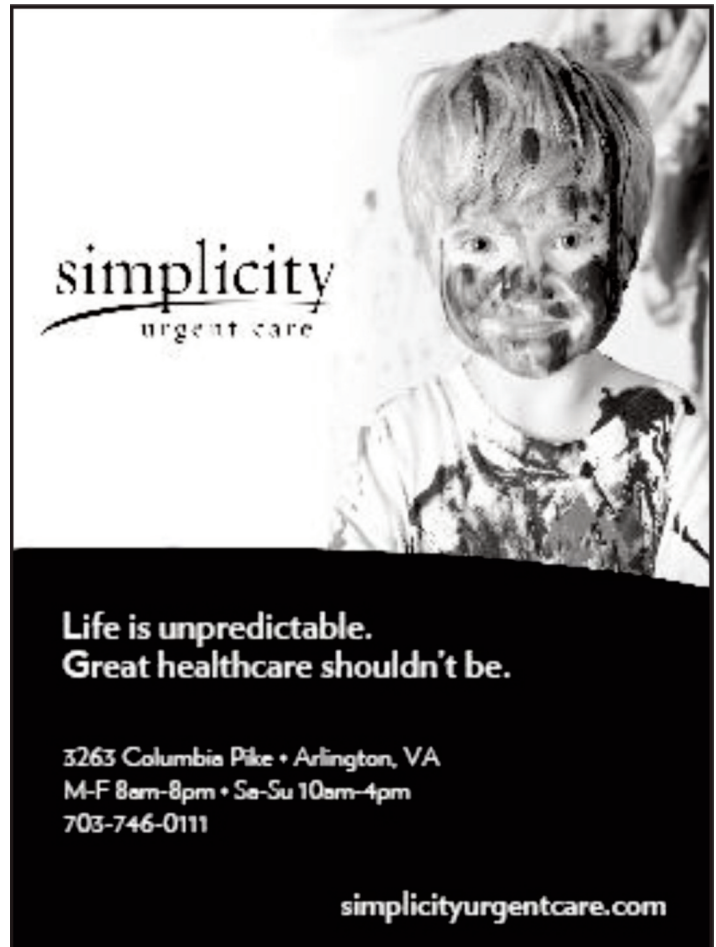
The PTA is proud to announce that we have been awarded a Quick Mini-grant through VDOT's Safe Routes to Schools program. Funds will be used to ensure that children have properly fitting helmets so that they can safely ride to school. We will be hosting helmet fittings and swaps and also providing helmets to those students who do not currently own them, culminating in Walk/Bike to School Day on May 6th.

On May 1st we will host International Night – a wonderful opportunity to learn about the different cultures and countries that make up our Patrick Henry community. This is a very popular event and boasts informative tables about different countries, entertainment and (of course!) delicious food to sample from around the world.

Over the past few months we have had the opportunity to meet many of the incoming Kindergarten families at our orientation sessions. It was a pleasure meeting these new families and we are excited to welcome them into the Patrick Henry community. If you haven't registered your child yet for Kindergarten, please stop by Henry anytime during the school day or go to the apsva.us website for more information.

Be our friend! Keep up with all of the goings on at Patrick Henry by visiting our website patrickhenrypta.org, subscribing to PatrickHenryFriends@yahoo.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 apprised of the goings-on at our local elementary school.



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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.

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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. \$ _____

ANIMAL AFFAIRS: PET ALLERGIES

It's that time of year again and Spring is in full form. Along with this beautiful weather comes the onset of allergy season for many people. Allergies can also affect our pets. Most frequently, allergies are notable during season changes, with the most severe coming in the Spring and Autumn.

Clinical symptoms of allergies in dogs and cats include generalized itching (pruritis), nasal discharge, sneezing, and irritated, red eyes, often with discharge. Because the eyes are irritated, you may notice your pet pawing at her eyes or rubbing her head on your pants leg or on the carpet. It is important to prevent your pet from rubbing her eyes as this could lead to corneal ulcers. One way to distinguish between allergies and infections such as upper respiratory infections is in the type of discharge. When allergies are to blame, the discharge is usually clear. Green or yellow discharge is a more common symptom of an infection. This is the same for both eye and nasal discharge.

It is also important to distinguish sneezing from coughing. While coughing can be a component of a seasonal allergy, it will almost always be accompanied by sneezing. Coughing without any of the other symptoms noted in this article is most likely a sign of another disease process. In either case, consult your veterinarian if these symptoms continue for more than a day or are making your pet uncomfortable in any way.

There are many potential causes for seasonal allergies in pets. The most common are trees, grasses / weeds, fungi and mites. There are two common tests to identify potential allergens. The first is a blood test that is sent to a laboratory for analysis. This can test for food allergies as well as en-

vironmental allergies. The second type of testing is done by a veterinary dermatologist and involves injecting the actual allergen into the dog or cat's skin and observing for a reaction. This is considered the most precise type of testing, however, the blood testing is a good alternative.

If you notice any symptoms that seem allergy related, schedule an appointment for your pet with your veterinarian. There are several different treatments available, including over the counter antihistamines and serum allergy injections that should help your pet have a good Spring!



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



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HEALTHY HABITS: COPING WITH HAY FEVER

With spring now in full bloom, many people are enjoying the warmer weather. The budding trees and flowers can, however, cause allergy sufferers to want to stay indoors. Seasonal allergic rhinitis – commonly referred to as hay fever – is typically caused by pollen. Hay fever flares up in the spring and fall when pollen counts are higher.

People develop symptoms of allergic rhinitis when their own immune system identifies an otherwise harmless substance as an invader. These substances are called allergens. The immune system overreacts to the allergen by producing antibodies (IgE). These antibodies trigger the release of histamine and other chemical substances that cause an allergic reaction. Hay fever symptoms can range from being mildly annoying to seriously affecting one's daily life.

Hay fever symptoms are often triggered by tree pollen in the early spring. In late spring and early summer grasses tend to be the cause of hay fever symptoms. Weeds are most often the cause of late summer and fall hay fever symptoms.

Common symptoms of seasonal allergic rhinitis (hay fever) include:

- Itching in the nose, roof of the mouth, throat and eyes;
- Sneezing;
- Stuffy nose (congestion);
- Runny nose;
- Tearing eyes; and
- Dark circles under the eyes.

Treatment for seasonal allergic rhinitis is multifaceted. The best way to cope with hay fever is to avoid the allergens that cause it.

Avoidance measures for pollen include:

- Limiting outdoor activities during times with high pollen counts;
- Monitoring pollen counts so that you limit exposure on days the counts are high (accurate information on local pollen counts can be found at The National Allergy Bureau);
- Keeping windows closed in homes and cars and using air conditioning;
- Showering to wash off pollen from body and hair soon after coming inside; and
- Clearing the nose from allergens by using nasal saline preparation.

Medication is also a mainstay in treating seasonal allergic rhinitis. The majority of allergy medications for hay fever work best when started before you first come in contact with the spring allergens. Starting medication prior to coming in contact with the allergen will prevent the release of histamines that results in allergy symptoms.

Common medications for treating hay fever include:

- Saline nasal sprays;
- Oral antihistamines;
- Decongestants (oral or nasal);
- Nasal corticosteroids sprays;
- Nasal antihistamine sprays; and
- Antihistamine eye drops

Another treatment option involves immunotherapy (allergy shots). Additionally, sublingual immunotherapy allergy tablets (SLIT) were recently approved for use in the United States.

For additional information, visit the American Academy of Family Physicians (www.familydoctor.org) and the American Academy of Allergy, Asthma, and Immunology (www.aaaai.org).



Nandini Koka, MD

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.

HEALTHY HABITS is a quarterly column on staying well.

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Questions? Contact newsletter editor Julian Pecquet at jpecquet@yahoo.com

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