

AuroraHighlands.org

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If you live in the Aurora Highlands area, you are invited and encouraged to come to our monthly meetings where we meet neighbors, discuss topics of interest and share information. All are welcome to attend. Come and meet your neighbors at the Aurora Hills Community Center at 735 18th Street South. Childcare will be provided.

OUR UPCOMING MONTHLY MEETING:
Wednesday, April 11, 2012 at 7:00 p.m.

AURORA HILLS COMMUNITY CENTER

Agenda

- 6:30 Social**
- 7:00 AHCA Business Meeting**
- 7:30 Presentations on Bicycling by BikeArlington and CaBi (Capitol Area Bike Share)**

Civic Engagement Kills Bus Shelter In Front Yard

by Jim Oliver, AHCA President

Hot off the presses! The County has cancelled the relocation of the bus stop on the north side of 23rd at Fern Street and the installation of a bus shelter in front of our neighbors' homes! Last month, we let folks know about the imminent installation of a bus shelter in front of homes along 23rd just west of Fern Street and some of the efforts that the neighbors and our civic association have made to get this project stopped. Several local media outlets also picked up the story, as it seems so contrary to the "Arlington Way."

During a March 5 meeting with county staff and board chair Mary Hynes, the affected neighbors voiced their concerns about the bus shelter and related many other issues and suggestions. On March 8, AHCA submitted a ten-page report to the county manager first, strongly recommending that the movement of the bus stop and the installation of the bus shelter be permanently stopped, and second, making a series of draft recommendations for changes to or improvements of the remainder of the bus stops along 23rd street within the AHCA neighborhood.

as much input as possible. The draft recommendations in summary:

- ◆ the stops at 23rd and Fern should be moved closer to 23rd/Eads where there is space to meet ADA requirements and allow for the inclusion of a shelter and meet the county's stated criteria for driving safety;
- ◆ an "every two block" spacing between stops would be more appropriate for cost, operational efficiency, and reducing the impact on our community;
- ◆ the improvement of the existing bus shelter on the south side of 23rd at Joyce and the relocation of

The full report is too long to print here, but the basics were published to the 4D-A listserv and hand delivered to the churches and businesses along 23rd to gather

—Continued on Page 9—

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President's Corner

by Jim Oliver

Bicycling

Our April meeting topic is bicycling. We have invited Zanna Worzella from BikeArlington and Paul DeMaio from the Capital Area Bike Share (CaBi) to come by and let us know about changes and improvements for bicyclists in our area. We have a lot of new bike lanes and that interesting new graphic called a "Sharrow" showing up on neighborhood streets.

With the completion of the new bike access under I-395 at Four Mile Run a couple of years ago, getting to and from Shirlington got a lot easier. We

are hopeful that our sister civic association (ARCA) can encourage the completion of the bike connection under I-395 with the Arlington View neighborhood and other areas to the west.

CaBi has had a very successful launch and continues to grow rapidly. They are currently in the process of creating a Transit Development Plan to guide them through the 2013-2018 years and I am sure they would love to hear our ideas. A bikeshare station in the neighborhood? New or different locations? Come by or drop us a note with any thoughts or ideas you have.

Long Bridge Park

If you haven't been over to Long Bridge Park yet, you are really missing out. The first phase has been completed and opened late last fall. A beautiful raised walking/jogging/cycling promenade separates the park from the railroad and provides stunning views of the river and the monuments (stake out your 4th of July viewing spot now) to the east and north. There are three soccer fields with first class facilities and a large floating "wing" that flexes in the breeze. New plantings and a rain garden will continue to fill in

— Continued on Page 9 —

It's Spring—Consider the Birds

By Natasha Atkins

Spring is a precarious time for birds. Young birds fall out of nests, get hit by cars, or become breakfast for crows, raccoons, and blue jays. And anyone who owns an outdoor cat has had gifts of dead mice and songbirds bestowed on them. While most people feel bad or frustrated about their cat's hunting prowess, or sometimes even gossiped out, others may feel pleased that the cats are catching "vermin." But many people don't realize the toll housecats take on mammal and bird populations, even in urban and suburban settings. That's partly because of the density of cats and partly because cats are not a natural part of the ecosystem, so their prey species have not adapted the same defensive mechanisms as they have to natural predators. Even a few birds caught by each cat adds up to millions of songbirds every year in the U.S. Bells don't work—British biologists studied predation by belled and non-belled cats, and the cats with bells actually caught more animals.

Just last year researchers from the Smithsonian's Migratory Bird Center published a study of Gray Catbirds, a sassy relative of the mockingbird that migrates more than a thousand miles each spring from the tropics to nest in our area. The biologists found that predation was the cause of almost 80 percent of catbird deaths in the DC metro area, and almost half of those

deaths were caused by cats.

"The predation by cats on fledgling catbirds made these suburban areas ecological traps for nesting birds," said Peter Marra, Smithsonian research scientist. "The habitats looked suitable for breeding birds with lots of shrubs for nesting and areas for feeding, but the presence of cats, a relatively recent phenomenon, isn't a cue birds use when deciding where to nest." (Smithsonian News Desk, March 3, 2011).

Biologists who study cat predation on birds, mammals, and even lizards would like all cats to be kept inside. There are good reasons—for your cat and for the wildlife—that humane organizations want you to honor your pledge to keep your adopted cat indoors. That's also the view of most veterinarians.

I'd like to encourage that, too, especially if you have a kitten. It's easier to get a cat used to being indoors if it hasn't gotten used to being outside, and there are lots of websites on how to enrich the indoor environment if you're worried that your cat will not be happy unless it's allowed out.

That said, I realize that's just not going to fly for some cat owners. So I'd like to introduce all owners of outdoor cats

to **cat bibs**. These are neoprene flaps that weigh almost nothing and attach to a collar. They were developed by biologists in Australia and they are amazingly effective at keeping cats from catching birds (you can read the results of their study at the link below).

One of my neighbors has a cat that's a prodigious hunter. Since last year he has been roaming the neighborhood sporting his bib, going in and out his cat door, seemingly oblivious to his flashy attire. My neighbor says it hasn't kept him from killing rats, but he stopped bringing back birds once he started wearing the bib. In fact, a few days ago, she took the bib off to wash it. In the meantime, the cat slipped out his cat door and soon was home with a dead songbird as a present.

Nothing's as effective as keeping your cat indoors. But if that's not an option for you, try www.catgoods.com. Or make your own by following these directions on Flickr: <http://www.flickr.com/photos/dreisiger/sets/72157622626585783/>. You can even see one in action on YouTube (search for "cat bib").

I have five that I am offering free to the first five respondents. Send me an email at natashaatkins@verizon.net.



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Aurora Hills Women's Club Upcoming Meetings and Events

APRIL
The Aurora Hills Women's Club monthly luncheon will be held on Thursday, April 5, 11:30 a.m. to 1:30 p.m., Calvary Methodist Church on 232rd & Grant Sts. In lieu of a speaker this month, Susan Small & Rose Demma are teaching the art of using your own creativity in making beautiful and useful cards. Besides for yourself or your loved one, some potential recipients of these homemade cards are for a deployed Army unit in Southwest Asia. These 100+ Soldiers have been away from their families for approximately eight months. Some of our members have been deployed and are eager to help us with

the special event. All are welcome. Contact Debbie Gibson, dm65gibson@verizon.net if you wish to attend. Also, our evening meeting will be April 26, 6:30 social time and 7:00 p.m. meeting. This event will be held at the home of a member and cards will be made for the deployed military as well. To join the event, contact Katie Buck, kathrynlbuck@gmail.com.

MAY
The Aurora Hills Women's Club will hold its annual Tea on Thursday, May 3, 11:30 a.m. – 1:30 p.m. at the Hume School. Members prepare Tea and Tea Sandwiches (just like the old days) under a fashionable tent.

All wear hats. The donation for the Hume School will be presented at that time to the President of the Arlington Historical Society. All are welcome. RSVP to Karen Krips, kckrips@yahoo.com.

JUNE
The Aurora Hills Women's Club will hold its End of the Year luncheon on Thursday, June 7 from 11:30 a.m. – 1:30 p.m. at the Army Navy Country Club. Reservations are a must. Please contact Carole DeLong, cdejong828@aol.com or Susan Small, smallsue@mac.com For more information on these events and the Aurora Hills Women's Club, visit www.ahwc1958.org.

Update on Pentagon Row Plaza By Jim Oliver

Spring is here and the Ice Rink is gone! The County Board approved the refresh of the Pentagon Row Plaza. Because of the delay and getting the initial approval, the property owners won't start actual construction until after the 2012-13 skating season to allow time for final design, permitting, and putting the project out to bid. So look for changes to begin about a year from now.



Run for the Hills! Aurora Highlands neighbors Mark Address, Jon Ford, Kristen Miller, Sara Uzel, Jenn Baird, Dennis Middleton and Jenny Sammis participated in the April 1 Credit Union Cherry Blossom ten-mile run. Neighbors interested in local running news, group runs, and events for runners can sign up for email alerts by sending a message to: jennylawhorn@me.com.

Volunteer! Three Newsletter Bundle Distributors Needed

We are still in need of three neighborhood newsletter bundle distributors. This job is fun and rewarding. It takes under an hour per month. It works better with two people, a driver and a runner. Our neighborhood has been ingeniously divided into three regions: North of 23rd Street, South of 23rd Street and Commercial Enterprises. The bundle distributors receive the bundled and labeled newsletters on Friday night (typically the first Friday of the month).

early on Saturday morning. They will have the weekend before the AHCA meeting to walk their routes and deliver the newsletter to each home, business and apartment building in our neighborhood.

If you and your family think you have what it takes, and you are ready to fulfill a valuable role in our neighborhood (and it is also something you can put on job resumes and college applications!), please send an email to the editor, Cory Giacobbe:

AHCA.news@yahoo.com



Each region has about 20 newsletter carriers. As a distributor, you deliver the bundles to your 20 carriers

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Wakefield High School

April 21 – Tech Expo – 9:00 a.m. to 1:00 p.m. Wakefield is the only high school in Arlington to sponsor this kind of an event, which is similar to a “science fair.” Students will design technology-related projects, which will be judged by panels of professionals from the community. Parents are welcome to come and view the students’ work. Many volunteers make the Tech Expo a success and a photographer is needed for the event. If you have camera skills to share and can volunteer a few hours on April 21, please contact Theresa Schweser, Wakefield PTA President (tel: 703-271-6221, tschweser@gmail.com).

April 27 through May 5 - Disney’s *Beauty and the Beast* musical sweeps onto the Wakefield High School stage this spring. Tickets may be purchased at the door or reserved by calling 703-228-6705. Performances are from April 27 – May 5 on Friday and Saturday nights at 7:00 p.m. with Saturday matinees at 1:00 p.m. Tickets are \$8 for students and \$10 for adults.

May 5, Wakefield PTA Flowering Plant Sale Fundraiser. Flowering plants for your garden beds will be on sale on May 5. Items include annuals, perennials, herbs, and gorgeous flowering baskets. Pre-orders are encouraged (and are due by April 19), with pick-up on Saturday, May 5 at the

high school. Details and order forms available on Wakefield’s website in the next several days (<http://www.apsva.us/Page/17411>). Please consider supporting this new fundraising event!

Will your student be new to Wakefield in 2012-2013? Join the PTA/Booster list-serve now and become part of our school community. This list-serve is the main communication to parents about school events, PTA, Boosters, sports, and the many accomplishments of our students. To join, send a subscribe request to Wakefield_Booster_PTA_subscribe@yahoo.com

Wakefield Achievements!! Wakefield’s “It’s Academic” Team won the District Championship (defeated W-L and Yorktown) and placed 2nd in Regionals, second only to TJHSST!

Wakefield Madrigals earned “Superior” rating in performance and sight reading, and Wakefield Singers earned “good” for performance and “excellent” in sight reading at the District 12 Choral Assessment this year. Go Warriors!!!!

Gunston Middle School

Celebrate Gunston! April 20 from 6:00 - 8:00 p.m. Come see the annual showcase of all great things happening at Gunston.

BONUS: this year, the **Gunston PTA Spring Fling** is also on **April 20** from 6:00 - 9:00 p.m.! There will be carnival rides and food for sale. Great night for family fun!

Oakridge Elementary School

Hold this date: **Thursday, April 12!!** Auction Gala to benefit our local Oak-ridge Elementary School! 6:00 - 9:00 p.m. (adults only), at the **DoubleTree Hotel Crystal City**, 300 Army Navy Drive.

Tickets are going fast! \$25 per person or \$45 per couple. All proceeds benefit Oakridge. Your admission entitles you to two drink tickets, appetizers, music, and a chance to bid on great items such as a Golf Outing at PC Avenel on the Potomac, Apple iPad 3, sports tickets, museum passes, and much more. Please send your check to: Oakridge PTA, 1414 24th St. S., Arlington 22202. For more info, contact OakridgePTA@gmail.com

With a bunch of young kids from our neighborhood attending Oakridge, serious safety concerns have been raised and WE are the problem and solution. Recently, I observed the entire drop-off process at Oakridge (full disclosure, I have a 3rd grader there) and it went smoothly, but it only takes one bad day and we have a disaster on our hands. The Principal and PTA President have asked for our help in finding solutions to keep kids safe for those few minutes during drop-off and pick-up. Ideas range from another crossing guard to traffic flow changes with more stops or making some streets “one way.” The best first answer is to reach out to the neighborhood and encourage everyone to be very careful when driving by the school. We have lots of walkers and they often have younger siblings or dogs or that bicycle which they haven’t fully mastered. Before we ask someone else to solve our neighborhood problems, we should make every effort on our own.

New Pre-K Program in Barcroft Neighborhood

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New Branch Manager Arrives at Aurora Hills Library

By Maureen Quinn

The next time you are at the library, be sure to welcome Sarah Daviau, our new branch manager. Originally from Batavia, NY, Sarah spent the last 5 years in Libby, Montana, where she was the adult services librarian for Lincoln County. She has a Master's degree in Library and Information Science from Simmons College and says that she has been working in libraries since she was in high school.

"Working in Montana was a great experience. Since our staff was small and our two branches were many miles away, I learned how to do virtually everything at the library," she said. Sarah worked on the reference desk, on inter-library loans, in public relations, in grant-writing and management, collection management, children's programs, and was

even the interim library director for a time.

Sarah is happy to be in Arlington with its urban environment and cultural opportunities and likes the fact that people in our neighborhood are so supportive of the library. She is looking forward to learning what patrons are looking for and wants to focus on programming after she gets the "lay of the land" here. Sarah urges everyone to stop by to see the renovations that have been made and noted that new furniture will be arriving soon.

Anne Pettit, who did a great job serving as our acting branch manager since the beginning of the year, has returned to the Shirlington branch where she is the children's librarian. Our thanks go out to Anne for keeping things rolling at Aurora Hills.

A View on Backyard Hens

By Laura Holman

"Local food" could soon take on a new meaning!

The Arlington Egg Project, started by a group of local residents, is promoting conversations about the benefits of micro-flocks of female chickens.

The project's ultimate objective is revising county ordinances so neighborhood residents can keep small numbers of backyard hens while prohibiting roosters and ensuring secure, proper, and humane housing for hens.

Proponents point out that backyard hens can reduce dependence on environmentally harmful industrial farming, provide nutritious food, and help kids learn where food comes from.

Backyard hens were once common in Arlington, but zoning decisions in the 1970s barred all but the largest landowners from keeping hens. Now, with urban communities like Charlottesville, Baltimore, Seattle, Madison, and Portland embracing backyard hens, some say it's time for Arlington to join their ranks and promote urban agriculture.

More than 1,000 Arlington residents have signed a petition to the County Board calling for the legalization of small-scale, sustainable backyard hen-keeping.

For more information visit ArlingtonEggProject.org.



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Activities and Events

Courthouse Farmers' Market, Saturdays from 8:00 a.m. – noon. Located adjacent to the Arlington County Courthouse Parking Lot, at the intersection of North Courthouse Road and North 14th Street. Arlington's largest market, it continues year round and averages about 30 vendors, all of whom are required to produce their items within 125 miles of Arlington. Free parking in the garage under the County Administrative Offices. No dogs are allowed at the market.

Del Ray Farmers' Market, Saturdays from 8:00 a.m. – noon, corner of East Oxford & Mount Vernon Avenues. The nearby Del Ray market is open year round, offering producer-grown fresh vegetables and fruits in season. All year round, this market offers meats, eggs, fresh pasta and sauces, Amish cheese, yogurt, bakery goods, eggs, jams and jellies, fancy nuts, and bakery goods.

Bread of Life Cooking Classes, 3rd Saturday each month, 1:00-3:30 p.m., Mount Vernon Baptist Church. For young chefs; come sharpen your culinary skills; dress up in chef uniform & have fun. Free. This class fills up fast! Call (703) 979-1558 or Inquire & RSVP to KidsRCooking@gmail.com

YogaFit, Monday & Thursday, 6:30 p.m. at Mount Vernon Baptist Church. Experience the health benefits of gentle Hatha Yoga. Free. Call (703) 979-1558 or e-mail mvbccc@mvbccc.org.

Aurora Hills Library Story, every Thursday, for children under two at 10:30 a.m., for children 0-5 years old at 4:30 p.m. Each week has a theme and a craft and no registration is required for any of these programs. They are first come, first served until capacity is reached. For more information call 703-228-5715 or stop by the library.

5K FRIDAYS, April 6, 13, 20, and 27 at 6:30 p.m. The Crystal City BID and Pacers bring the starting line back to the courtyard at 2121 Crystal Drive for one of the most popular and fun races in the area. Run a professionally timed and certified course along a fast and fun route through Crystal City. Be brave and run all five, register at <http://pacersevents.com/crystalrun5kfridays/index.html>.

Pancake Breakfast, Saturday, April 7, 8:00 to 10:00 a.m., Calvary United Methodist Church, 2315 S. Grant Street. Start your weekend with delicious pancakes prepared by the men of Calvary. You are

sure to see all your neighbors and friends and it will be a great time to catch up with what's happening in the neighborhood.

ECARE, Saturday, April 7, 8:30 a.m. – 3:00 p.m., Thomas Jefferson Middle School, 125 S. Old Glebe Road. Dispose of hazardous household materials, computer monitors, and televisions (\$15 fee for computers and \$20 fee for televisions), and recycle small metal items, electronics, shoes, clothes, linens, eyeglasses, and durable medical equipment. Serviceable bikes will be collected by Bikes for the World (BfW) to be sent to countries where they are needed for basic transportation. For more information, visit www.arlingtonva.us/recycle.

Friends of the Library Book Sale, April 13 - 15, Arlington Central Library, Friday and Saturday 10:00 a.m. to 6:00 p.m., Sunday noon to 6:00 p.m. The Spring Sale is a great opportunity to get some great buys and help out our libraries. On Sunday everything is half-price all day.

Arlington Home Show & Expo, Saturday, April 14, Walter Reed Community Center, 2909 16th Street South, 10:00 a.m. - 4:00 p.m. A convenient way to learn about a variety of home improvements, from remodeling kitchens and baths, to finishing or waterproofing basements, to replacing windows and doors, as well as how to make your home more energy efficient.

Science and Techstravaganza, Saturday, April 14, Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria, 10:30 a.m. until 4:00 p.m. During this free event for upper elementary and middle schoolers, TJ students will lead tables with mini-experiments such as floating penny boats, gumdrop nanotubes, magnets, Popsicle catapults, homemade silly putty, and more. This carnival-like fair is a good opportunity for potential students to learn about this regional high school. For more information, visit <http://activities.tjhsst.edu/twist>

Aurora Hills Library Children's Programs--Kids Club, Wednesdays April 18 and May 9 at 4:00 p.m. Elementary school kids are invited to come participate in fun activities, crafts, and stories. On April 18, Children's Theatre staff will present "Charlotte's Web." The May 9 program will include stories, balloon animals, and crafts.

Long Bridge Park Update, Thursday, April 19, Arlington County Board Room, 2100 Clarendon Blvd, Third Floor, 7:00 p.m. The Department of Parks and Recreation will host an update and overview of the current status of the Long Bridge Park project and the Phase II aquatics center. A presentation and interactive stations will be available to provide information and answer any questions.

Gunston Spring Fling, Friday, April 20, 6-9 p.m., Gunston Middle School. There will be carnival rides and food for sale. Great night for family fun!

Arlington Earth Week Community Fair, Sunday, April 22, noon to 3:00 p.m., George Mason Arlington Campus. The fair will highlight a diverse group of businesses, non-profit organizations, research centers, and student groups promoting environmentally friendly practices and policies. The fair will also feature food, music, and sustainability-focused educational programs.

Eco-Friendly Disease and Insect Control, Wednesday, April 25, 6:30 to 8:30 p.m., Fairlington Community Center, 3308 South Stafford Street. Learn about the most common vegetable and garden diseases and insect pests, and how to control them in an environmentally friendly way. Pre-register with Virginia Cooperative Extension at 703-228-6414.

Youth Friday, April 27 (4th Friday of each quarter), 7:00 - 9:00 p.m., Mount Vernon Baptist Church. Various activities such as readings, story-telling time, movies. Free. Hot dogs, chips, popcorn, drinks. Call (703) 979-1558 or e-mail mvbccc@mvbccc.org

Parkfairfax Native Plant Sale, Saturday, April. 28, 9 a.m. to 2 p.m. For details see <http://www.parkfairfaxnativeplantsale.org/>

Artomatic, May 18 to June 24, 1851 S. Bell Street. Artomatic returns to Crystal City for its signature free arts event, to be held in the biggest Artomatic building ever. At its last event in 2009, Artomatic attracted more than 76,000 visitors to see work by more than 2,500 artists and performers. More details to come.

Environmental Education Day, May 19, Aurora Hills Community Center, 1:00 - 6:00 p.m.. The Arlington Ridge Civic Association and the Aurora Highland Civic Association will co-sponsor the Arlington Spring Environmental Education Day. More details in next month's newsletter.

NeighborFit

By Maria Joukov

This month, we're going to target one of the more elusive fitness goals—the midsection. While I can't promise you will come out with a six pack, if you focus on doing the move below, you will feel your core getting stronger.

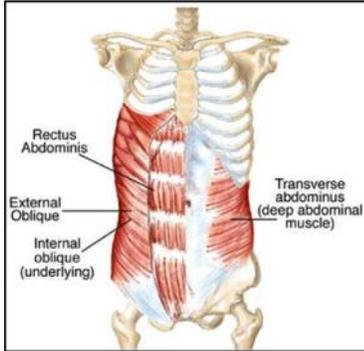
Why should you care?

A stronger core helps you maintain better posture, reduce pressure on your lower back, knees, and pelvis, and improve your balance.

You're probably already familiar with fitness articles saying that crunches alone won't do the trick. To get the maximum effect, you have to target all the different muscle groups in your mid-

section—the rectus and transverse abdominis, and the internal and external obliques.

In other words, you will need to add to your regular midsection workout some sort of trunk twisting motion and a motion that involves raising your legs to isolate these often ignored muscles.



This month, try a move I call "The X".

How: Lying with your back flat on a towel or mat, make a giant "X" with your body: your feet are spread apart, and

your arms are lifted over your head and spread apart.

Raise your right arm (shoulder blade should come up off the floor) at the same time as you raise your left foot, picturing your midsection twisting and contracting to make the two extremities meet in the air above your midsection. Hold for a second then lower down. Repeat with your left arm and right foot. That's one rep. Aim for two sets of 8 reps, working your way up to 12 reps.

Want a challenge? Sticking with the "X" theme, transfer the X position to the vertical plane and line yourself up for a jumping jack. Do 15 jumping jacks between each set of the core exercise.

As with any exercise routine, please make sure to get clearance from your doctor.

Kettler Proposes 200+ unit Apartment Building for Old Post Office Site

By Jim Oliver

In early March, Kettler submitted an application to Arlington County for the construction of an 11-story apartment building on the site of the old post office at the northwest corner of 18th Street South and Eads Street. The building, just a block from the Crystal City Metro Station will include traditional amenities like a pool and leisure area (rooftop) along with the modern amenities like WiFi in their outdoor spaces and electric vehicle charging stations. The building is proposed to be LEED certified Silver. More residential development was a key element in the Crystal City Sector Plan to help "rebalance" the commercially intense Crystal City area. We will keep you updated as the project progresses. Send all comments, concerns, or questions to AHCAPresident@gmail.com or follow the project through the county process.



HOG Pull, First Saturdays, April 7 and May 5 Help Remove Invasives At Haley Park

Haley Park, Oakridge Elementary School, Gunston Middle School Invasive Plant Pull

Come see the results of our past efforts while freeing more native plants from the invasives.

When: Saturday, April 7 and May 5, 9:00 - 11:00 a.m.

Where: Meet at Haley Park, 2400 S. Meade Street

What: This is a continuing project on the first Saturday of each month to reclaim the natural area between Haley Park, Oakridge Elementary School and Gunston Middle School from invasive plants.

Bring: **Appropriate clothing**, including good footwear. Some parts of the

area are steep and contain poison ivy.



Gloves, tools - weeders, clip-pers, whackers, small saws, **drinking water**, **Insect repellent**

We will provide extra tools if you don't have any of your own.

This is a RiP and ARMN approved project.

Contacts:

Marti Klein, [cum-mingslc@aol.com](mailto:cummingslc@aol.com)
Jennifer Frum, frumjb@gmail.com
Mary Ann Lawler, malawler0@gmail.com
Bill McLaughlin, billmcnative@gmail.com

Update on Bus Stops

By Jim Oliver

— Continued from Page 1 —

the stop on the north side of 23rd/Grant from the east side of Grant (in front of a home) to the west side of Grant (in front of a business) and the addition of a bus shelter to compliment the existing shelter on the south side of 23rd; and

- ◆ a draft recommendation for the removal of the stops at 23rd/lves.

AHCA offers a hearty thanks to County Manager Barbara Donnellan and County Board Chair Mary Hynes for listening to and addressing our concerns.

If you have any comments or concerns, please let us know.

President's Corner—Long Bridge Park

By Jim Oliver

— Continued from Page 2 —

with green every growing season. At the current north end of the park is a raised knoll perfect for simultaneous train and plane spotting.

Some have called the next phase of the park just a pool, but one look at the plans and renderings and most are blown away by the potential. I saw facilities like these several years ago in Santa Fe and I told everyone who would listen that we were just as hard working and well educated and should consider having first class facilities for everyone to use.

In the next phase of the project, the county plans to include a comprehensive, state-of-the-art Aquatics Health and Fitness Facility; a bike and walking connection across the GW Parkway that will connect the park to Gravelly Point, the Mount Vernon Trail, and the 14th Street Bridge walkway; and a fourth full-size synthetic turf athletic field. The Aquatics Health and Fitness Facility (pool) will include a 50-meter Olympic-sized pool with diving boards and a 10-meter platform, designed for recreational, fitness, and competitive aquatics. The facility also includes

two smaller pools that will have more lap lanes and opportunities for teaching and therapy. A leisure pool with slides, a lazy river and other play features will serve Arlingtonians of all ages. The facility will also include cardiovascular and weight training equipment, a group exercise rooms, a child-care drop off area, locker rooms, and two large community rooms.

Stay tuned because there is another phase after this one. For more information, plans and drawings, visit the county website, or, better yet, visit the park and let your imagination wander.

New Arlington Home Comfort / Energy Efficiency Rebates Available!

By Scott Donelson

If the warm winter and early spring are any indication, the summer will be a hot one. Are you dreading another summer dealing with a hot upstairs? If you're tired of paying those high electric bills, now is the time to act! Arlington County, through the NoVA Home Performance with Energy Star Program, is offering rebates up to \$1000 for improvements showing at least a 20% reduction in energy consumption.

The program is being administered by the Local Energy Alliance Program (LEAP) and applies to air sealing, insulation, lighting and heating and AC improvements. So how can this help solve your home's comfort problem? They recognize that the number one factor to achieve this is stopping air leakage from the home. Air flows from hot to cold and in the summer, hot

air is drawn into the home through all the gaps and cracks between the attic and the 2nd floor ceiling. Combine this with under-insulation often seen in older homes, and it is like living under a pizza stone! Insulation alone does not do much good without the proper air sealing.

So how does the program work?

1. You must complete work through a NoVA Home Performance with Energy Star participating company that is certified by the LEAP program.
2. An energy audit is done for the home.
3. Improvement measures are determined.
4. The participating company fills out all the necessary paperwork once a contract is signed.

5. A check is sent for the balance once the work is completed and the paperwork is processed.

Rebates are limited and are not anticipated to last very long. For more information on the program and how you can benefit, you are welcome to contact me for a free consultation or go to LEAP-VA.org/Nova. Financing is available for as low as 3.99% APR and is very easy to get and not predicated on home equity.

About the author: Scott Donelson is a local resident, certified energy auditor, home energy consultant, and president of Home Energy Medics, www.HomeEnergyMedics.com, a LEAP certified NoVA Home Performance with Energy Star Program participating company, and a BPI gold star accredited home performance contractor.

Learn About How to Improve Your Home's Comfort and Efficiency

Thinking about making some improvements to keep that upstairs area from getting blazing hot this summer? Contemplating replacing your AC or an adding a system to keep the upstairs cool? How can you determine where to start and the "best bang for the buck"? Have you heard about energy audits but don't understand what they are, and how much they cost?

Come attend a Home Party/Open House Saturday, April 21 from 2:00-4:30 p.m. All of these questions will be answered and more in a fun, relaxing environment in a home in Alexandria. Demonstrations with actual equipment will be conducted. Dave and Amira Reiss have graciously opened up their home to anyone who would like to get more information and see and hear about the benefits first hand. They have recently completed some energy efficiency improvements, and these can be seen as well!

For more information and to make reservations to attend, please contact Scott or Barb Donelson at 703-447-5379 or at www.homeenergymedics.com.

For an additional opportunity to learn about "Improving Your Home's Comfort, Health, and Energy Efficiency", sign up for a one-session class through Arlington County's Adult Education Program. Three different class sessions will be offered on May 12, June 19, or August 4. You can find out more about these classes at www.apsva.us/adulted. The listing for this course can be found under the 'Trades and Industry' heading.

Yes! I want to join the Aurora Highlands Civic Association!

Please complete the following information and enclose the form with your check payable to **Aurora Highlands Civic Association**. Annual dues are **\$20.00** per household. Bring it to the next Civic Association meeting or mail to:

Membership Chair
Aurora Highlands Civic Association
P.O. Box 25201
Arlington, VA 22202

Member information:

Name(s): _____

Address: _____

Phone: _____

E-Mail: _____

Check here to receive Civic Association announcements by email.

I'm ready to get involved!

I am interested in:

Library Schools Parks and Rec. Streets & Lights

Zoning/Planning Other _____

Serving on an AHCA committee

Note: Your address, phone number and e-mail address will not be released outside the civic association. The dues year runs November 1 to October 31.

Tree Talk: Restoring Our Community's Native Tree Canopy

by Cory Giacobbe

Arlington Tree Canopy Fund

The Arlington Tree Canopy Fund is administered by Arlingtonians for a Clean Environment. The program plants trees on private property for participating applicants. The trees are nice sized native canopy trees. This year the tree list includes five different oaks, evergreens including American Holly, Eastern Red Cedar and Virginia Pine, and other popular trees such as River Birch and Beech.

Both AHCA and ARCA will be coordinating applications again this year. We'll help you select the right tree for the right spot. Trees will be planted Fall 2012. Your deadline to ask for a tree is May 1.

If you live in ARCA, email Michael Reamy at mreamy3@comcast.net.

If you live in AHCA, email Cory Giacobbe at ahca.news@yahoo.com

****Please write Tree Request in the subject line****

For more information and a link to the tree list, visit <http://www.arlingtonenvironment.org/community-action/tree-canopy/>

Water Young Trees!

Please start watering your young trees! As the Washington Post noted about the abnormal weather: moisture is quickly becoming a scarcity. We have only seen about 65% of normal rainfall since the beginning of the year. That is only a deficit of 2.5" at Washington National but there are additional factors to consider this season that should motivate you to find your hose: 1) There has been no snowmelt to boost soil moisture this spring in most of the area. 2) Unseasonably high evaporation rates resulting from plants putting on new foliage and the drawdown in the limited soil moisture reserves

Buy yourself a rain gauge and if it hasn't rained 1" in the last week, get out the hose weekly and let it run for a several minutes

around the young trees -- or purchase a gator bag or ooze tube and remember to fill it weekly., They are both sold at Ayers, Home Depot and Amazon.com. Young trees need 1 inch of rain a week for the first 3 years of life.

For ongoing reminders about watering, and a free rain gauge, take the watering pledge at Casey Trees and sign up for alerts at link below. They recommend 25 gallons a week if it doesn't rain, others recommend 15 or 20 gallons -- what counts is not letting the soil around the roots turn into cement!

http://ct.convio.net/site/Survey?AC-TION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=1761

TreeStewards of Arlington & Alexandria
www.TreeStewards.org

Take Ivy Off Trees

English ivy can choke -- and kill the beautiful trees that give our yards and neighborhoods shade and character. What looks like a lovely little green plant can actually strangle trees, accelerate rot, attract mosquitoes and cause mature trees to fall down during storms.

Ivy can strangle trees, and once it is in the tree canopy, it can block sunlight from the trees' leaves. Dense ivy cover deprives the tree's bark of normal contact with air and microorganisms and competes with the tree for nutrients and water. Ivy is a threat! But we can beat it with simple landscaping work. To learn how, visit

www.TreeStewards.org and click on the tab called "Take Ivy Off Trees"

The Parkfairfax Native Plant Sale will be on Saturday, April 28, 9:00 a.m. to 2:00 p.m. All the details can be found at <http://www.parkfairfaxnativeplantsale.org/>

Aurora Highlands Civic Association

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Long Range Planning Commission's Crystal City Long-Term Plan -- Bruce Cameron & Mike Dowell
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Meeting Hospitality - Rosamunda Neuharth-Ozgo
Police and Waste Water Treatment Plant Liaison -Brad & Louise Garris - 703-548-1944
Urban Planning -- Ted Saks
703-683-1312

Items for the Newsletter: Send items to the newsletter editor, Cory Giacobbe: AHCA.news@yahoo.com

P.O. Box 25201 - Arlington, VA 22202

AuroraHighlands.org

"The Association is a non-partisan organization of community residents formed to work in the overall community interest in promoting civic pride, enhancing the quality of life in the community, preserving the character of the community and planning for the orderly, safe, and humane development of the community" (AHCA Bylaws, Article II). The AHCA meets on the 2nd Wednesday of each month (unless specifically noted) in the Aurora Hills Community Center (735 S. 18th St.) at 7:00 p.m.