

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, May 9, 2012 at 7:00 p.m.

AURORA HILLS COMMUNITY CENTER

Agenda

- 6:30 Social**
- 7:00 AHCA Business Meeting**
- 7:30 Legislative Update from Virginia House Del. Lopez**
- 8:00 Presentation: "Take Ivy Off Trees" Campaign**

Legislative Update from Virginia House Delegate Lopez at May 9 Meeting

Delegate Alfonso Lopez (49th District) represents our community in the Virginia House. Throughout the 2012 Session he worked hard to pass legislation that held true to our values and that would strengthen our community and the Commonwealth. Delegate Lopez introduced 12 pieces of legislation and was able to pass 4 bills:

1. Created a process and standards to title and register motor vehicles that are converted from gasoline combustion engines into fully electric vehicles;

2. Enabled pregnant immigrants who are in their first five years of legal residence in the U.S. to receive Medicaid/FAMIS coverage for prenatal care;

3. Established a Small Business Grant Fund to provide incentives for investment in Virginia small businesses;

4. Increased green building standards for new or extensively renovated public buildings across Virginia.

Delegate Lopez introduced 8 budget amendments to the budget of which 4 were included in the final version:

145 participants and only 25 open slots for new patients.

2. Restored a 100% cut in funding for Child Advocacy Centers to bring together medical, mental health, investigative, police, prosecution, and social workers to address the needs of child abuse victims in a coordinated way.

3. Restored \$300,000 each year in state aid to local libraries. Some localities are dependent on this funding and would have to close their local libraries without it.

4. Increased funding for land and historic battlefield preservation by \$2 million. Virginia is home to some of the most historic sites in our nation.

Delegate Lopez can be reached by mail at P.O. Box 40366, Arlington, VA 22204, 571.336.2147, or by email at: DelALopez@house.virginia.gov. His website is: www.AlfonsoLopez.org.

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President's Corner

by Jim Oliver

In addition to the presentation on the Virginia state legislative session, at the May AHCA meeting we will hear a presentation about preserving our tree canopy by removing English Ivy. Tree Steward Cory Giacobbe will give a short talk using the new "Take Ivy Off Trees" program.



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, come to the May 9 AHCA meeting. For more information, visit www.TreeStewards.org and click on the tab called "Take Ivy Off Trees".

Denis O'Sullivan

by Brent Spence

Denis O'Sullivan, long-time resident and neighborhood enthusiast, passed away on April 17 at the age of 91. Denis has been working with AHCA for as long as anyone can remember. He served as president of the Aurora Highlands Civic Association for two years, and contributed to many accomplishments. Most recently, he focused particularly on dealing with the mitigation of aircraft noise and negative impact of the proximity of National Airport, including air quality effects. His contributions to AHCA for the betterment of our neighborhood are beyond measure.

Up until the time of his death, Denis effectively represented AHCA to CAAN (Citizens for the Abatement of Aircraft Noise) and represented CAAN to the Council of Governments (COG) Committee on Noise Abatement and Aviation at National and Dulles Airports (CONAANDA). He was always an advocate for reasonable discussion, plus his military experience made him formidable as a proponent of our community. A few years ago when the overflights of military helicopters became unbearable, he and his wife, Laura, invited military reps from the Pentagon to experience the helicopters while sitting in the O'Sullivan S. 22nd Street living room. During that first-hand exposure, Denis proposed marking helicopter route maps "DO NOT OVERFLY THIS AREA." Soon, our community was relieved of much of the prob-

lem, as the Pentagon implemented the plan, sending helicopters on a safer less disruptive route along highways around the edges of the neighborhood. In recent years, in spite of health obstacles, Denis has remained our connection to all things aircraft.

In spite of his expertise, or maybe because of it, Denis never particularly liked to fly. He preferred Amtrak for long trips and was disappointed in the

lack of rail service to small towns across America. He blamed the Eisenhower Interstate Highway System for the demise of country-wide rail service. Quite accurately, he observed there's no way to get to a lot of places without a car. He and Laura always actively encouraged improvements in our neighborhood bus service and other transit options. After retirement, Denis and Laura enjoyed taking senior day trips sponsored by the Aurora Hills Senior Center.

Denis was born in Niagara Falls, NY, and served in the Army Air Corps during WWII as a chief radio operator. After his military service he attended University of Miami Law School. During the Korean War, Denis transferred

to the Department of the Navy, Office of General Counsel where he was responsible for legal aspects of procurements related to Navy Ordnance.

Denis married Laura in 1961. They lived for several years in D.C. in a 'cute neighborhood' in Foggy Bottom. They moved to Aurora Hills in 1976 and have been here ever since. Laura says they moved to Arlington because neither of them drove a car and it was



much easier to get around and have access to daily services and amenities here in Aurora Hills. The couple has always relied on Metro-bus, Metrorail, and MetroAccess to get

around, plus friends and neighbors. If you see Laura at the bus stop, ask her where she's going. It may be an easy drop-off along your route.

Denis was a valued member of our community. His efforts and voice have always been raised on our behalf, and we have much to thank him for. Please join all of us at AHCA in offering condolences to Denis' wife Laura and celebrating Dennis' life and contributions to the betterment of our community.



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Passport to Summer Kick-Off on June 20

Passport to Summer will start with a bang next month on Wednesday, June 20, from 5:00 — 7:00 p.m. at the Aurora Hills Community Center. Come join your neighbors for a celebration of the end of school and beginning of summer. The School Boys, our great local dance band, will teach us the latest dances and do all the oldies: twister, macarena, electric slide and others. Grab some library books, eat some pizza and unlimber. It's going to be a great summer!

Kids Club at Aurora Hills Library

The last Kids Club's meetings at Aurora Hills Library are on

May 9 at 4:00 p.m.

Crafts with Ms. Elizabeth Tung from North Potomac, MD. Ms. Elizabeth won first prize in 2011's Washington Post Holiday Crafts Contest! She regularly teaches art projects at her local church. Creativity, patience and recycling are important to Ms. Elizabeth. For Arlington's children, she has designed a special and unique bookmark. Children will choose different color threads, beads and special backing to create a one of a kind bookmark. Limited to 25 children!

June 6 at 4:00 p.m. **NEW**

Origami crafts with Ms. Cho, from Arlington. Ms. Cho will teach you how to create various origami animals. She's taught various origami classes for adults and children in Arlington County and is looking forward to meeting Aurora Hills Children! All children are welcome!

June 13 at 4:00pm **NEW**

Nocturnal animals with Ms. Jennifer from the Gulf Branch Nature Center. Ms Jennifer will visit with her nocturnal animal friends from the Nature Center. She will entertain us with special stories to kick off our Summer Reading Program! All children are welcome!

Long Bridge Park Update

Arlington County has modified the parking rules at Long Bridge Park. It is now free to park at Long Bridge Park on weekends and after 5:00 p.m. on weekdays. Parking on weekdays is limited to three hours and overnight parking is prohibited. Until road construction is complete, parking is not permitted on Long Bridge Drive (former Old Jefferson Davis Highway). There is also free parking weekends in the nearby garages at 1350 S. Clark Street and 1350 Crystal Drive.

Aurora Hills Women's Club

June Meeting

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, cdelong828@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.

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).

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

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



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Wakefield High School

Last Chance! *Beauty and the Beast* Ends Saturday Night, 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.

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](mailto:Wakefield_Booster_PTA_subscribe@yahoo.com)

Oakridge Elementary School

Oakridge PTA Silent Auction Sets New Record
The PTA hosted a record-breaking Silent Auction Fundraiser on April 12 thanks to support from local businesses, organizations, and countless volunteer hours. Playing host was the DoubleTree Hotel on Army-Navy Drive with spectacular views and impeccable service; the event also enjoyed major sponsorship support from the Crystal City BID. Over 100 Oakridge family and friends bid on some 140 items, raising \$17,000 for our local elementary school. This money goes directly into classroom and student enrichment with grants for technology in our ever-burgeoning classrooms and playground equipment for our growing student population. We would like to thank the many local businesses that donated auction items and share our community values. The good news is that there were far more supporters than we have space to thank individually, and the bad news is, we have far more supporters than we have space to thank individually so, in no particular order, we have included a list of supporters that you probably see every day. Please join us in thanking them and all the other donors and volunteers that that made this event such a success.

- ACFD
Hyatt - Crystal City
Champps Americana - Pentagon Row
MOM's - Mt. Vernon Avenue
Café Italia – 23rd Street
Thaiphoon - Pentagon Row
Noodles and Company - Pentagon Row
Restaurant Murali - Pentagon Row
Wing Zone - Mount Vernon Avenue
Portofino Restaurant – 23rd Street
Lebanese Taverna - Pentagon Row
Gossip – 23rd Street
Jouvence Aveda Salon - Pentagon Row
Harris Teeter – Pentagon Row

- BikeArlington
Chik Fil'A – Crystal City
Dunkin' Donuts – Pentagon City
Fyffe Landscape Architecture
ACPD

School Board's Honored Citizens

The School Board's 2012 Honored Citizens Awards included four volunteers active in our neighborhood schools: Mollie Iler, Thomas Martin, and Greg Super (from the community) and Theresa Schweser, President of Wakefield PTA (who is from a different neighborhood). They were among a group of 15 new inductees who were recognized on April 19 by the School Board for their longtime volunteer service to the county school system. Mollie Iler has volunteered for over 10 years at Gunston with HILTEX students. Thomas Martin has volunteered with Oakridge's after school tutoring program for the last 10 years. Theresa Schweser has been volunteering since 2001 and has worked on programs, events and fundraisers at Key, Kenmore and Wakefield. Greg Super has volunteered with APS for 13 years in a multitude of roles. For more information on the program and the volunteers, please [visit http://www.apsva.us/honoredcitizens](http://www.apsva.us/honoredcitizens)



Top row, from the right: Greg Super, Theresa Schweser, Mollie Iler, and Thomas Martin (5th in from the right)



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Spring Fling Carnival and Book Fair at Oakridge Elementary—Sunday, May 20

By Jenny Sammis

Oakridge Elementary is prepping to host the biggest bash in our community once again: the annual Spring Fling carnival, an afternoon of fun for everyone, with rides games, pony rides, raffles, great food and sweet treats, prizes, and a brand new Used Book Fair. Spring Fling takes place on the grounds of Oakridge Elementary, 1414 24th St. S., rain or shine, on Sunday, May 20 from 2:00 - 6:00 p.m.



The 2012 Spring Fling is an afternoon of fun and frolic with attractions for children of all ages. New carnival rides like the Whirly Bird, Climbing Wall and Junior Jumper cater to thrill-seekers. Look out for moon bounces and old-fashioned favorites--the ring toss, the traditional cake walk, a petting zoo, pony rides, face-painting and hair-spraying. Hungry folks should make way for delicious fare, starting with a hearty lunch of burgers, hotdogs and grilled chicken, with delicious sides like black beans. And best

ever, the fabulous Oakridge teachers themselves will be serving in the lunch line this time, greeting every kid with a special howdy-do! Out on the fair grounds will also be the perennial favorites of snow cones and cotton candy.

The new attraction this year is the Used Book Fair, which will give kids and adults alike the opportunity to round out their summer reading collection. The Book Fair will also include gently used video games and DVDs. To donate clean, gently used books, video games, and DVDs, please drop off items inside the Aurora Hills library during library hours at 735 18th St S, Arlington, VA 22202, 703-228-5715. Please do not use the after-hours book return. A donation bin will be available at Oak-

ridge Elementary School soon.



Spring Fling, now in its tenth year, is made possible by generous donations of time, effort and money from Oakridge parents and teachers, local businesses, realtors, restaurants and

corporations as well as local community residents. Funds from the event are used to invest in the school, providing classroom technology, playground equipment, and enrichment programs that benefit all the children of Oakridge.



Want to volunteer? There's room for more talent, energy and helping hands. Let us know

at oakridgepta@gmail.com or sign up for an easy one-hour shift at www.signupgenius.com/go/30E0D48ABA923A57-oakridge.



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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, jams and jellies, fancy nuts, and bakery goods.

Four Mile Run Farmer' Market, Sundays from 8:00 a.m. - 1:00 p.m., Mount Vernon Avenue, just across Glebe Road from Four Mile Run bridge. The market runs from May 6 through October and will be held on a brand new plaza next to the brand new stage at the re-purposed Four Mile Run Conservatory building (the old paint store). Get your reusable bags ready to fill with farm-fresh goodies and artisan made crafts, this should be a great season.

Yoga in the Water Park, Mondays at 7:00 a.m. from April 30 through the end of September, Crystal City Water Park, across from 1750 Crystal Drive. Beginners and seasoned yogis are invited to join professional instructors from Crystal City's newest Yoga studio (opening in the fall), Mind Your Body Oasis, and flex their way into the week with Morning Meditation and Yoga/

Two Wheel Tuesdays, 7:00 to 8:30 p.m., various locations. Tuesday night is bike night in Arlington! Join BikeArlington for informative and interactive sessions on everything you need to know about biking in Arlington. Each session will focus on safety tips, equipment and clothing recommendations, and advice on routes and directions for

your commute or ride. Visit Bike Arlington's, <http://www.bikearlington.com> for additional information and the schedule.

Crystal City Farm Fresh Market, Tuesdays from 3:00 - 7:00 p.m., on the sidewalk along Crystal Drive between 18th and 20th Streets. The market runs weekly from May 1 through November 20. Over 20 local farmers and producers bring together seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, specialty foods and much more.

Outdoor Zumba, Wednesdays, May 2 through September 26, from noon - 1:00 p.m. in the courtyard of 2121 Crystal Drive. Join the Crystal City BID, Sport and Health fitness club, and Vornado/Charles E. Smith every week for free Zumba. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

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

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.

Pancake Breakfast, Saturday, May 5, 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.

Aurora Hills Library Children's Programs--Kids Club, Wednesday May 9 at 4:00 p.m. Elementary school kids are invited to come participate in fun

activities, balloon animals, crafts, and stories.

Lucy's Local Playlist, Friday May 11 and Saturday, May 12 at 8:00 p.m., Synetic Theater, 1800 S. Bell Street. Bowen McCauley Dance introduces Lucy's Local Playlist comprised of new dances inspired by local music talent! Join them for a world premiere dance event following the original hit sensation, Lucy's Playlist. Lucy choreographs to the music of local favorites with a special live performance by Half Brother. For more info, visit www.synetictheater.org.

Bike to Work -- Friday, May 18th is National Bike to Work Day, and in Crystal City, Bike to Work Week runs May 14 - 18 in the Crystal City Water Park. The friendly Crystal City BID will greet area commuters in the Water Park from 7:00 - 9:00 a.m. with breakfast and a chance to win a different prize each day. Complimentary showers will be provided by Sport & Health so you can freshen up before the start of your day.

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. For details visit the Artomatic web site at www.artomatic.org.

WABA Learn to Ride Class, Sunday, May 27, 9:00 a.m. to noon, 220 20th Street. Are you an adult who never learned how to ride a bike? Now is your chance to learn! Come to BikeArlington's adult first time riders class and learn to ride a bike. Learn how to balance, steer, start, stop and pedal! Bikes are provided by request during registration. There is a non-refundable \$10 registration fee for this class. Register online, and learn about more local bicycle education classes, at the Washington Area Bicyclist Association web site, www.waba.org.

NeighborFit

By Maria Joukov

Let's talk about a little friendly competition. Whether it's against your coworkers, neighbors, spouse, or even against your own previous records, having a goal to beat can motivate you to stick with an exercise and push yourself harder than you normally would.

Kick off the competition by focusing on triceps this month. The triceps are actually the largest muscle group in the arms, yet many people who want toned arms mistakenly pay more attention to the biceps. Triceps help your body perform any pushing or reaching motion.

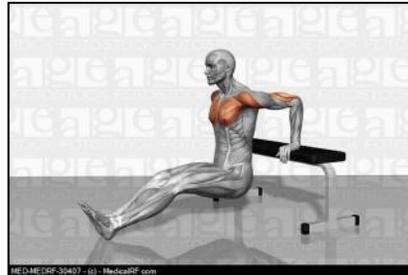
For the exercise below, aim for 2-3 sets of 8-12 reps three times a week on non-consecutive days. See who can stick with the program the longest, or write down your own results to keep

yourself motivated. The exercise below can be done anywhere there is a sturdy chair or bench. (As a bonus, it not only works your triceps, but also your pectorals). Bring in a little competition by challenging your coworker to knock out the sets during work. Challenge your kids at the dinner table, or your friend on a stroll to the park. (As with any exercise program, please get clearance from your physician before starting out.)

Triceps Bench Dip

How: Sitting on the edge of a sturdy surface, place the heel of your hand on the surface behind you and extend your feet

in front of you, so your knees are at a 90 degree angle. Bend your elbows and lower yourself off the seat toward the floor to the level you're comfortable with. Raise yourself back to chair height, relying on your arms, rather than pushing off with your feet. That's one rep. Do 8-12, rest, then repeat for a total of 2 to 3 sets.



(Image from agephotostock.com)

Want a challenge?

Make it harder on your triceps by extending your feet out in front of you (shown in picture above). For an even harder workout, raise one leg off the floor and extend it in front of you.

Young Tree Killed at 22nd and Hayes

Two weeks ago, neighbors at the corner of 22nd and Hayes had a large potted plant stolen from their front porch. A week later, someone cut down the 6 foot tall oak tree that they got from the county last year and planted in front of their house. Whoever it was left a kitchen knife lying beside the tree.

Incidents like this should always be reported to the police. Even though this is seemingly "small," it could also be happening in other parts of the neighborhood or in other parts of the county.

If you don't feel like it's an emergency but want to report an incident, call the police non-emergency number, 703-558-2222.

2012 Notable Tree Winners Announced

The Arlington County Board recognized nine of Arlington's trees as "Notable Trees" at the Arlington County Board meeting on April 24. Two of those trees are in our neighborhood on 25th Street. We have a notable Post Oak at the corner of 25th and Hayes (the "Halloween House"), and a notable Ginkgo in the 700 block of 25th Street. To learn more about the program, the criteria, and the trees, visit the website <http://www.arlingtonva.us/departments/ParksRecreation/scripts/parks/ParksRecreationScriptsParksNotableTree.aspx>.

HOG Pull, First Saturdays, May 5 and June 2 Help Remove Invasives At Haley Park

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

good footwear. Some parts of the area are steep and contain poison ivy.

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

When: Saturday, May 5, 9:00 - 12:00 noon.

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 nat-

ural area between Haley Park, Oakridge Elementary School and Gunston Middle School from invasive plants.

Bring: Appropriate clothing, including

Gloves, tools - weeders, clippers, 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, cummingslc@aol.com

Jennifer Frum,

frumjb@gmail.com

Mary Ann Lawler, malawler0@gmail.com

Bill McLaughlin,

billmcnative@gmail.com



Come free a Mayapple from the English Ivy

Buggy Summer Ahead

By Cory Giacobbe

Last week I read an article in the *Washington Post*, "Get ready for a bumper crop of insects" (April 24, E1) that confirmed my fear that this summer will bring more mosquitoes and ticks than usual. Searching for the reason, I read an article in an NCSU publication, <http://www.technicianonline.com/features/mild-winter-brings-early-bugs-1.2730508#.T6CdK8WrjLW>

quoting Charles Apperson, professor of entomology at North Carolina State University, that because of the mild winter, tick and mosquitoes will be active earlier and for longer this year than normal. Since the mosquitoes and ticks will be active earlier, that will give them more time to mate and that will increase the population of the bugs.

According to the *Washington Post* article, southern ticks are moving northward, and northern ticks are moving southward, and Northern Virginia is right at the nexus. The health risks associated with tick bites are considerable and everyone should learn how to avoid them. Consult the Arlington County publication listed at the end of this article for information.

While mosquitoes are very annoying, serious health risks are rare in our area. It's fairly easy to prevent mosquitoes in your yard by eliminating standing water. Here I reprint my article from last year on mosquito prevention:

The Asian Tiger Mosquito, *Aedes albopictus* has a different biting schedule from the dawn and dusk biters we grew up with. They are active all day long and they have a very short breeding cycle. They can complete their entire cycle from blood meal to egg laying to larva to hatched adult in only 4 days during warm weather if they have a constant pool of water, even if the amount of water is tiny.

If you leave water standing for a couple of days in the summer, when you look into it, you can see tiny wiggling

things like tiny worms. You can especially see them wiggling if you empty the water out onto the pavement. These are the larval mosquitoes that have hatched.



I learned 3 quick and simple yard maintenance tips that will GREATLY reduce mosquito breeding. If we all do these things, remind our neighbors and help neighbors when they are away or unable, we will reduce the mosquito population in our neighborhood.

#1 mosquito breeding site: inside the corrugated black plastic tubes we've all been attaching to our downspouts to move rain away from the house. Those little corrugated bumps hold in enough water (even on a slope!) long enough for thousands of mosquitoes to hatch and reach adulthood. The water doesn't evaporate well from the tubes. After every rain, and once every weekend, remove the tube and tip it vertically to pour out all water, mud and debris. Consider removing the tube entirely and using instead a smooth tube or one of those cement or plastic trays.

#2 mosquito breeding site: water that collects in flower pots, saucers, furniture and toys in your yard. Empty puddled water after every rain and again once every weekend. Do a search for lost toys in the ivy and

shrubs. A lost sand pail or grocery bag can breed thousands of mosquitoes per week.

#3 mosquito breeding site: bird baths. Empty, rinse and refill at least every weekend.

Another very common mosquito breeding site is clogged rain gutters. Anywhere water puddles for a few days can be an attractive egg laying site. Clean your rain gutters regularly or hire somebody to do it.

The bottom line is, to interrupt the mosquito breeding cycle, we need to dump all standing water at least once a week. Establish a routine to patrol your yard every weekend to search for and empty standing water. Empty drainage tubes after every rain. For more information, consult the online pamphlet, "Protecting Yourself From Disease Carrying Insects: A Reference Guide to Mosquitoes, Ticks, West Nile Virus and Lyme Disease." It has a very useful checklist on page 9 for eliminating mosquito breeding sites in your yard. Here's the link: <http://www.co.arlington.va.us/departments/HumanServices/PublicHealth/EnvironmentalHealth/file64967.pdf>



(Note: I personally do not advocate use of the pesticides in the brochure.)



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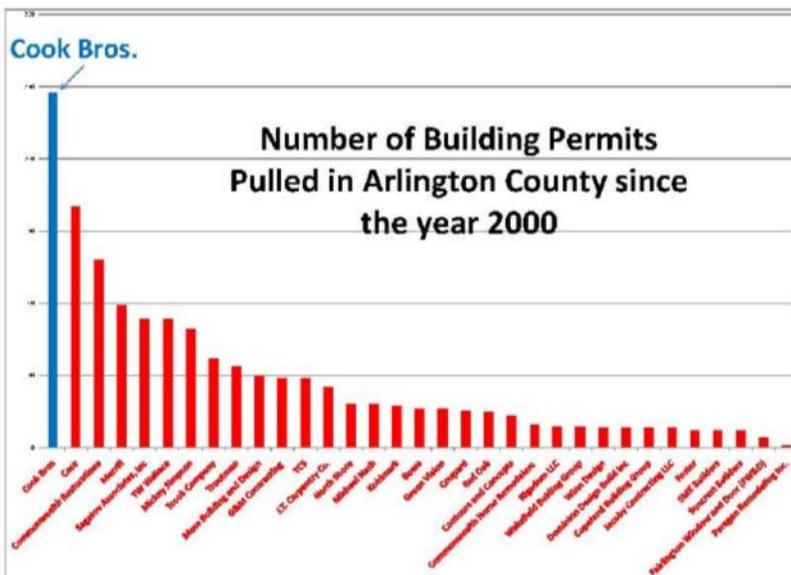
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www.CookBros.org/AuroraHighland



How Much Does it Cost to Help the Very Poor? Nada (Nothing)

By Cheryl Mendonsa

Our friend and neighbor, Glen Evans wants to remind the 'hood that his 25th Street porch is always happy to be the home of gently worn shoes, clothing and other needs for his Leadership Academy in Honduras. He guarantees your donations will be much appreciated in helping to support education in a county that has been steeped in poverty historically.



Fifty years ago, the Peace Corps began their work in Honduras, taking an important step in alleviating the poor living conditions and endemic poverty suffered by most of the population. Despite half a century of hard work, Honduras continues to hold the unfortunate title of the second poorest country in the western hemisphere.

Warm clothes for a commute to school



Many helping hands unload a welcome shipment of donations

Visit the porch of Glen and Karen Evans at 635 S. 25th Street just off Grant St.

Visit the organization's website to learn more and to donate to the program:
<http://www.artforhumanity.org/donate/>

One of the primary reasons for the persistent poverty is an inadequate educational system. It is said that Honduras trails its Central American neighbors in education by 35 to 50 years.

An educated group of ethical leaders is the best and greatest hope for permanently lifting Honduras out of an endless cycle of poverty.

The Leadership Center is the first women's college in Honduras and is a center for teaching ethical leadership to various grassroots groups as well as to current and future elected leaders. Graduates of the college will be educated leaders ready to be employed at all levels of government. Honduras can emerge as a country known for a strong and diverse economy, promoting peace, education, and health care.



It would be hard to find a better home for a used pair of sneakers.

Tree Talk: Restoring Our Community's Native Tree Canopy

by Cory Giacobbe

Flying Squirrels Need Tall Trees

Recently I was browsing the Long Branch Nature Center website when I spotted a link to a [video](#) about the Southern Flying Squirrel. Unable to resist watching the video, I learned that there are probably more Southern Flying Squirrels in Arlington than regular grey squirrels. We just don't see them because they're nocturnal. They live in pretty much the same backyard habitats as the grey squirrel. They need a hiding place, water and food.



The SNAG

The Southern Flying Squirrel is the mascot of the Long Branch Nature Center. It's on their brochure, and they lead night walks to spot the animals. To learn more, I interviewed former Director of the Center (currently Director of Natural Resources for Arlington County), Alonso Abugattas, our resident expert on the Southern Flying Squirrel.



Southern Flying Squirrel at Long Branch

The flying squirrels are smaller than grey squirrels. They have larger eyes to see better at night. And they're more predatory. In addition to nuts, fruits and berries, they'll eat animals, insects, eggs and carrion. Their favorite nuts are hickory nuts but they also like filberts



Southern Flying Squirrel, Long Branch Nature Center. Photo by Steve Young

and oak acorns. They don't like walnuts so much because they're hard to carry. They love suet and seeds from bird feeders.

Flying squirrels don't actually fly. They glide from one tree to another. They spread out their skin flaps, called patagium, and catch the air like a parachute. They control the glide by banking. They don't use their tails to steer. Sometimes they wipe out on the ground if they miscalculate. For every two feet up, they can glide one foot out. The longest glide observed was 100 yards, off a tree and down a hillside.

Flying squirrels can build leaf nests (dreys) but they don't like to live in them. They prefer cavities in live trees, dead trees or snags. Keep dead trees if possible, or cut them down to a safer height, retaining the snag. They will also nest in bluebird boxes. They prefer to be at least 10 feet up.

During non-breeding season they hide together in cavities to keep warm. During breeding season they are incredibly secretive. They spread out in the woods. They prefer a habitat with big trees, larger, older trees that are spread out a bit, 20 feet apart or more.

In suburban areas, if there aren't enough trees, they will take up residence in other areas such as bird boxes and attics. This can be a problem because they run around at night and they chew. If this happens, they're easy to trap in "Have a Heart" traps with peanut butter as bait.

To see flying squirrels in your yard, put peanut butter on a tree branch after the grey squirrels have gone to bed. I haven't tried it yet but I will soon!

Arlington Tree Canopy Fund

The deadline to ask for a tree has been extended to May 7.

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/>.

Aurora Highlands Civic Association

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Neuharth-Ozgo

Police and Waste Water Treatment
Plant Liaison -Brad & Louise Garris -
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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.