

[AuroraHighlands.org](http://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, June 13, 2012 at 7:00 p.m.**

**AURORA HILLS COMMUNITY CENTER**

**Agenda**

**6:30 Social**

**7:00 AHCA Business Meeting**

**7:30 Ed Fendley: Urban Agriculture and Backyard Hens**

**8:00 Kathryn Youngbluth: Update on Hayes Multimodal**

## Hayes Street in Front of Pentagon City Mall to be Converted to Runway for Pentagon Brass and Corporate Execs

by Jim Oliver

Well that headline grabbed you and might seem plausible the way that area looks today, but it's not true. In reality, the county has spent nearly a decade working with VDOT, WMATA (Metro), local property owners, and the users and neighborhood residents who would like to see that area improved to come up with a plan that is about to be implemented.

The headliner at our June 13th AHCA meeting, Ms. Katherine Youngbluth from Arlington County, will present the

latest and greatest on the Pentagon City Multi-Modal Project. The project involves Hayes Street from Army-Navy Drive to 15th Street.

We all recognize this as a very busy area of our neighborhood now with cars, bikes, pedestrians and Metro and ART commuters. The planned improvements range from state-of-the-art traffic signals and ADA features, to increased and improved environmentally friendly landscaping. Upon completion, the project promises:

New street lighting and accent lighting  
 New sidewalks, crosswalks and lane markings  
 New ADA ramps and pedestrian crossing equipment at all intersections  
 Bioretention and rain garden landscape features to manage stormwater runoff  
 Improved landscaping - street trees and ground cover throughout the project area  
 Improved amenities for bicyclists, transit riders, pedestrians and visitors to the area.

Upgraded traffic signals with improved timing at each intersection  
 Clearly designated mid-block crossing areas  
 New, upgraded street furniture

The planning is complete and the funding is in place. Come out and learn the dates to avoid this area during construction; whether you would be better cutting through the Mall to the Metro for a while; and what to expect when it's all done.

Our sincere thanks to Linden Resources for its support of AHCA by printing our newsletter.



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## President's Corner

by Jim Oliver

So my editor is always telling me that this is my space to spout off or get people interested or engaged in their neighborhood and, would you believe, Jim winds up at a loss for words. I love our neighborhood and the people around here. Just tonight, my son and I were hustling up to Oakridge for the PTA meeting and cars stopped to let us cross Joyce by Pentagon Row. It happens more often than not. The other morning, it was on Ridge Road at 20th as we were walking to school. Small things like neighbors helping neighbors, seeing friends at the park, or seeing so many folks

at a church or volunteer activity adds life and vitality to a community.

Sometimes, I get concerned when it seems that the small differences are dividing us more than our commonalities are binding us together. I hear folks who want to focus on the 3 cars that didn't stop and let us cross the street instead of focusing on the one that did. I know the thought of getting involved in civic association activities conjures up images in people's minds akin to the inquisition.

I am not here blowing a call to arms because DCA just announced their new East-

West runway (they didn't) nor am I suggesting you join the committee of 1000 meetings, but I am suggesting that you help out a neighbor or volunteer one more time at a scout, or church, or PTA, or even civic association activity (we have Passport To Summer coming up!) and the next time you see someone waiting to cross the road, give them a break – I have taught my son to always return a friendly wave.



## Sandalism: When Sand Gets in the Drinking Fountain

by Mike Dowell

The county has just upgraded the fountains in Virginia Highlands Park. The old pedestal fountains often became clogged with sand and debris, especially the playground fountain. Buckets upon buckets of sand not withstanding, the new fountains will be less easily clogged. However, the drain clogs were just the visible part of the problem. The sand that got through the drain was then clogging up the below ground piping and creating a huge maintenance cost throughout the park system. So not only do the new fountains have larger drain holes in the bowls, but each fountain also has a 750 gallon sand trap installed below ground to capture the sand before it gets into the drain pipes. The traps are expected to need emptying every 15 years. The fountain installation took two days each, and required burying the huge sand trap and pouring a new concrete slab with a man-hole to provide access to the trap. Salut!



## Sign Ordinance Update

By Mike Dowell

What do the great cities of Washington DC, San Francisco, Boston, Manhattan and London share in common? All of these cities prohibit the use of roofline signs on their buildings. With limited exceptions, like Times Square and Piccadilly Circus, these culturally and economically vibrant cities have each decided that their public skylines should remain free of the corporate signs and logos that have cluttered many second tier city skylines.

Here in Arlington we have very creative street level signs, which have enhanced our retail and entertainment areas. But fortunately, we have few roofline signs and even fewer signs that are visible from outside the urban cores of Rosslyn-Ballston and Crystal City. Yet even with so few roofline signs, we have bad examples that we don't want to repeat. Consider the BAE Systems sign in Rosslyn, which intrudes upon the two Jima Memorial vista. Or consider the Qwest sign in Ballston, which can be seen from single-family neighborhoods over half a mile away. Imagine lots more signs like these – how would you feel about seeing these signs from our neighborhood?

We are near the end of an 18-month public process to update the county sign ordinance. The most important part of the update for Aurora Highlands and our neighbors in Crystal City and on the Ridge is the new language for roofline signs. There are several options proposed for consideration by the county board, ranging from allowing the rooftop signs with various limitations to simply prohibiting the roofline signs everywhere. The ultimate decision will have a tremendous impact on our county's future.

Our community, along with our neighbors in ARCA and Crystal City, has provided substantial input, particularly regarding signs above 40 feet. Our most important inputs are explained below.

We've requested that no signs above 40 feet, lighted or unlighted, be allowed that could be viewed, irrespective of viewing angle or legibility, from the residential neighborhoods or from from Arlington Cemetery, the Monumental core, and the George Washington Parkway.

We've requested that all applications for signs above 40 ft be subject to mandatory County Board review.

The proposed ordinance includes options, if accepted by the county board, which would largely meet the intent of our inputs. However, the planning commission and civic federation have gone a step further and asked that the county board consider an option that would prohibit roofline signs everywhere in Arlington. This option received overwhelming support in a civic federation straw poll on June 5. We support this option.

However, despite these indications that citizens of Arlington County feel strongly that the roofline signs should be prohibited, the treatment of roofline signs could go either way. Some folks in the county government and developers contend that the signs are needed to keep us competitive with surrounding jurisdictions such as Fairfax County, although there is no evidence that businesses would actually make a location decision based on where they could get a sign. The visual landscape of Arlington may change significantly as a result of this ordinance update, so think about the kind of place that you want Arlington to become and send your thoughts to the County Board who will consider the ordinance at the July 21, 2012 meeting.

For more information and for the meeting schedule, got to the county website. Here's the link:

<http://www.arlingtonva.us/departments/CPHD/planning/studies/SignReqUpdate.aspx>

## Spring Fling Raises \$14K for Oakridge

The Oakridge PTA thanks all the neighbors, friends, donors, sponsors and volunteers who helped make the tenth annual Spring Fling on May 20 memorable and fun. Helmed by Spring Fling chair Chris Garder, with perfect Spring weather and attractions for all ages, Spring Fling 2012 raised more than \$14,000 for Oakridge Elementary's equipment and programs. More than 500 students, families, neighbors and friends attended our Carnival. In addition to the games, cake walk, face painting, sno cones, rock climbing wall and rides, organizers held the annual event's first-ever used book fair. With 2,000 items donated, the book fair netted \$926.50 and a trove of future reading for those who attended. Another successful first-ever booth was the American Girl hand-tailored doll clothes with all the proceeds donated in full to our school by Maria Kernan Lew, an Oakridge friend and neighbor whose three daughters attended Oakridge 30 years ago. (Maria sold out of clothes early due to demand, but you can contact her for more at mkernan5@hotmail.com). The iPad raffle was, predictably a hot seller. Congratulations to the Coffey Family, the winners!

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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 5-7pm at the Aurora Hills Community Center. Come join your neighbors for a celebration of the end of school and beginning of summer. Grab some library books, eat some pizza and build some blimps and balloons. It's going to be a great summer!

We need lots of volunteers to pull this off. The volunteer please send an email to Mike Dowell, mdowell9@gmail.com.

Note: The School Boys, our great local dance band, will be performing at a July

## An Opinion on the New Sidewalks by Janet Dunkelberger

just saying....

A new swath of concrete has been added to our neighborhood, on the east side of South Joyce Street. You can't miss its pristine whiteness as you drive by. But walking it is treacherous. This stretch of sterile stone is obviously not intended for use as a footpath. Curbs jut up to trip you and driveways dip to twist your ankle. Poles and wires obstruct and garrote you. Beware, unprepared pedestrians! Do not be fooled into thinking this is for you.

## Bicycle Safety Tips

by Al Burt

Below are some tips on how to stay alive on a bicycle in our area. These tips are in ADDITION to following the established Traffic Laws.

1. On the bike trail DON'T PASS when you see oncoming traffic or you are in a blind spot (same as in a car).
2. On sidewalks and cross walks give pedestrians lots of room. You never know when they are going to take a quick turn or stop suddenly.
3. Use clusters of pedestrians as buffers in crosswalks – without neglecting # 2 above, Motorists are less likely to hit a group of people than a single bike rider.
4. Get and use a mirror for your left handlebar. Continuously monitor what is happening behind you in case you have to take a sudden evasive maneuver ahead.
5. Cars making left hand turns almost NEVER stop for pedestrians or bikers in crosswalks: they try to race through. Try to wait until the stream of left turning cars ends and then shoot across the intersection. Always check over your shoulder to make sure no new left turn cars are coming.
6. When crossing multi-lane roads NEVER cross until ALL lanes have stopped for you. If a car in one lane stops and the other lanes don't stop just wave the stopped lane car to go on. It's best to wait until there is a gap in the traffic so you can make it across even without ANY stopped cars.
7. At intersections slow down to a walking speed. Motorists aren't looking for sudden crossing bikes.
8. Reinforcing # 6 NEVER assume that a car is going to stop for you in a crosswalk. Wait until they all stop and wave you on. If this doesn't happen wait until there is a break in the traffic. Some cars will even pass a stopped car and race through the crosswalk.
9. When a car violates a traffic rule that threatens you, YELL "NO" as loud as you can followed by a stream of potent profanity. This usually wakes them up and they don't kill you. It also upsets and embarrasses them (other pedestrians obviously are alerted to the incident) so the incident is likely to be remembered by them for a while- possibly saving another biker's life in the future. If you get the one finger salute and get yelled at by the motorist you know that you made your point.
10. After every close call, analyze the incident thoroughly and determine just how you might have prevented it. That is how I came up with these suggestions over the years.

## 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](mailto:AHCA.news@yahoo.com)



# Arlington Ridge - Aurora Highlands Walkabout

Sunday, June 10, 2012

3:00 - 5:00 p.m.

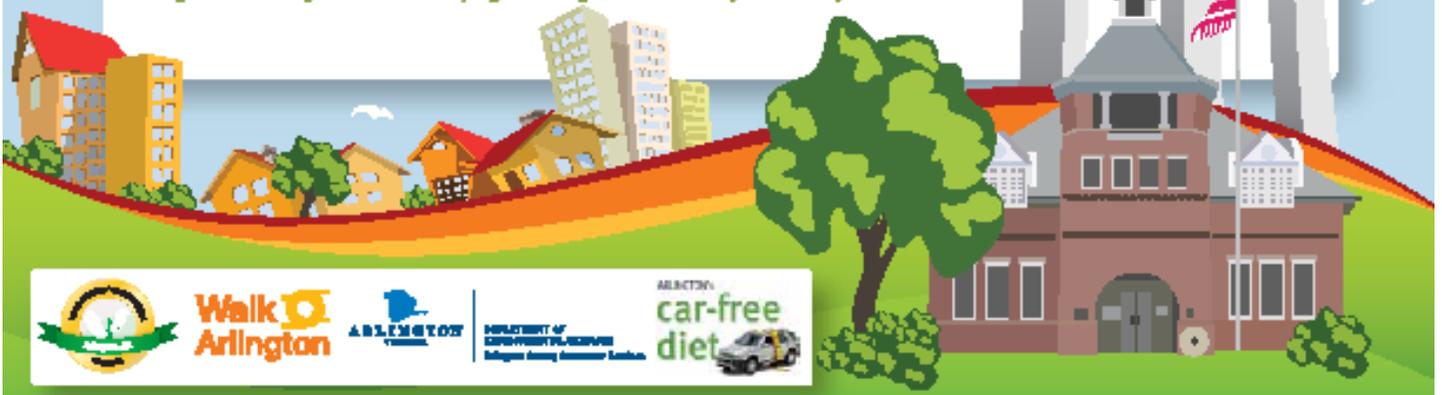
## Join WalkArlington for a Walk through Four Centuries and Two Neighborhoods!

*The seven-stop, two-mile Walkabout, the 20th in our series of neighborhood walking tours and the first in our limited edition Walk Friendly Community Walkabouts, begins and ends outside the Aurora Hills Community Center. The event is free of charge and will take place rain or shine. Registration is not required, so mark your calendars, lace up your walking shoes, and come on out!*

On June 10, Arlington County Board Chair Mary Hynes and neighborhood residents will lead a shortened version of the new two-loop Arlington Ridge-Aurora Highlands Walkabout, stopping at community gathering places, historic sites, scenic overlooks, world-class shopping destinations, and verdant parkland to share the stories and secrets of this vibrant, multi-faceted community. The route was developed by four longtime Arlington Ridge-Aurora Highlands residents who nominated their neighborhood during WalkArlington's Walk Friendly Community Walkabout campaign, launched in recognition of Arlington's 2011 designation as a Gold-Level Walk Friendly Community!

- WHAT:** Arlington Ridge-Aurora Highlands  
Walk Friendly Community Walkabout
- WHEN:** Sunday, June 10, 2012/3:00 - 5:00 p.m. (RAIN OR SHINE)
- WHERE:** Meet at Aurora Hills Community Center,  
735 18th Street South, Arlington  
(meet near outside stairway)
- WHO:** Open to the public, all ages (dogs too!) Participants  
include Arlington County Board Chairman Mary Hynes,  
Arlington Ridge and Aurora Highlands Civic Association  
officers and residents, WalkArlington staff, and you!
- FEE:** None. The Walkabout is FREE of charge.  
Registration is not required.
- QUESTIONS:** Contact [info@walkarlington.com](mailto:info@walkarlington.com),  
call 703-247-6991 or visit [walkarlington.com](http://walkarlington.com).

*Thanks to the Arlington Ridge-Aurora Highlands residents who nominated their walk friendly neighborhood for guidance in developing this inaugural! Walk Friendly Community Walkabout.*



Walk  
Arlington



# Activities and Events

**Artomatic continues through June 23, 1851 South Bell Street.** Artomatic has returned to Crystal City for its signature free arts event 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 hours and schedules of the many daily events, visit [www.artomatic.org](http://www.artomatic.org). Don't miss it!!!

**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.

**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 through October and is on a brand new plaza next to the brand new stage at the repurposed 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 growing season.

**Yoga in the Water Park, Mondays at 7:00 a.m. 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.

**Crystal Screen Presents ROMCOMs, Mondays at sundown through August 27 in the Ball Street Courtyard (diagonally across from the Crystal City Metro Station.** Now in its sixth year, look forward to a romantic evening under the stars with a charming collection of movies chock full of laughs and love:

6/4	Sex and the City
6/11	The Wedding Singer
6/18	Sweet Home Alabama
6/25	Hitch
7/2	My Big Fat Greek Wedding
7/9	Sleepless in Seattle
7/16	Bridget Jones's Diary
7/23	The Proposal
7/30	You've Got Mail
8/6	How to Lose a Guy in 10 Days
8/13	Pretty Woman
8/20	Love Actually
8/27	When Harry Met Sally...

**Two Wheel Tuesdays, various Arlington locations through July 31, 7:00 to 8:30 p.m.** 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 through November 20. Over 20 local farmers and producers bring together seasonal fruits and vegetables, fresh-cut flowers, contain-

er plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, specialty foods and much more.

**Outdoor Zumba, Wednesdays, 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.

**Aurora Hills Library Kids Club Wednesdays, at 4:00 p.m. All children are welcome!**  
**On June 6,** Ms. Cho will teach 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!

**On June 13,** Ms. Jennifer will visit with her nocturnal animal friends from the Long Branch Nature Center. She will entertain us with special stories to kick off our Summer Reading Program!

**Aurora Hills Library Story Time, 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.

**10th Annual Rock at the Row Summer Concert Series, Every Thursday evening through August 30 from 7:00 to 9:00 p.m. at the Pentagon Row Plaza.** This summer's lineup looks to be a lot of fun:

## JUNE - Tribute

7	Slippery When Wet, Bon Jovi Tribute
14	Beach Bumz, Jimmy Buffet Tribute
21	Just Like Prom Night, 80's Tribute
28	MONSOON & STORM, Reggae

# Activities and Events

## JULY - Funky Roots Rock

5 The Crowdaddies, Roots Rock, Zydeco

12 Old Man Brown, Southern Soul

19 Higher Hands, Funk

26 Donegal Xpress, Celtic Rock

## AUGUST - Pop / Variety

2 Bobby Lynch Band, Pop Variety

9 Crowded Streets, Dave Mathews Tribute

16 Unity, Reggae

23 Matt Hutchison, Rock

30 Gonzo's Nose, Pop Rock

## Free Nighttime Summer Concert at Lubber Run Amphitheater, North Columbus and 2<sup>nd</sup> Street North, all programs begin at 8:00 p.m.

Enjoy music, theater and dance concerts under the stars! Opening week-end features blues singer Mary Ann Redmond (Friday, June 15), Latin-jazz by Rumba Club (Saturday, June 16), and special Opening Weeknight performances by The Arlingtones (Tuesday, June 19), and Potomac Harmony Chorus (Wednesday, June 20). The series continues Fridays, Saturdays and Sundays through August 4. Pack a picnic and enjoy the arts al fresco. For full information, visit

[www.arlingtonarts.org](http://www.arlingtonarts.org) or call 703-228-1850.

**Wine in the Water Park, Fridays in June, from 7:00 to 10:00 p.m., Crystal City Water Park (across from 1750 Crystal Drive).** Join the Crystal City BID, the Washington Wine Academy, Jaleo, and DJ Adrian Loving for great music, delicious tastes, and fantastic wines.

**Arlington's American Century Theater presents Christopher Durang's Obie Award-winning comedy *Sister Mary Ignatius Explains It All For You*, Friday, June 8 through Saturday July 7 at the Gunston Arts Center, 2700 South Lang Street.** The story is about a fanatical nun who comes face to face with a quartet of her traumatized former students. Each performance will be followed by a lively post-show discussion about issues raised by the play. For more information or to order tickets, visit [americancentury.org](http://americancentury.org) or call 703-998-4555.

## 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 and have fun. Free. This class fills up fast! Call (703) 979-1558 or Inquire and RSVP to [KidsRCooking@gmail.com](mailto:KidsRCooking@gmail.com)

## County Board Chair Mary Hynes Speaks to Arlington Chamber of Commerce and Leadership Arlington, Tuesday, June 19, 7:30 a.m., Crystal City Double Tree Hotel.

This annual event is an open forum to discuss how Arlington County is doing fiscally and developmentally. County Board Chair Mary Hynes will also give an update on Arlington's current economic and developmental endeavors. For more information or to purchase tickets, visit [www.arlingtonchamber.org](http://www.arlingtonchamber.org).

## Over the Edge Northern Virginia, Friday, June 22 (VIP/Media rappel day on June 21), Hilton Crystal City, 2399 Jefferson Davis Highway.

In this unique fundraiser for Special Olympics Virginia, you step to the edge, look over, and catch your breath. Adrenaline takes over and, next thing you know, the thrill of adventure consumes you as you rappel 15 stories from the roof of the Hilton Crystal City to the sidewalk below. Registration is limited to the first 75 rappellers, so [register now!](#) Nobody ever said our neighborhood was boring!

**Vacation Bible School is coming to Mount Vernon Baptist Church July 16 - 20 from 6:00 - 9:00 p.m.** This year's theme is RBP's Bug Zone so join in, all ages are welcome (ages 4 - 99). It will be a fun week for all participants! A light meal will be served at 6:00 p.m. daily. Phone (703) 979-1558 to register or e-mail [mvbccc@mvbccc.org](mailto:mvbccc@mvbccc.org).

**County Board Open Door Mondays, June 11, July 9, August 13, September 10, December 10, 7:00 — 9:00 p.m. in the Gunston Community Center Conference Room, 2700 South Lang Street.** Neighbors are welcome to attend the session to speak directly with County Board Members on any topic. No appointments are needed! For more information call the County Board Office at 703-228-3130.

**July 1—Tuesday hours (1-9 p.m.) resume at Aurora Hills Library**

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# Solving the Water Bag Mystery

by Cheryl Mendonsa

Last week the County swooped in and covered each of our new sidewalk planting strip trees with one of those green, zipped up alligator bags to keep the young trees watered.

Cool. Tree steward Cory Giacobbe said new trees need about 25 gallons of water per week

to survive, so the bags should help. She said that while the County is committed to increasing the tree canopy coverage in Arlington for all the benefits they provide, the number of trees they have to care for is huge compared to the staff they have available to water them.

TreeStewards and residents are encouraged to keep an eye on the trees that are near their homes and pitch in to help water them when they can.

I was glad to jump in and do my part. Except I couldn't figure out how to use

the darn thing. I lifted up the bag and it's completely open at the bottom, the material is plastic so it doesn't absorb. What would keep the 20 gallons the card says it will hold, from running all over my sneakers as I'm filling it?



Duh.

My neighbor, Tim, another tree steward showed me the answer. Just lift the instruction tag for the secret watering solution. Mystery solved.

To get in on the secret and keep

your trees alive, visit the Treegator® website for instructions. <http://www.treegator.com/products/original/install/index.html>.

For advice on when to water trees and how much water they need, go to the Casey Trees website and sign up for their "25 To Stay Alive" program.

Take the watering pledge and receive a free rain gauge. You can also get watering reminders by joining their Facebook page or by following them on Twitter <http://caseytrees.org/get-involved/water/>.

## The Neighborhood's on Facebook!

Stay informed and involved in what's going on in the neighborhood. Join the **Aurora Highlands Civic Association** group on Facebook. Get updates on news and events. Share information and ideas. Post and view photos.

For information pertaining to the Aurora Hills Library, join the Facebook group called **Save Aurora Hills Library**. Learn what you can do to help keep our local library branch open and available as the vibrant center of our community.



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# NeighborFit

By Maria Joukov

I'm very excited to report that it's officially sandal season! And what goes better with a pair of shoes than toned calves? This month, we focus on the gastrocnemius and the soleus—muscles that make up the calves. Needless to say, you use these muscles every time you move your feet forward, when you're flexing your feet, standing, walking, jumping, etc. The below routine includes simple exercises that build up calf strength, and adds short bursts of cardio with an emphasis on targeting the calves. Add these moves to your regular workout routine this month—they shouldn't take longer than 3 minutes. As with any strength exercise, it's important to allow a day of rest between sessions, so your muscles have time to rest and rebuild. (As with any fitness routine, please get clearance from your physician prior to starting these exercises,

especially if you have a history of ankle or knee injuries.)  
Calf Raise: This is a very easy move. Begin by standing your feet shoulder-width apart and come up on your toes. Lower down. That's one repetition. Do one set of 8-10 reps.  
Tip-Toe Jumping Jacks: Great for a quick burst of cardio. Stand on your toes with your feet wider than shoulder-width apart and your arms above your head. As you jump, your feet and your arms move outward then move back towards the center. That's one repetition. Do one set of 8-10 reps.  
Side Kick. A move adapted from kickboxing. Stand facing forward with your feet

foot off the ground. Place your arms on your hips, tighten your abs for balance, and slowly kick your right foot out to the right side. Being careful not to lock out your knee, hold for a count, then lower your foot to the ground. That's one repetition; Do 8-10 reps, then repeat with the left foot.



Image from emedicinehealth.com

Vertical Jump: Another easy, quick burst of cardio. Standing with your feet shoulder-width apart, jump straight up off the ground. Try to land softly. That's one repetition. Do one set of 8-10 reps, then repeat the above steps 1-4.

(By the way, as a reward for your hard work this month, you'll definitely have earned the right to a new pair of shoes!)

[As always, be sure to

## Ideas Needed for Park Enhancement Grants

Do you have a project idea or suggestion on how we can improve one of our neighborhood's county parks? This is your chance to make a difference! The Park Enhancement Grant (PEG) Program was designed to fund projects that fall outside of the normal Arlington County budget process. The Park and Recreation

Commission offers grants of up to \$15,000 for small, public improvement projects that are proposed by the neighbors. If you have a project idea, please bring it to the June meeting. To advance the idea, we will need to file a Letter of Intent by June 15. Read the PEG Program page for more information.

shoulder-width apart. Raise your right knee about one

check with your doctor before beginning a new exercise routine]

## HOG Pull, First Saturdays, July 7 Help Remove Invasives At Haley Park

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

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.

**Meet at Haley Park,**  
2400 South Meade Street

### Bring:

Appropriate clothing, including good footwear.

This is a RiP and ARMN approved project.

### Contacts:

Marti Klein, [cum-mingslc@aol.com](mailto:cummingslc@aol.com)

Jennifer Frum, [frumjb@gmail.com](mailto:frumjb@gmail.com)

Mary Ann Lawler, [malawler0@gmail.com](mailto:malawler0@gmail.com)

Bill McLaughlin, [billmcnative@gmail.com](mailto:billmcnative@gmail.com)

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

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.

## Neighborhood Businesses Win Chamber of Commerce Awards

And the ABBIES Go to Linden Resources and Pure Media!

nesses won the prestigious awards. Stop by and congratulate our neighborhood's winners in the ABBIES:

The Arlington Chamber of Commerce recently announced the 2012 Arlington's Best Business Awards (ABBIES) recipients. Competition was fierce and we are proud that two of our own 23rd Street busi-

Linden Resources  
2012 Nonprofit of the Year

Pure Media Sign Studio  
2012 Green Business of the Year



# CELEBRATE JULY 4<sup>TH</sup> @ LONG BRIDGE PARK 12 - 10PM



12-1pm

## **FAMILY BIKE PARADE!**

Decorate Your Bike and Show Your Patriotic Spirit!

12-5pm

## **LOCAL ARTS & CRAFTS VENDOR MARKET!**

12-7pm

YMCA Arlington Obstacle Course, Face Painting, Family Fun Relays, Moon Bounces, Adult Lawn Games, Local Food Vendors and More!

**FREE Fun For All Ages!**

7-9pm

**MUSICAL ENTERTAINMENT** on the stage set up in the parking lot

9pm

## **AMAZING VIEWS OF DC FIREWORKS!**

Guests are invited to set up on turf fields at 8pm for the fireworks display.  
*\*Please note that times and activities are subject to change.*



LONG BRIDGE PARK IS LOCATED AT  
475 LONG BRIDGE DRIVE IN CRYSTAL CITY.

FOR MORE EVENT INFORMATION,  
PLEASE CALL 703-228-3329 OR  
VISIT [WWW.ARLINGTONVA.US/DPD](http://WWW.ARLINGTONVA.US/DPD).

We are committed to providing reasonable accommodations upon request. Advance notice is preferred. Please call 703-228-0929 or TTY 703-228-4743.

Please note that the Arlington County Police Department will perform searches of bags and coolers. Alcohol and fireworks are not permitted in the park and will be confiscated. Food, drink (excluding water) and spiked shoes are not permitted on turf fields.



ARLINGTON  
YOUNG MEN'S CHRISTIAN ASSOCIATION

DEPARTMENT OF PARKS  
AND RECREATION



Free Shuttles are available from Crystal City and Pentagon City Metro Stations and 1750 Crystal Drive Parking Garage, where free parking is available on Garage level.

## Tree Talk: Restoring Our Community's Native Tree Canopy

by Cory Giacobbe

**The Value of Trees** One of my roles as a Tree Steward is to communicate the values and benefits trees provide to the community. While many of the benefits are subjective, others are objective and can be calculated and given a monetary value.

The US Forest Service publishes a flyer with the [Top 10 Reasons We Need Trees](#):

1. Trees help purify the air we breathe by absorbing pollutants.
2. Trees increase property values and improve the tax base in communities.
3. Trees improve neighborhood appeal, attracting businesses, shoppers, and homeowners.
4. Trees cool our cities and towns by reducing heat generated by buildings and paved surfaces.
5. Tree shade, properly placed, can save an average household up to \$250 annually in energy costs.
6. Trees reduce the amount of pollutants in sewer systems, saving communities millions of dollars in water treatment costs.
7. Trees soften harsh building lines and large expanses of pavement, making urban environments much more pleasant.
8. Trees provide habitat for birds and other wildlife, maintaining a balance with nature even in urban areas.
9. Trees reduce the amount of waterborne pollutants that reach streams and rivers.
10. Trees reduce levels of domestic violence and foster safer, more socially neighborhood environments.

A USDA Forest Service sponsored Technical Guide to Urban and Community Forestry lists categories of tree benefits, listed in order of least to most measurable.

1. **Psychological/aesthetic values**—enjoyment and health benefits
  2. **Social values** such as community identity
  3. **Historic values**—trees provide important links with the past
  4. **Environmental values** such as air and water quality, soil protection and noise reduction
  5. **Climate control**—trees help moderate the urban “heat island” effect
  6. **Air pollution**— trees remove solid and gaseous particulates from the air. Through photosynthesis, trees absorb CO2 from the air and convert it and water to oxygen and sugar. They release the oxygen into the atmosphere and store the sugar as wood.
  7. **Noise pollution**—mass plantings of trees can reduce traffic, especially if planted in conjunction with berms and shrubs.
  8. **Soil and water quality**—tree roots keep soil from washing away in the rain; leaf litter improves soil quality
  9. **Monetary value**—realtors and home buyers assign 10 to 23% of a home's value to trees on the property.
  10. **Appraisal**—several methods exist to calculate the value of a tree, but by far the easiest one to use is the National **Tree Benefit Calculator** developed by Davey Trees. To try it out, go to <http://www.davey.com/ask-the-expert/arborist-advice/tree-calculator/national-tree-benefit-calculator.aspx>
- Finally, an Auburn University study found that shade trees planted on the west side of a house reduce electricity costs for cooling in the summer. See the **Tree Shade Study** here: <https://fp.auburn.edu/cfs/treeStudyArticle.aspx>  
For tree info visit [TreeStewards.org](http://TreeStewards.org)

## Aurora Highlands Civic Association

### Association Officers & Committee Chairs

President – Jim Oliver  
703-867-8976 [jamesroliver@me.com](mailto:jamesroliver@me.com)

Vice President – Nick Giacobbe  
703-842-5441

2nd Vice President – William Gillen  
[ahca@gillen.org](mailto:ahca@gillen.org)

Treasurer / Membership – Mark Ruckh  
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Conservation Advisory  
Committee – Chris Mann  
AHCA Rep. to Crystal City Business  
Improvement District (CCBID) –  
Cheryl Mendonsa

Long Range Planning Commission's  
Crystal City Long-Term Plan –  
Bruce Cameron & Mike Dowell

Aircraft Noise – Brent Spence  
703-684-8120

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](mailto:AHCA.news@yahoo.com)

P.O. Box 25201 - Arlington, VA 22202

[AuroraHighlands.org](http://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.