



Villa Heights Cheer Station for the Charlotte Marathon

Villa Heights will team up with NoDa Brewing and their 26.Brew training program to cheer for the runners of the Charlotte Marathon on 11/12 on N. Davidson in front of the original NoDa Brewing tap room. All ages are welcome to join the party. **Costumes and noise makers are encouraged!!** Join the carb-party (for runners) and sign-making party (for spectators) at Lenny Boy Brewing on November 10th.



Villa Heights is competing against other neighborhoods for Best Cheer Station, so come show your support and help us win the contest!

Upcoming Events

October 22

10:30a – Charlotte Museum of History Walking Tour of Villa Heights

November 5

9:00 – Tree Banding @ Cordelia Park

November 10

6:00p-8:00p Sign-Making Party @ Lenny Boy Brewing

November 12

8:00a Charlotte Marathon Cheer Station @ NoDa Brewing on N. Davidson

November 14

6:30p – 8:30p VHCO Meeting @ Free Range Brewing

December 12

6:30p – 8:30p VHCO Meeting @ Free Range Brewing

Tree Banding

We received approval for the 2016-2017 Tree Banding Grant from the City of Charlotte. This year, we will be able to band approximately 200 trees at 1/3 of last years' cost! Neighbors, please be on the lookout for an electronic sign-up sheet to volunteer, request tree bands on your property, or both. You may also contact Amy King at villaheights@gmail.com, message Amy King on Nextdoor, or call 864-580-9021 to volunteer and/or make requests for banding. **Supplies are limited to the amounts approved by the city. Volunteers for the project will each receive banding for 2 trees, with all other requests being first come, first-served.**

The neighborhood **Tree Banding Volunteers are scheduled to meet at 9AM November 5 in Cordelia Park** to band as many trees as we can get to in 2-3 hours.

We also received the support of 40 students attending FOCUS Garringer @ Villa Heights on Monday, November 7 from 12-3PM. We are grateful for their assistance and for their coordinator, Kristin St. Martin! The extra hands will allow us to cover approximately 75+ trees that we otherwise would not be able to wrap.

Team Leads are needed for the Monday, November 7 event with FOCUS Garringer. If you are available, please contact Amy King.

Villa Heights Community Organization

PO Box 5015 / Charlotte NC / 28205
villaheights@gmail.com

<https://www.facebook.com/Villa.Heights.Community/>

T: 980-288-4262 (980-28VHCO2)

VHCO Membership

Residents and businesses within or on the borders of Villa Heights are eligible to become voting members by attending two meetings per year* and paying annual dues as outlined below:

Resident dues = \$20*

Businesses dues = \$50

All VHCO meetings are open to the public.

*Residents may submit a written request to waive the meeting requirement or dues.

From our Newest Business Member: FOUR DOGS PET SUPPLIES

ORANGE is the new Pet Treat: Fall is when most folks decorate with Pumpkins, but did you know that Pumpkin can also be a healthy snack for your pet?

Pumpkin, whether consumed canned or cooked fresh with seeds, can be a beneficial supplement to your cat's or dog's diet. The benefits in small doses are amazing:

- **FIBER for Digestion** – Treat both Diarrhea and Constipation with 1-2 tablespoons of plain pumpkin daily until condition has cleared.
- **HAIRBALLS** – Pumpkin fiber can help move hairballs through your cat's digestive tract and into the litter box, instead of onto your floor. Adding a teaspoon a day of pumpkin to your cat's diet will even help prevent the formation of new hairballs. You can feed it straight from a pouch or add it to soft canned cat foods.
- **PARASITES** – Cucurbitin, an amino acid in pumpkin seeds, acts as a natural De-Wormer by paralyzing Tapeworms and other intestinal parasites. Grind the seeds into powder and give your cat or dog 1 teaspoon three times a day mixed with soft food as a treat. This should help eliminate the pesky bugs.
- **SKIN AND COAT** – The antioxidants and the essential fatty acids contained in pumpkin seeds prevent flaky skin and act as a natural moisturizer for your pet's coat. Toasted pumpkin seeds make great bite-sized treats. To make your own, lightly coat the pumpkin seeds with cooking oil, then spread them on a cookie sheet and bake at 375 degrees for 5-7 minutes. Give 1 to 2 seeds daily as treats. Store the rest in an airtight container.
- **URINARY TRACT SUPPORT** – The oils found in pumpkin seeds and pumpkin flesh help prevent the formation Bladder and Kidney stones.

So take those Jack-O-Lanterns or Thanksgiving decorations and turn them into Fall treats for your pets! The best way to store your left-over Pumpkin is to place bite sized chunks into ice trays and freeze it. Then simply pop out what you need, as you need it.

No left-over pumpkin from the holidays? Don't worry! We have pouches and frozen pumpkin ready for your purchase all year-round at FOUR DOGS PET SUPPLIES, located at 2630 North Davidson Street.

Please **come join FOUR DOGS PET SUPPLIES for our 3rd Year Anniversary Party on Saturday, November 5th, from 11am to 3pm.** Special guests include: Birdsong Brewery, HIYA Food Truck, Great Dane Friends of Ruff Love, I-Build, as well as several local artists and vendors. Free Give-A-Ways will occur every 30 minutes. A portion of the day's proceeds go to Great Dane Friends of Ruff Love and I-Build.

Thank you to our
sponsors!



If you are interested in sponsoring a Villa Heights initiative, please email for details!

Follow and Join Us On:

Nextdoor:

Villaheights.nextdoor.com

Facebook Pages: Villa

Heights/Villa Heights
Community Garden

Instagram: [villaheights](https://www.instagram.com/villaheights)

Twitter: [@villaheights](https://twitter.com/villaheights)

Website (coming soon!):

villaheightscommunity.org