



Ashton Heights News

The Newsletter of the Ashton Heights Civic Association

www.AshtonHeights.org

2020 – An Exciting Year for Ashton Heights and Arlington County

Scott Sklar, President, AHCA

Some good actions have happened by the end of 2019. Clarendon Circle, the convergence of Washington Blvd, Wilson Blvd, Clarendon Blvd. and Fairfax Drive is basically finished – meaning roadways are clear from construction, noise, and traffic slow downs. And the commercial center evolves, with wider sidewalks, safer street crossings, and clearer traffic patterns.

Arlington County has kept taxes flat, added some clarifications for scooters while adding to bike lanes, and the County Board unanimously adopted an update to the County Energy Plan which will result in more clean energy, less pollution and greenhouse gas emissions, creating a healthy environment for all of us.

The Ashton Heights Civic Association is strong. The best news is we finally have a new newsletter editor, and I would like to heartily welcome Amy Miller and please feel free to e-mail her with comments and suggestions (amylmiller4@gmail.com). I also want to add my thanks again to Jeanette Wick who stepped in a second time as our interim AHCA newsletter editor. AHCA has a new Committee on Housing and is Chaired by Matthew Hall (mhall@goldsteinhall.com) and Co-chaired by Christina Schultz (cmschultz@yahoo.com). Thank you both for stepping up to cover this critical issue.

Another highlight worth noting is the formal dialogue process with Arlington County initiated by the Co-chairs of the AHCA Development Committee, so we can be proactive about development decisions rather than just be reactive. As mentioned in our last newsletter, our Co-chairs of the AHCA Schools Committee along with other AHCA volunteers are actively involved with County school facilities planning committees. And our other AHCA Committees of Crime & Safety, Open Spaces & Playgrounds, Tree Canopy & Native Plants, along with Transportation are all diligently following their issues, interacting with County staff and AHCA members.

So I am happy to report that we are covering most of the major issues confronting our community. That doesn't mean we have resolved every issue exactly our way, but we have a solid organization and process to sustain member involvement and

AHCA Monthly Meeting

Wednesday, January 15, 2020, 7 – 9 PM

- 7:00** Refreshments and mingling
- 7:30** Committee Reports & Community Updates
- 7:45** Speakers:
 - Proposed Clarendon West Development - David Tarter, TCS
 - County Board Issues (e.g., Energy, Development) - Matt DeFerranti, Arlington County Board
- 9:00** Adjournment

Meeting Location is the Clarendon United Methodist Church

at N Ivy St & Sixth St N - Accessible entry is on Ivy St, take stairs or elevator down to the ramp leading to the social hall. Cars must enter the lot from Ivy St.

dialogue to help drive issues more in our direction. That said, we can always use more volunteers not only on standing committees, but also on sub-issues either within our existing AHCA committees (listed on the inside page of this newsletter), establish new task-oriented committees or create subsets of existing committees. Please feel free to contact me, or anyone on the AHCA Executive Committee at any time.

And that brings me to the last issue for AHCA, that in May 2020 we elect new officers. I have been advised our AHCA Secretary who issues our monthly meeting minutes will need to be filled, and I have been actively looking for someone from our community to shadow me so they can take the reins in 2020 or 2021. Establishing an orderly transition is essential for AHCA as we have grown, and issues become more complex and intense. So don't be shy, please feel free to drop me an e-mail on these positions, as well as other issues within our community and within AHCA.

That said, I am excited about the upcoming year, and look forward to hearing from many of you. Enjoy the winter and hope to see you at our annual AHCA membership meeting this **Wednesday, January 15, 2020 at 7:00 PM** at the Clarendon Methodist Church Social Hall. Happy 2020!!

Ashton Heights Civic Association Volunteers

CIVIC ASSOCIATION MISSION

AHCA's mission is to promote the welfare and interaction of Ashton Heights and Arlington. Meetings, usually held the third Wednesday from September to May, are open to all residents, although only paid members can vote. Active participation is welcome. AHCA keeps you informed through meetings, this newsletter, and the website: www.ashtonheights.org. You can volunteer by contacting the Executive Committee.

Executive Committee

President: Scott Sklar solarsklar@aol.com 703-522-3049	VP Programs: Jim Richardson jabrichardson@verizon.net	VP Membership: Jim O'Brien jimob1@verizon.net 703-528-0376	Treasurer: Doug Williams treasurer@ashtonheights.org	Secretary: Jodie Flakowicz jodie.flakowicz@gmail.com
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Members-at-Large

Cole Deines coledaines@gmail.com	Jim Feaster jimfeaster1@gmail.com	Patrick Lueb iffy64@me.com	Ken Matzkin kenmatz1@gmail.com
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Committees

Listserv Moderator	Betsey Lyon etlyon@verizon.net	Crime and Safety	Christina Schultz cmschultz@yahoo.com
Development/Zoning	David Phillips davidphillips1@msn.com	Transportation	Patrick Lueb jiffy64@me.com
Housing	Matthew Hall mhall@goldsteinhall.com		
Playgrounds & Parks Subcommittee	Brent Burris brburris@gmail.com	Tree Canopy and Native Plants Subcommittee	Brooke Alexander brooke.alexander52@gmail.com
Schools	Gregory Morse gregm748@gmail.com		
Neighborhood Conservation Rep	Brent Burris brburris@gmail.com		

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HANDY NUMBERS	<i>Cut out this guide and save it somewhere handy. We'll include this information in the newsletter again in the fall.</i>
Abandoned Vehicles and Bicycles	Vehicle on a county street: 703-228-4144; Bicycle: 703-228-4057 (Give exact location, description and how long it's been there.)
Animal Removal	Animal Welfare League of Arlington: 703-931-9241
Arlington App and Emergencies	My Arlington, service requests, library app: https://topics.arlingtonva.us/mobile-tools-apps/ Plus! Sign up for Arlington Alerts: https://www.arlingtonva.us/alerts/
Crime	Suspicious activity & non-emergency: 703-558-2222 Online reporting: https://police.arlingtonva.us/online-police-reporting-system/ Crime prevention services (security assessments/ literature): 703-228-4057 or hhurlock@arlingtonva.us
Street Light Outage and Potholes	Street light outage: 703-228-6570 (Give exact location and pole number.) For filling street pot holes, call 703-228-6570) or file on web site https://topics.arlingtonva.us/reportproblem

For the Kids, Inc listings, please consult your printed newsletter that was delivered to your home. For privacy reasons, we've removed it from the web version of the newsletter. Thanks!

Kids, Inc. Entrepreneurs

Key to Services Offered

- A - Leaf raking, shoveling
- B - Babysitting
- C - Pet/plant sitting
- D - Odd jobs/errands
- E - Lawn mowing
- F - House sitting
- G - Mother's helper
- I - Technology

KIDS INC offers a robust roster of willing, able local youth to help when the household hands are not enough. They enthusiastically await your calls.

Send updates to: Ann Felker - gr8est9@gmail.com

Save the Date!

Enjoy some of these highlighted events from around our area.

- **January 19:** MLK Tribute Day at Wakefield HS
<https://www.mlktribute.org/> (Free)
- **January 20:** Free Entrance Days in the National Parks
<https://www.nps.gov/planyourvisit/fee-free-parks.htm>
- **January 23 or 27:** Selecting and Starting Seeds Workshop at Fairlington Community Center or Arlington Mill Community Center <https://mgnv.org> (Free)
- **January 25: Lyon Park Pancake Breakfast.** Pancakes served from 8 to 10:30 am; coffee and coffee cake from 10 to 11:30 am.
- **Saturdays through March 28:** Family Roller Skate Nights at the Thomas Jefferson Community Center
<https://parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson/> (\$)
- **February 11 to 16:** The King's Speech at The National Theatre - - discount tickets on Goldstar (\$) <http://thenationaldc.com/events/category/series/the-kings-speech/>

Arlington Counts - The 2020 Census

By Betsey Lyon and Barbara Taylor

Arlington is preparing for the 2020 national census, a count every 10 years of every person residing in the United States -- both citizens and non-citizens. Information from the census is used in at least three ways. First, it guides the distribution of federal funds to states and localities. Arlington receives about \$50 million each year in federal funding that depends on our being counted accurately in the census. These funds support programs like Section 8 housing vouchers, the National School Lunch Program, highway planning and construction funds, Medicaid, and the Supplemental Nutrition Assistance Program. Second, our constitution mandates the 10-year count to reveal population shifts that drive how U.S. House of Representatives legislative district boundaries are redrawn in every state. And, census results inform Arlington's own planning for facilities and services, including schools, public safety, human services, and transportation.

Here's the process: April 1 is the official Census Count Day, the benchmark count day. In March 2020 every U.S. residential address will receive a request in the mail to participate in the census. The survey will collect two kinds of information. Household questions will ask about the total number of residents and visitors in the home on April 1, and whether the home is owned or rented. Demographic questions for each individual will include name, sex, age, race, Hispanic origin, and relationships among the individuals.

There will be three options for participation – a first.

Households will be able to respond online or over the telephone. Alternatively, they can request a mailed hard copy of the census survey. Online and paper forms will be available in multiple languages as well as via TTD for the deaf. Those with questions will be able to call a toll free number for assistance. Non-respondents will be contacted four additional times before an in-person follow-up by a census enumerator in May.

It's essential that every person in Arlington be counted,

particularly given the recent failed push to include a citizenship question in the census. While the Supreme Court disallowed the citizenship query, non-citizens living in Arlington, especially those residing here without authorization, are still likely to be wary about responding to the census, and yet this information is essential to the county's ability to assist these individuals. It is crucial to stress that census responses are kept confidential by law and cannot be used against participants by any government agency or court. All of us should encourage everyone we know to participate and should use our own networks to stress the importance of the census to Arlington, our state, and the nation. This can be done informally or by becoming an official "Census Partner" with access to training, regular census updates, and tools for encouraging constituent participation.

More information about the census is available at arlingtonva.us/census.

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Phishing by Phone: Don't Get Caught

Community Crime and Safety Corner

By Christina Schultz



Just the other day as I was getting ready to leave the house, I received an email from civic association president Scott Sklar. He was out of town and requested my assistance in collecting gift card donations for veterans groups on behalf of our association. I was happy to help and started a reply, but something seemed off. Why did Scott send this email only to me rather than the entire committees' listserv? Why had I never heard of the civic association providing this type of support? Why was its style clearly different from how Scott normally writes? I hovered over the "send" button, choosing to wait until I had time to take a closer at the email. Good choice. I was being phished.

Phishing is a fraudulent practice by electronic communication to obtain sensitive information, such as logins, credit card details, and social security numbers. The phisher pretends to be a reputable entity, often directing receivers to a fake website that looks legitimate to enter personal information. Phishing attacks on mobile devices are not exclusive to emails. There is also vishing (voice mail phishing) and smishing (phishing through SMS). Vishing involves calls claiming there is a problem that requires your personal data, often leaving a call back number when you don't answer. Smishing, which is especially becoming an increasing trend, usually directs you to a link in a text message to enter your information. Android smartphones are particularly vulnerable. Hackers can steal emails or attack these phones with malicious software embedded in text messages. According to Wandera, 48% of phishing attacks take place on mobile devices, and users are three times more vulnerable to these scams on mobile than on desktop equipment.

If you are like me, you usually check email on your smart phone or tablet while distracted – either multi-tasking or on the go. Being available on my phone also means that I often respond to messages as soon as I read them. I am simply not as vigilant as on a desktop or laptop. The smaller screen makes it harder to spot obvious indicators of phishing emails. Without a cursor, hovering over a link to identify its source is not an option. In addition, malware is invisible on most mobile devices, which have poor security and anti-malware protection. It can send harmful emails to contacts, extract valuable personal or company data, record phone conversations, identify locations, and manipulate text messages.

In addition to thinking before clicking (see box for tips), there are other ways to be vigilant. The true destination of a link can be identified by tapping and pressing the link until a menu pop up appears. If the web address is unrecognizable and is unrelated to the content of the email, then don't follow the link. If your employer offers a Virtual Private Network (VPN) at the office, it can also provide security protections, such as safeguards from downloading malware and encryption of information, when a smart phone or tablet is connected to a home WiFi network. By taking a bit more time, you, too, can avoid a scam.

Tips for Swimming Away from Phishers

If you receive a suspicious email or are simply not sure of a message, here are a few tips:

Look at the Sender Details

- Look for inconsistencies in email addresses, links, and domain names.
- If the sender looks familiar, follow up through another method of communication.

Look at the Purpose

- Use caution if there is a request for credentials, payment information or other personal details.
- Ask yourself why the sender is making the request.

Look at the Content

- Look for unfamiliar tones or vague greetings.
- Don't respond to emails that are threatening or imply urgency.
- Be very cautious about unexpected links and attachments.

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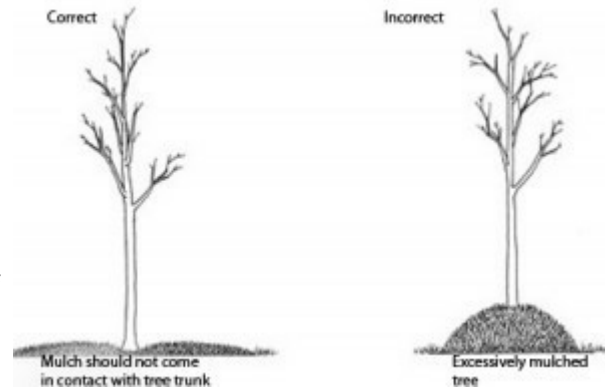
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Mulch Volcanoes Can Kill Trees!

Brooke Alexander, Ashton Heights Tree Canopy and Native Plant Coordinator
Arlington Regional Master Naturalist (ARMN)

Mulch placed on the ground around trees can provide moisture retention, weed control, nutrients, and can be aesthetically pleasing. Here are guidelines for proper mulching:

- **Apply a ring of mulch 3 feet in radius.** Modify this for conditions in your yard. One value is to keep lawn mowers, or string trimmers from bumping against the trunk. Remember that the transport system for trees between the leaves and roots is just under the bark. Damage this and risk the decline of both water transport to the leaves, and nutrient transport to the roots, with resulting decline in tree health.
- **Do not allow the mulch to contact the tree trunk.** Start the mulch 1-3 inches from the trunk. Allow the tree flare to be in touch with the air. Mulch placed against the trunk will hold water here, and increase risk of fungal infection on the trunk, reducing the life of the tree.
- **Limit the height of the mulch to 2-3 inches.** Excessive mulch keeps water from penetrating into the soil. As a result, roots grow up into the mulch looking for moisture. These roots are weak, and have nowhere to go. They risk becoming encircling roots which may girdle the tree, causing the tree to be unstable, and can result in premature death of trees.



Proper and improper mulch application.
Source: Morton Arboretum

There are many types of compost that will work for trees. The best mulch is leaves of the tree from which they dropped; this recycles the nutrients lost creating those leaves. Mow leaves from the lawn and place that mulch around the tree. Or pick up free leaf mulch from the county's Trades center (see <https://environment.arlingtonva.us/2016/05/benefits-of-mulch-and-composting-in-arlington/>).

How do I fix volcano mulching? Remove all the mulch. Cut and remove the intruding roots all the way back to the soil level with sharp clippers. Add mulch to just cover the root tips. Next year you can add 2-3 inches of mulch over this

Restaurant Review: Pupatella

By Amy Miller

Maniamm - meaning "Let's eat" is the perfect thing to say before devouring the delicious food at Pupatella. The newest location of this restaurant has officially opened as of late December 2019.

Located in South Arlington (1621 S. Walter Reed Drive), it's a great place to grab a delicious wood-fire pizza. My daughter and I visited the day after it opened and we enjoyed a delightful lunch of fried fresh mozzarella balls along with the Margherita DOC and Classica DOC (red pizzas).

Founded in 2007 by a native of Naples, Italy, the latest location in South Arlington is a nice addition to the restaurant scene. The menu features small plates/salads, Neapolitan pizzas, panini, the option for custom pizzas as well as a kids menu. We were too full after our lunch, but their gelato display is on our list to try next time. Also on tap - beers and a bountiful wine list.



There's plenty of indoor seating and I'm personally excited for warmer weather to take advantage of their outdoor seating. One thing to note: parking can be tough. So be prepared to read parking signs if you park within the neighborhood. Buon Appetito!

Meet Your Neighbors: The Nguyens

By Betsey Lyon

Susan and Vinh Nguyen have traveled the globe, but the way they met years ago is an Arlington hometown story. They both played volleyball with other young adults at Thomas Jefferson Community Center and eventually started dating. Since marrying, they've lived in Lyon Park and Mexico, moving to their current home on North Oakland Street in Ashton Heights in 2002 when expecting twins.

Today, they're proud parents of Lucy and Matt, juniors at Washington-Liberty High School, where both Susan and Vinh are grateful for the variety of opportunities and robust curricula Arlington Public Schools provide.

Susan's family lived in upstate New York and several places that her father's international business management job took them, including Belgium, South Africa, and Korea. She graduated from Skidmore College in Saratoga Springs, New York and then earned a graduate degree in International Business from George Washington University.

Vinh and his family became Vietnamese refugees as the war ended in 1975. Confronted with a Communist regime, many Vietnamese fled their homeland, including Vinh's family. After scouting for the best way out, the Nguyens joined a man on his small fishing boat, and once at sea, boarded a large Taiwanese fishing boat; this common practice led to the rescue of many Vietnamese.

From the resettlement and processing center for refugees in Indiantown Gap, Pennsylvania, Vinh and his family moved to Bethesda, Maryland, sponsored by a U.S. State Department family, then settled in Virginia. Vinh later completed undergraduate studies at Amherst College, and a Master's in Business Administration at George

Washington University. His current career is in management at the World Bank.

Susan is a professional volunteer who ambitiously has coordinated the popular Washington-Liberty Holiday Bazaar, and serves as President of the W-L Theater Boosters. She has volunteered extensively for Girl Scouts and for her children's parent teacher associations.

Seventeen-year-old Matt Nguyen enjoys theater, acting and singing in high school productions. He also likes visual arts, benefiting from W-L International Baccalaureate art

classes. Lucy is an avid potter, a hobby she began at Thomas Jefferson Middle School and has continued during her high school years. The brother and sister differ in their preliminary thoughts about careers. Matt hopes to pursue his strong interest in fashion design, while Lucy thinks she will study engineering.



Meanwhile, the family's travels are frequent and varied: The American West, Western Europe, Vietnam, Nova Scotia and Prince Edward Island, Susan's brother's home in Scotland, and the Inca trail in Machu Picchu, Peru for a hiking vacation. They always enthusiastically return to their Arlington home, where they know most of their neighbors, follow their preferred activities from abundant local options, and take advantage of the convenience and walkability that Ashton Heights and our greater community offer. They look forward to greeting and meeting more neighbors in years to come.

Do you have an interesting neighbor that should be profiled in an upcoming issue?
Reach out to the newsletter editor,
Amy Miller (amylmiller4@gmail.com)
for consideration.

BLPC/PRFC Update

By Caroline Rogus and Polly Hall

The Building Level Planning Committee and Public Facility Review Committee for the Career Center site have been meeting this fall and will continue to meet this winter to make recommendations to the County and Arlington County Public Schools (APS) about the best way to expand on the site. The Committees' charge includes adding 800 additional seats to the programs there as well as making 600 seats available for Arlington Tech, adding a gym, a performing arts theater, parking to accommodate 450-500 spots, and a multi-use turf field. The Committees are working with the architects, traffic consultants, as well as APS and county officials to find consensus (if possible) on these issues given the limitations of the site. The budget for the project is \$185mm. More information can be found at <https://www.apsva.us/design-and-construction/arlington-career-center/>.

Your civic association reps, Caroline Rogus for the BLPC and Polly Hall for the PFRC, welcome any thoughts or feedback you have. A final recommendation will be made to APS later this winter.

Recycling Tips for the New Year!

- Place all recyclable materials in our blue cart.
- Do NOT put materials in plastic bags and then into the cart. If you do, the materials will be treated as trash.
- Always recycle: aluminum cans, cardboard, metal cans, metal household items, mixed paper, plastics.
- Remember: no more glass in the blue recycling carts.
 - ✓ Drop off glass jars and bottles at one of the County's drop off centers.
 - ✓ Buy fewer products in glass containers.

FYI: Christmas Tree Collection takes place curbside through January 10th. Trees collected by the county are then turned into mulch that is available at County facilities. Please be sure to remove all decorations and DO NOT place trees in plastic bags.

You can also drop off your tree at the Solid Waste Bureau's Earth Products Yard in Shirlington. If you miss the Jan. 10 deadline, fret not! You can still put it out on the curb as part of the county's year-round yard waste collection.



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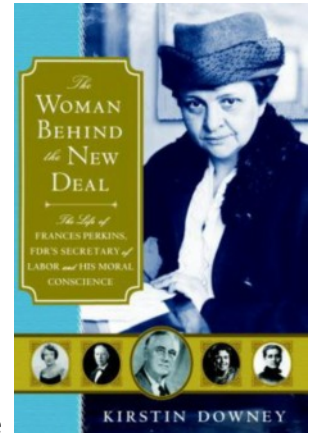
Book Review: *The Woman Behind the New Deal* by Kirstin Downey

Denise Cormaney, follow all her reviews at @findyourgoldenhour on Instagram

The Woman Behind the New Deal is a fascinating look at a woman who gave us many of the labor standards we take for granted today, as well as many of the hallmark policies from the FDR Administration. It is a true shame that most Americans do not know Frances Perkins as a great leader in our history. She was a woman who saw problems around her, rolled up her sleeves and worked to foster change. Her career started in local politics in New York after being truly appalled by the tragic Triangle Shirtwaist Fire in 1911, leading to the fire safety codes that we still employ today. Due to her own traumatic labor and delivery experience, she started a public health program, reducing the maternal death rate by 60% (this was before the use of antibiotics.) It's all the more admirable to note that many of the early policies she was able to push through were enacted before she herself had the right to vote!

She was the first female Cabinet member, appointed by FDR to be his Secretary of Labor. The minimum wage, social security, the 40-hour work week, overtime pay, unemployment insurance, child labor laws, fire safety codes: these are all policies Americans enjoy because of Frances Perkins. The one remaining issue she worked hard to enact never made it through: health care. The country was drawn out of the Depression and into World War II, and Congress and the American people lost their focus on social programs as they turned their attention to fighting the war. We are still feeling the ramifications of this today.

I like to think that if the Internet and social media were around in her day, she'd be on par with The Notorious RBG. She was a brilliant and tireless feminist icon who accomplished great things in the name of improving the lives of her fellow citizens.



AHCA MEMBERSHIP SIGN-UP AND DUES PAYMENT FORM

Ashton Heights Civic Association annual dues are \$15 per household or \$10 per individual member or \$25 per household for two years. Anyone residing or owning property in Ashton Heights who is at least 18 may join and then vote at AHCA meetings.

Send this form and a check payable to AHCA to Jim O'Brien, 643 N. Kenmore St. 22201, or bring it to this month's meeting.

Name(s): _____

Children (and ages) (optional): _____

Street address: _____

Phone: _____ Resident since: _____

E-mail: _____

Neighborhood interests: _____

PAY DUES ONLINE at www.ashtonheights.org/join-ahca

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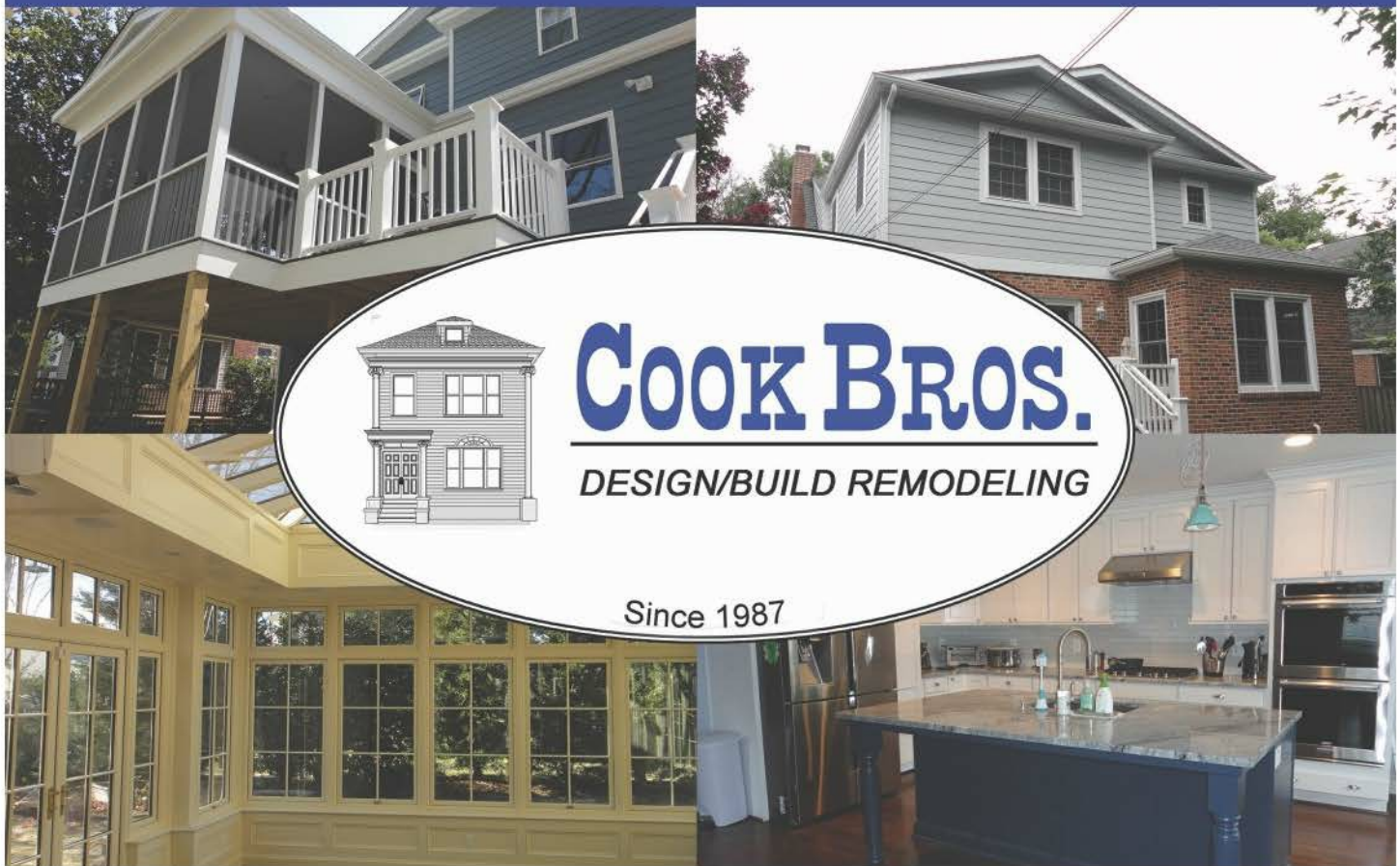
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