



# Ashton Heights News

The Newsletter of the Ashton Heights Civic Association

[www.AshtonHeights.org](http://www.AshtonHeights.org)

## Getting into Full Swing - Making Ashton Heights Stay Great (As Always)

Scott Sklar, President, AHCA

As January dashed by, the biggest issues we are facing are development, crime, water rates, and roadways. Our intrepid AHCA Crime & Safety Chair Christina Shultz put out a detailed memo about the Arlington County police presentation at our January meeting. The recent rash of automobile incursions in Ashton Heights cars are almost all in unlocked vehicles. The only smashed windows were tied to two visible - computer and purse - on the car seat in commercial parking areas. No use of wireless fob number theft devices has been reported or believed to be in use. So two basic guides - check & lock your car every evening, and leave nothing of value visible.

We also advised on the listserv roadwork beginning on Pershing Drive and soon, some continued work on Wilson Blvd. approaching 10th Street North. AHCA also submitted a formal letter to Arl. Co. on traffic calming on N. Kenmore St. AHCA Transportation Committee Chair Patrick Lueb has been following, dialoguing with the County, and fact finding on planter design options.

Due to great work by Barbara Taylor ([bet2713@gmail.com](mailto:bet2713@gmail.com)), we have collected data from 71 residents whose water bills were over 100% higher. We have submitted the aggregated data to the Arlington County Board, and with other civic associations to show a statistical quantification of the problem. AHCA will be pursuing this issue, since it has been an ongoing problem that is not solely tied to water leaks, as County staff maintains.

AHCA has also been dialoging with the other Arlington civic associations who have contacted Arlington County Board members about the need to revisit the Zoning Ordinance provisions for lot coverage, height, and setback of single-family homes -- and also to ensure compliance with these restrictions as homes are actually built.

We transferred to our new listserv platform seamlessly. Thank you for the hard work Betsey - please see the full article on page five of this month's newsletter.

The AHCA Development Committee has been meeting with the county on these main in-process developments:

1. TCS project on Wilson (Beer Lot to Silver Diner).
2. Joyce Motors redevelopment on 10th street

## AHCA Monthly Meeting

**Wednesday, February 19, 2020, 7 – 9 PM**

**7:00** Refreshments and mingling

**7:30** Committee Reports & Community Updates

**7:45** Speakers:

- Policing Issues and Crime Statistics for the Neighborhood - Cpl. Elizabeth Lennon, ACPD
- Some Impacts of Amazon's Arrival and Observations on the July 2019 Flooding in Arlington - Greg Hamilton; Publisher, Arlington Magazine

**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.

3. Status of third development (Wells Fargo site)
4. CVS project - zoning/rezoning issue on three lots; environmental issue; arrangement for meeting with group of nearby residents on permitting (lighting, traffic, vegetation barriers etc).
5. Hotel (Randolph and 5th); Mr Wash: Status

AHCA Development Co-chairs David Phillips and Jack Spilsbury are always open to input and guidance.

**MORE THANK YOU's** from all of us at AHCA -- Debby Chin, owner of The Baking Q, has been donating food at our monthly as she tests the market place for its product line of desserts. If you like something and would like to place an order, please contact Debby ([debbychin@me.com](mailto:debbychin@me.com)) for more information. Thanks to Greg Morse who has also been bringing in healthy snacks for the meetings.

Carmen Kosik ([emailcity@gmail.com](mailto:emailcity@gmail.com)) has been successfully getting ads for the newsletter so we can expand it slightly, and deserves our kudos for this important task. And Ann Felker ([gr8est9@gmail.com](mailto:gr8est9@gmail.com)) has been coordinating the Kids Page in our newsletter that helps employ our youngest members in ways that help our community. **Thanks so much!**

**Wishing you a happy Winter season, here in Ashton Heights!**

# 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](http://www.ashtonheights.org). You can volunteer by contacting the Executive Committee.

### Executive Committee

President: Scott Sklar <a href="mailto:solarsklar@aol.com">solarsklar@aol.com</a> 703-522-3049	VP Programs: Jim Richardson <a href="mailto:jabrighardson@verizon.net">jabrighardson@verizon.net</a>	VP Membership: Jim O'Brien <a href="mailto:jimob1@verizon.net">jimob1@verizon.net</a> 703-528-0376	Treasurer: Doug Williams <a href="mailto:treasurer@ashtonheights.org">treasurer@ashtonheights.org</a>	Secretary: Jodie Flakowicz <a href="mailto:jodie.flakowicz@gmail.com">jodie.flakowicz@gmail.com</a>
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### Members-at-Large

Cole Deines <a href="mailto:coledines@gmail.com">coledines@gmail.com</a>	Jim Feaster <a href="mailto:jimfeaster1@gmail.com">jimfeaster1@gmail.com</a>	Patrick Lueb <a href="mailto:jiffy64@me.com">jiffy64@me.com</a>	Ken Matzkin <a href="mailto:kenmatz1@gmail.com">kenmatz1@gmail.com</a>
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### Committees

<b>Listserv Moderator</b>	Betsey Lyon <a href="mailto:etlyon410@gmail.com">etlyon410@gmail.com</a>	<b>Crime and Safety</b>	Christina Schultz <a href="mailto:cmschultz@yahoo.com">cmschultz@yahoo.com</a>
<b>Development/Zoning</b>	David Phillips <a href="mailto:davidphillips1@msn.com">davidphillips1@msn.com</a>	Jack Spilsbury <a href="mailto:spilsburyj@gmail.com">spilsburyj@gmail.com</a>	<b>Transportation</b>
<b>Housing</b>	Matthew Hall <a href="mailto:mhall@goldsteinhall.com">mhall@goldsteinhall.com</a>	Christina Schultz <a href="mailto:cmschultz@yahoo.com">cmschultz@yahoo.com</a>	Patrick Lueb <a href="mailto:jiffy64@me.com">jiffy64@me.com</a>
<b>Playgrounds &amp; Parks Subcommittee</b>	Brent Burris <a href="mailto:brburris@gmail.com">brburris@gmail.com</a>	<b>Tree Canopy and Native Plants Subcommittee</b>	Brooke Alexander <a href="mailto:brooke.alexander52@gmail.com">brooke.alexander52@gmail.com</a>
<b>Schools</b>	Gregory Morse <a href="mailto:gregm748@gmail.com">gregm748@gmail.com</a>	Caroline Rogus <a href="mailto:crogus@gmail.com">crogus@gmail.com</a>	
<b>Neighborhood Conservation Rep</b>	Brent Burris <a href="mailto:brburris@gmail.com">brburris@gmail.com</a>	Lutz Prager alternate <a href="mailto:pragerlutz@gmail.com">pragerlutz@gmail.com</a>	

### Newsletter

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### Save the Date!

Enjoy some of these highlighted events from around our area.

- **February 17:** George Washington Birthday Parade  
<http://washingtonbirthday.com/parade> (Free)
- **February 22:** Mardi Gras Celebration at the Wharf  
<https://www.wharfdc.com/upcoming-events/2020-02-22-mardi-gras/> (Free)
- **February 29:** Feel the Heritage Festival at Drew Community Center <https://parks.arlingtonva.us/feel-the-heritage-festival/> (Free)
- **March 7:** Alexandria St. Patrick's Day Parade  
<https://www.ballyshaners.org/parade> (Free)
- **March 20 to April 12:** National Cherry Blossom Festival  
<https://nationalcherryblossomfestival.org/>

### Advertise with us!

The Ashton Heights newsletter is distributed to 1,200 households September - May. Our readers enjoy supporting local businesses.

Do you know of a local business that would benefit from advertising in the AH newsletter?

Email: [newsletterads@ashtonheights.org](mailto:newsletterads@ashtonheights.org)

### 2019/2020 Ad Rates:

Business Card	\$60	Full Page	\$245
1/4 Page	\$85	Full Back Page	\$295
1/2 Page	\$145	One Page Insert	\$325

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](mailto:gr8est9@gmail.com)



**April 18, 2020, 8 a.m.**

**Running to help others!**

**Where:** Clarendon United Methodist Church  
606 N. Irving Street, Arlington, VA 22201

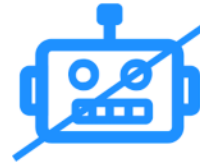
**Who:** Competitive Runners; Fitness/Frequent Runners; Joggers/Recreational Runners and Walkers/Strollers.

**[www.ArlingtonBunnyHop.org](http://www.ArlingtonBunnyHop.org)**

## **"Hello Trouble" - Robocall Scams**

### **Community Crime and Safety Corner**

By Christina Schultz



Do you feel like your phone is constantly ringing with robocalls from telemarketers and potential scammers? You aren't the only one frustrated. Americans collectively received nearly 60 billion robocalls in 2019. In December alone, each person received an average of 13.9 robocalls. Some days, it feels like much more than that. According to a Consumer Reports survey, 70 percent of phone users say they simply won't answer if they don't recognize the caller's number.

A *robocall* is a phone call from a computerized autodialer – like a robot – that delivers a recorded message, unlike a call from a live person. Robocalls that try to sell you something are likely illegal and very often scams. Only if a company has your written permission to sell a product or service through a robocall is this type of call legal. That permission must be clear and uncoerced and where you have the right to change your mind.

Under Federal Trade Commission rules, several types of robocalls are legal. These include political calls, informational notifications (e.g., APS delays on snow days and flight cancellations), debt collection calls, charities asking for donations, and calls from some health providers (e.g., appointment reminders and prescription refills ready for pickup). Robocalls are very prolific because it's cheap and easy for telemarketers and scammers to send these calls over the Internet from anywhere in the world. In addition, scammers can spoof the name and number that shows up on your caller ID. They can fake local numbers, numbers from government agencies, even your own telephone number. To combat this onslaught, phone customers can look into call-blocking solutions. Options will depend on if you are receiving calls on a mobile phone, landline, or home phone over internet.

There is some good news. In December 2019, bipartisan legislation, known as the TRACED Act, was signed into law, giving the Federal Communications Commission (FCC) increased authority to deter spam calls and phone companies greater responsibility in protecting their customers. Fines on spam robocallers will range from \$1,500 to \$10,000 per illegal call. Service providers, at no additional charge to the consumer, are required to accelerate the adaptation of call authentication technologies to verify that incoming calls are legitimate before your phone even rings. The FCC and phone companies are also required to develop a system that informs customers when they are receiving a spoofed call.

That system won't work for landlines, so an alternative for those customers is also included in the legislation. But don't expect the number of robocalls you receive to decrease immediately. The technology needs to be put in place; customers of small carriers and in rural areas will have to wait longer for infrastructure upgrades to digital systems; and robocallers based outside the United States will continue to make their calls without sufficient interruption. In the meantime, it's best to remain vigilant (see box).

#### **Tips to Stop Unwanted Robocalls and Avoid Phone Scams**

- Don't answer calls from unknown numbers even if Caller ID shows a "local" number.
- If you answer the phone and the caller or a recording asks you to push a button to stop getting the calls, you should just hang up. Pushing a button shows it's a "live" number and can increase the number of calls.
- Do not respond to any questions, especially those that can be answered with "yes." This reply can be manipulated into agreement to accept various services.
- Never give out personal information in response to unexpected calls.
- If you get an inquiry from someone who says they represent a company or government agency, hang up and call the phone number on record to verify the authenticity of the request.
- Use caution if you are being pressured for information immediately.
- If you have a voicemail account with your phone service, be sure to set a password.
- Talk to your phone company about call blocking tools and check into apps that you can download to your mobile device.
- If you use robocall-blocking technology already, it often helps others to let that company know which numbers are producing unwanted calls.
- To block telemarketing calls, register your number on the Do Not Call List <https://www.donotcall.gov/>

– From the Federal Communications Commission





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## Ashton Heights News - Sign Up for Our Discussion List

By Betsey Lyon

A popular way to communicate with neighbors about issues affecting Ashton Heights and greater Arlington is our neighborhood listserv. To join the discussion list, now on the Groups.io platform, send a message to [main+subscribe@ashtonheights.groups.io](mailto:main+subscribe@ashtonheights.groups.io) with your full name and street address in Ashton Heights or Lyon Park.

This information is always required to join our restricted list, so provide it to avoid delays. You can also email [etlyon410@gmail.com](mailto:etlyon410@gmail.com) and ask to be added; but sending and email to the “main+subscribe” address is quicker.

Once you receive a confirmation email from the list, you may want to adjust your delivery settings and here are a few tips.

You can adjust your account delivery option to receive a message digest rather than each individual email, if you prefer reducing the number of emails you receive. This feature is very popular.

- Use the “Your Subscription” link at the bottom of every groups.io message, including your welcome message.

- “Daily Summary” is designed to send you a morning email with all messages from the prior day. So, you’ll be digest-free following a day of no postings by neighbors. Other digest options will result in your getting a package of messages once they accumulate. Visit your account to explore options.

Explore and use other links at the bottom of group messages you receive (see screenshot below). They provide you flexibility to mute a topic that involves more discussion than interests you. Groups.io is more fully featured than our old listserv program, Yahoo Groups, which we no longer use. We’ll share more tips about using the Groups.io discussion list in future newsletters.

Questions? Email List Moderator [Betsey Lyon](#) directly.

### Groups.io Links:

You receive all messages sent to this group.

[View/Reply Online \(#31130\)](#) | [Reply To Group](#) | [Reply To Sender](#) | [Mute This Topic](#) | [New Topic](#)

[Your Subscription](#) | [Contact Group Owner](#) | [Unsubscribe](#)

## Meet Your Neighbors: The Gould and Rogus Family

By Betsey Lyon

John Gould and Caroline Rogus loved their Capitol Hill neighborhood years ago, but their cozy house was too small after their first child was born. Since their days at the University of Pennsylvania Law School, the couple were confirmed city people, and Caroline had to be convinced to leave DC. They searched for a Metro-accessible neighborhood with great public schools outside the District and wound up in Arlington.

Now a four-person family that includes son Henry and daughter Eleanor, plus their beloved dog Eli, the Goulds are very happy living on North Irving Street in Ashton Heights, in a walkable community with public transit, retail and entertainment options.

John is a partner at a major law firm in Washington, specializing in health care law. Though his job leaves him little down time, he enjoys attending his children's activities, going fly fishing, and roller skiing, or cross country skiing when snow falls. He coaches his son Henry's Odyssey of the Mind team, which went all the way to the World Finals last year.

Caroline, also an attorney, teaches at the George Washington University Law School, manages an experiential learning program for the university, and serves as a mediator. In her non-working hours, she coaches daughter Eleanor's soccer team, and keeps up her own soccer skills by playing in a women's league with neighbors. Currently, Caroline is an Ashton Heights representative to Arlington Public Schools (APS) Building-Level Planning Committee (BLPC) for the Career Center site, advising the School Board and Superintendent on the best use of the site. Caroline is an Ashton Heights Civic Association chair to the Joint Schools Committee with the Lyon Park Citizens' Association.

Henry, age 11, attends Thomas Jefferson Middle School (TJMS), where he acts regularly in theater productions. An avid reader, he serves on the Teen Advisory Board (TAB), providing input to school librarians about book selections to inspire other readers. Once a week, he and other middle

schoolers visit the new Alice West Fleet Elementary School as reading buddies to second graders.

Seven-year-old Eleanor attends Long Branch Elementary School and plays soccer on the Revolutionaries girls' team. She tap dances, too, because "the shoes make a noise I like a lot." Inspired by Pa Ingalls and his fiddle in the Little House books, Eleanor has taken up the violin. She says that by trying different activities in Arlington, there's always the opportunity to meet new people and make new friends.

Caroline is impressed with the level of community engagement in Arlington, which she has seen first-hand as the former Long Branch PTA President, a representative to APS's Advisory Council on Instruction, and as a past and current representative to BLPCs. For the Thomas Jefferson site, she advised on plans and building of Fleet Elementary School on the property. Community input and concerns

were significant since the property is a major recreational space for residents throughout the county. A considerable volunteer job, BLPC membership includes reviewing APS and County needs, analyzing the impact of proposed designs on matters

like instruction, traffic, the environment, and budget, and collaborating with other stakeholders to draft recommendations to the School Board and Superintendent about the construction of a new school on the site.

With many friends and interests around Ashton Heights and greater Arlington, and a great time investment in the future of Arlington schools, the Gould/Rogus family expects to remain here for quite some time.



***FYI on Ashton Heights Representation:*** Greg Morse is the second Ashton Heights chair on the Joint Schools Committee along with Caroline. Polly Hall serves as the Ashton Heights rep to the Public Facilities Review Committee for the Career Center site, the County's counterpart to APS's BLPC. Stacy Snyder currently serves on APS's Facilities Advisory Committee and the County's Joint Facilities Advisory Committee.

## Trees Remove Fine Particles from Our Air!

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

### How do fine particulates hurt people?

Fine particulates are one of the most dangerous air pollutants. The health risk is that these particles can be inhaled into the lungs, and are so small they become trapped, and then impair lung functions. Particles less than 0.1µg diameter can actually pass into the bloodstream and affect organs or cause cancer.<sup>1</sup>

### How are fine particulates defined?

Fine Particulate Matter (PM), designated PM<sub>2.5</sub>, are solid or liquid particles less than 2.5 microns (µg) in diameter.

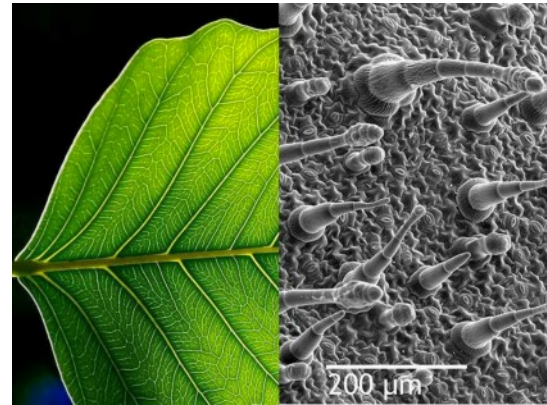


Image courtesy of Treehugger.com

### Where do fine particulates come from?

The most common source in urban areas is fuel combustion - from power plants, diesel engines, and oil burning furnaces.<sup>1</sup> Also, automobiles generate PM in their exhaust, brake pad dust and in creating metallic road dust.<sup>2</sup>

### How do trees help reduce fine particulates?

Hairy (see diagram) and waxy leaved trees are best at removing PM.<sup>3</sup> Some trees are better than others at grabbing and holding PM. One study in England demonstrated a 50% reduction in PM inside houses with the use of a particular native (to England) tree.<sup>2</sup> More research is needed to identify the most efficient particulate removing tree species for the Mid-Atlantic area.

<sup>1</sup> <https://doi.org/10.1036/1097-8542.B0116141>

<sup>2</sup> IFL Science! Trees Trap Environmental Particulate Matter

<sup>3</sup> Science of the Total Environment V427-428, 6/15/12, p 317

### Meanwhile...Another reason to thank our trees - and plant more!

## FOR YOUR CALENDAR

Put the remaining Ashton Heights Civic Association Meetings on your calendar now. Meetings run from 7 to 9 p.m. The dates are:

- February 19
- March 18
- April 15
- May 20

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## Restaurant Review: Detour Coffee Co.

By Ann and Tim Felker

Timmy and I share memories of Clarendon's dining scene continuously from the late 40's forward. The \$.05 hamburger menu in two locations (Little Tavern and White Tower) for serious food and People's or Woolworths' soda counter for grilled cheese and chocolate-strawberry syrup Coke pretty much describes the cuisine of our childhood. For "carry out" there was High's Ice Cream Store, Berkeley's Bakery and the Acme grocery (in the Red Top Cab building), which had pickles in a wooden barrel. That was then; this is now, and nostalgia does not drive our local restaurant recommendation.

Detour Coffee Company, stuck between a walk-in clinic and Jiffy Lube at 946 N. Jackson St., does not get rave reviews for its location, but it does have 12 free parking spaces right in front. Jackson Street is one-way on that block, but you can walk there from anywhere in Ashton Heights, even at our age, in 15 minutes. Detour Coffee Co. is open 8 a.m. to 8 p.m., every day with a one-hour shift on Sunday to give the cook an extra hour of sleep before brunch. Inside the heavy doors, you enter a stylish, up-to-date space, with contemporary lighting, stainless and glass high-top tables, comfy booths, or our favorite - leather armchairs with low tables in between. The art rhymes with the atmosphere; the jazzy soundtrack is muted. Ambience established! Self-seating is the expectation. Booths are comfortably busy with earnest diners scanning dependable WiFi-supported devices. Usually there is a business-casual meeting hovering at one end of the high-top center table, with plenty of tandem spaces for an older couple or a group of W-L seniors grabbing off-campus lunch.

The name implies a coffee shop and indeed, the coffee has all the up-to-date adjectives (locally roasted, free trade) and every configuration of coffee preparation, served in environmentally sensitive mugs and recyclable paper cups. It takes time, but it is sensuous caffeine (or sensuous decaf).

The seasonally adapted menu, inscribed with a confusing flourish on the chalk board is translated on card stock, for those who prefer to meditate about choices. Any meal time can be accommodated within the context of the menu, from scrumptious yogurt-granola fruit bowls to scrambled eggs swirled with cilantro sour cream and avocado to multiple carnivorous offerings and lentil/falafel/hummus combinations, served in a range of bread binders (baguette, pita, brioche) or a tender gluten-free arepa. There are no trite sides and food presentation is Instagram ready, fresh and hot on biodegradable, but not fragile, wood trays with—wait for it—cloth napkins and metal tableware! Sweets are sweet and locally baked, though not on site.

The staff is particularly hospitable to guests and to each other. The chef is visible and available for consult through the wide kitchen opening. A genuinely comfortable place to bring friends and family. We hesitate to encourage too many new visitors, but we cannot deny the neighborhood of a chance to take a delicious **DETOUR** on N. Jackson Street.



*Photos courtesy of Detour Coffee Co.*

## Spark Some Joy!

By Amy Miller

It's a new year and that means it's time to clean out the clutter. To that end, W-L High School has a list of items that teachers need for their classrooms. Titled, Gregg's List (named after Principal Gregg Robertson), we're sharing with you items that teachers could use if you have any to spare. Please email [jmiller@appent.com](mailto:jmiller@appent.com) if you have a donation or you can simply drop them off at the main office at the school.

### Gregg's List

Bean Bag Chairs	Floor Pillows	Reading Chairs
New or gently used cup carriers	Gallon sized pots for planting or milk jugs	Scissors
Markers	Copies of <i>Wonder</i>	Glue sticks
New or gently used notebooks	Fabric	Thread
Fashion magazines	Yogurt or to-go containers	Yarn/cloth



## Local Running Race Highlight

By Erika Howder, local AH resident and race director for ZOOMA Women's Race Series, follow her on Instagram (<https://www.instagram.com/mcmmama/>)

Spring racing is kicking off! Lots of races and lots of distances start taking off in early March!

Close to home is the Pacers Four Courts Four Miler, starting and finishing at Four Courts! It's a wicked fast start, but don't forget you have to come back up that hill. You'll truly deserve the beer at the end. And if you want more of a challenge, the Four Miler is now part of the St. Pat's Run Fest. You can run on Sunday in DC with a variety of options and score extra bling.

<https://stpatsrunfest.com/>

Want a longer challenge? Rock 'n' Roll DC is coming back again at the end of March. My personal favorite distance is the half marathon as it runs past the monuments and some other fun areas of DC, but this year RNR is shaking things up with some changes to the marathon course and an added 5K.

<https://www.runrocknroll.com/dc>

These are just two of my favorite March events, but you could run a race nearly every weekend if you wanted! Check out the DC Calendar <https://www.runwashington.com/race-calendar/> or Running in the USA if you are looking for a race outside the area. <https://www.runningintheusa.com/>



## 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](http://www.ashtonheights.org/join-ahca)**

**Thank You!** Hi, Ashton Heights! Thanks so much for an amazing and successful food drive. We collected over two-hundred cans, a dozen cereal boxes, and many other packaged snacks and drinks. This will not be our last food drive, so be sure to be on the lookout this spring! Hope you have a wonderful month!

- Patch

## Did You Know...

You could be living in Pocahontas County? Pocahontas was one of the proposals considered 100 years ago when a decision was made to rename what was then called Alexandria County in order to differentiate from Alexandria City. Instead, Arlington was chosen as the county's new name in January 1920.

- Arlington Historical Society



## A-A-Acupuncture


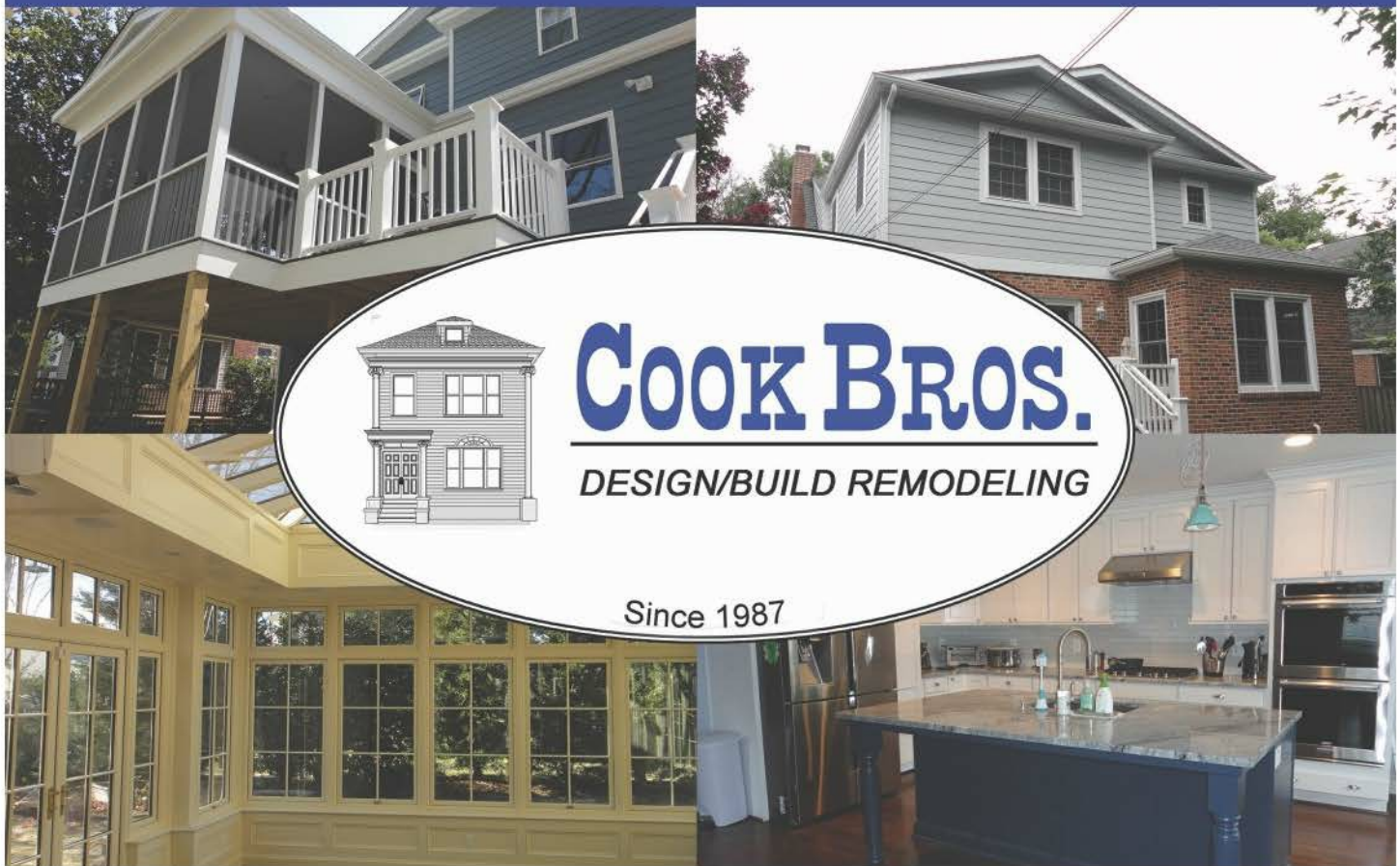
**Rebecca Reynolds MSN/L.Ac.**  
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