

www.AshtonHeights.org

The Newsletter of the Ashton Heights Civic Association

Five Trends in Arlington: Ashton Heights "Front & Center"

Scott Sklar, President, AHCA

As we move into Spring, I am feeling the need to encourage a creative dialogue. I am not advocating one way or the other on the points below, but using this column only to stir discussion.

Trend #1: Housing Density and Affordability. Discussions in Richmond and with the Arlington Board are not only addressing affordable housing, but the nature of residential neighborhoods. Many of us strongly want to keep the single home character of our community, yet others see multiplexes, townhouses and other approaches to offer a variety of living approaches to allow more flexibility, affordability, and livability.

Trend #2: Climate Change: Trees, Energy, and Buildings. The Arlington County Board voted unanimously in November 2019 on an updated Community Energy Plan (CEP) to reduce greenhouse gas emissions, Clean Air Act regulated emissions, and significantly increase energy efficiency and renewable energy. Aside from announcing a contract with Dominion for over 100 MW of solar, efforts to nudge builders and developers to incorporate these approaches significantly in their projects and buildings since residential (26%) and non-residential (53%) buildings use 79% of our energy. More pressure on how our buildings are built, renovated, and how we behave in them, are going to be ever increasing. Native trees are also in this game plan for soaking in carbon, providing food and shelter for wildlife, and softening the urban character of our community.

Trend #3: Convenience & Personalization of Transportation. We all know Uber/Lyft, scooters, well-marked roadways, bike lanes, and density around Metro stops, all address not only traffic, but convenience, and livability. We can have food delivered by any restaurant, Amazon and others drop off any goods, and more and more in-home and in-office services are at our fingertips. How that impacts personal time, comfort, and family is being studied by many.

Trend #4: Multi-use Spaces and Buildings. Our schools and government buildings are not only used for their prime use, but also for community meetings, the arts and education. And now we are seeing private buildings, have public meeting space in the lobby, the NRECA building used for public meetings, as does AHCA and Little Beginnings Day Care share the Clarendon United Methodist Church facilities.

AHCA Monthly Meeting Wednesday, March 18, 2020, 7 – 9 PM

7:00 Refreshments and mingling

7:30 Committee Reports & Community Updates

7:45 Speakers:

- The Census MS. Elisa Ortiz (Co-Chair, Arlington Complete Count Committee)
- Development Plans near AHCA Bob Duffy (Director, Planning; County Department of Community Planning, Housing and Development

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.

Trend #5: Aging in Place. The older population in Arlington those ≥65 years of age - grew more rapidly than the rest of the population in each of the last three decades. It will continue to grow rapidly and at a faster rate. Northern Virginia's older old population, those ≥75 years of age, is the region's most rapidly growing population group. Growth in this age group will exceed 50% in each of the next two decades. Yours truly, is planning to age-in-place in my home. This means more walkable community, in-house services, and more county and various association tailored programs to my demographic.

I hope, as a community, we can discuss how we fit best into these trends among others not mentioned, so as to be proactive on addressing our future. Only through shared vision, community dialogue, and volunteer time – can we create a joint vision to help drive our consensus visions to reality.

Details of Ashton Heights 100th Anniversary plans for next year are underway (see page 4). We have had some very prescient Arlington residents and leaders that helped fashion the community we have today. This perspective should help all of us and guide all of us on pathways to the future.

We have a great community and we have a long road to further many past and present great ideas to make it an even better community.

Happy Spring!

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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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



Coming Soon to Arlington: Restorative Justice

Community Crime and Safety Corner
By Christina Schultz

Eileen was in desperate need of extra cash when she came across her co-worker Marie's purse unattended in the break room. Eileen quickly grabbed the wallet out of the purse and later used the cash and credit cards. After Marie contacted the police and credit card companies, the theft was eventually traced back to Eileen. (Note: This case is fictitious for the sole purpose of using it as an example.)

With support from the Annie E. Casey Foundation, the Arlington country board, police and sheriff's departments, and the new Commonwealth's Attorney, Parisa Dehghani-Taft, are coordinating to bring restorative justice to Arlington. Restorative justice looks at crime beyond breaking the law and delves further into how it impacts individuals, relationships, and communities. It seeks to repair the harm caused by criminal behavior through a cooperative process involving willing stakeholders. Restorative justice has proved beneficial around the world in facilitating safety and healing.

If Eileen and Marie are willing to try this alternative rather than taking the case to a criminal court, a mediator would bring them together to discuss both the harm and the wrongdoing and work out a shared resolution. A solution could involve monetary repayment options by Eileen, as well as a written agreement detailing clear boundaries around possible future contact between them in order to rebuild trust. The goal here is to reach a plan to "restore justice," instead of a system of retribution, which is focused on punishment. When it works well, the meetings

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

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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

of minds brought about by restorative justice processes

can lead to transformational changes in both the lives of the victim and the perpetrator.

Plans for Arlington include applying restorative



justice in schools, juvenile justice, and the criminal justice system. It will also provide an alternative to the boarder community, particularly those who may be reluctant to bring an issue to the police or courts. For more information and to find out how you can get involved, contact the Restorative Justice Project Coordinator Liane Rozzell at Irozzell@arlingtonva.us.

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.

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

Trees - What are They Good For?

Brooke Alexander, Ashton Heights Tree Canopy and Native Plant Coordinator

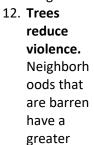
Arlington Regional Master Naturalist (ARMN)

I generally focus on the ecological benefits of trees, in their function of providing habitat and food for wildlife. Here are 16 other benefits of trees! Thanks to TreePeople.org!

- Trees combat climate change...by absorbing and storing CO2. In one year, an acre of mature trees absorbs the amount of carbon dioxide produced by driving a car 26,000 miles.
- Trees clean the air...by absorbing odors and pollutant gases such as nitrogen oxides, ammonia, sulfur dioxide and ozone - and filtering particulates out of the air.
- 3. **Trees provide oxygen.** In one year, an acre of mature trees can provide enough oxygen for 18 people.
- 4. Trees cool the streets and the city...up to 10 degrees F, by shading our homes and streets, breaking up urban heat islands, and releasing water vapor into the air through their leaves.
- 5. **Trees conserve energy.** Three mature canopy trees placed strategically around a home can cut summer A/C needs up to 50%! By reducing the energy demand for cooling our houses, we reduce carbon dioxide and other pollution emissions from power plants.
- Trees save water. Shade from trees slows water evaporation from the ground cover below, reducing water needs.
- 7. Trees help prevent water pollution...by breaking rainfall, and reducing runoff. This reduces pollutants that are carried by stormwater to the Bay and the Atlantic.
- 8. **Trees reduce soil erosion** by slowing runoff on hillsides and stream slopes, holding soil in place.

- 9. **Trees shield people from ultra-violet rays...**by reducing UV-B exposure by about 50 percent.
- 10. **Trees provide food.** An apple tree can yield up to 20 bushels of apples per year.
- 11. **Trees heal.** Patients with views of trees out their windows heal faster and have less complications.

Exposure to trees aids concentrat ion by reducing mental fatigue.





incidence of violence in and out of the home than their greener counterparts.

- 13. **Trees mark the seasons...**even in years we don't have much of a winter!
- 14. Trees block things. Trees can mask concrete walls, parking lots and unsightly views. They muffle sound from nearby streets and highways. Trees block wind, and reduce glare.
- 15. **Trees increase property values.** Well planted trees can raise property values by as much as 15%.
- 16. Trees increase business to commercial districts. The more trees and landscaping a business district has, the more business will flow in. A tree-lined street will also slow traffic, allowing drivers to look at the store fronts instead of whizzing by, and slows traffic through our neighborhood.

Ashton Heights 100 Year Anniversary in 2021

Our wonderful neighborhood turns 100 next year and its time to start planning ways to celebrate and memorialize this beautiful place. We will have a short presentation at the March AHCA meeting.

We are looking for people who are interested in sharing their memories, getting involved in related activities, and know how to convert old paper materials into modern formats (Ex: Facebook, etc.). If you haven't done so, be sure to look at the historical materials on our website: https://ashtonheights.org/about-ashton-heights/.

We are thinking about creating a 100 year timeline that will allow us to identify when different types of houses were built, when people came and went, and many of the other ongoing changes to this dynamic area. If you're interested in helping, contact AHCA's Historian Jim Terpstra at 703 903 9231, terpstrajames2@gmail.com or come by 522 N. Ivy St.

Local History: What's in a Name? (Part 1)

By Russ Miller

In Arlington, changing places, and names of places, is nothing new. Our county came into being in 1801 when Virginia carved it and the town of Alexandria out of Fairfax County to become part of the nation's new capital, known as Alexandria County, District of Columbia. The intent - to symbolically link

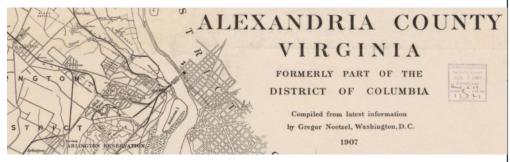
north and south - was honorable, but the arrangement was never popular on either side of the river, and it ended in 1846. In short, Alexandria County was created to be given away by Virginia and then given back, still unwanted and unneeded.

Fifteen years later, after Virginia voted to secede from the Union, the Federal Government had a sudden

interest in the territory and sent US troops across the river to occupy both the town and county. The Federals also seized Robert E. Lee's plantation, Arlington, when he failed to pay his taxes in person. The county became home to vast training encampments and 12 forts known as the Arlington Line. Much of what is now Ashton Heights lay within range of the field guns of Fort Tillinghast, just east of what are now the Washington-Lee Apartments along Route 50. The Arlington Line succeeded as a deterrent to Confederate attack, and none of the guns were ever fired in anger.

Alexandria County exited the Civil War an impoverished hinterland. In 1870 Virginia decided to make cities independent of counties, a concept unique in the nation which required Alexandria County to create its own government, eventually building a Courthouse up the hill from Rosslyn's gambling dens and brothels in 1898.

By the time America entered "the Great War" in 1917, the Alexandrias continued to grow (the city in size, the county in population), and so did confusion over the shared name. In fact, a daylong celebration of Homecoming for Alexandria County soldiers in early September 1919 resulted in many



citizens arriving at the City of Alexandria's Courthouse, only to find out that the festivities were in Rosslyn. Later that month civic-minded locals raised the issue in print, proposing that the County request a name change to end the confusion. The Alexandria County Civic Federation bandied about several names including George Washington, Arlington, Pocahontas, and Alcova (Alexandria County, VA) and solicited community input. Arlington came out ahead, and by January of 1920 the proposal was put forth in the General Assembly.

"Arlington County, Virginia" celebrates its 100th anniversary on March 17, but the county has been around since 1801. Look for activities to celebrate the 100 year anniversary here: https://www.arlingtonva.us/100years/

Next Month: Fast Times on Ashton Street...

Image courtesy of the Library of Congress

Save the Date!

Enjoy some of these highlighted events from around our area.

- March 15: DC St. Patrick's Day Parade http://dcstpatsparade.com/ (Free)
- March 17: Arlington Acoustic Cafe An Evening with Nashville Songwriters Tiffany Williams and Sara Trunzo at the Walter Reed Community Center (Free) https://www.facebook.com/acoustic.cafe.arlington
- March 20 April 5: Cinderella's Dream at Creative Cauldron https://www.creativecauldron.org/ (\$\$)
- March 28: Turf Grass Alternatives, Lee Community Center https://mgnv.org/2020/02/09/march-2020-publiceducation-events/ (Free, Res. Required)
- March 29: Cookbooks: A Roadmap Through American Jewish History with Laura Kumin https://etzhayim.net/events/ (Free)

- April 25 and 26: 8th Annual Arlington Festival of the Arts http://www.artfestival.com/festivals/arlington-festivalarts (Free)
- April 30 to May 2: Kiss Me Kate at W-L High School https://www.wltheater.com/
- May 2: Around the World Embassy Tour https://www.culturaltourismdc.org/portal/signatureevents (Free)
- May 16: Festival Argentino https://festivalargentino.constantcontactsites.com/ (\$\$)
- Ongoing: Congregation Etz Hayim Preschool Registration Preschool registration open for 2020-21 school year. https://etzhayim.net/preschool/

Meet Your Neighbors: The Youngs

By Betsey Lyon

When Mal and Ann Young moved into their Ashton Heights home on North First Street in 1975, Metro wasn't done yet, and Arlington's population was 175,000 and dipping, as more people moved out of urban areas into the suburbs. Most Ashton Heights homes remained as built, before the era of renovations, build-outs and tear-downs.

The Youngs were living with their three small children in a duplex on North Nelson Street and felt they could use more space for their growing family. When a friend told

them about their current home, soon to be on the market, Ann followed up immediately. The Youngs loved the traditional, sturdy house, bought it, and moved in. Soon they had a fourth child, and all four grew up in their roomy house with friends throughout the neighborhood.

living on transit lines became more attractive. In Ashton Heights, the Youngs' large, shady front porch became a popular place for neighborhood children to play games.

Mal, with a PhD in Urban Planning and International Relations from the University of Pittsburgh, was a busy consultant to federal government agencies, including the Department of Education and USAID. He continues part-time consulting work today. Ann, a registered nurse, took a 13-year career break to shepherd their four children while

Mal traveled frequently for work.

Despite a career lapse, Ann's nursing experience was diverse, with a focus on community service. With the Visiting Nurses Association, she provided skilled nursing services to the home-bound in Arlington and Alexandria, operated a well-person health clinic at Culpepper Gardens, the



Mal and Ann

became co-Presidents of the Ashton Heights Civic Association, where a major issue was slowing down traffic on Pershing Drive. At the time, Pershing was a four-lane road and many residents felt speeds were excessive. The civic association activated. The road was narrowed to its present-day width, corner nubs were added, and speeding slowed -- for a time.

Throughout the 1980's, Arlington's population dipped to about 152,000 before rising again in the 1990's, once Metro use grew, DC area traffic worsened, and close-in

A-A-Acupuncture

Rebecca Reynolds MSN/L.Ac. 4141 N. Henderson Rd. (#14), Arlington 401-533-2790

Timeless medicine for modern times from an Ashton Heights neighbor

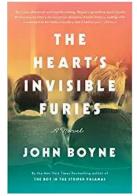
RGR22203@gmail.com A-A-Acupuncture.com apartments in Arlington Forest for senior citizens with moderate incomes, and set up and operated similar clinics at the Lockwood House and The Carlin. Ann also spent a year designing a state-of-the art Alzheimer's unit for a retirement community in Alexandria.

The Youngs have both spent considerable time and effort volunteering with their churches here in Arlington and for L'Arche, the international organization that creates and supports community-based homes and programs for people with intellectual disabilities. They have worked in the L'Arche houses in DC and Arlington, helped with the rehabilitation of several homes, and served on the local and national boards.

Watching their community expand and replace older homes, with Arlington's population in 2020 at 235,000 and growing in limited space, the Youngs often step up to encourage tree protection and preservation in Ashton Heights. As they enjoy their own well-tended garden and lovely older trees, they encourage us all to do our part in preserving our beautiful tree canopy.

The Heart's Invisible Furies by John Boyne

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



What a beautiful, heartbreaking, hilarious, grace-filled novel.

This book takes a span of history in Ireland, starting from the end of WWII (1945) and ending when Ireland legalized same-sex marriage in 2015. It looks at an extremely religious conservative country, ruled by the Catholic Church, go from extreme intolerance and hypocrisy to becoming the first country to

legalize gay marriage via popular vote.

We see this all through the life of one gay man, born in 1945, who comes of age at a time where the very core of who he is is seen not just as immoral, but as against the law. We see the repercussions on the lives of everyone when we deny people the right to be who they are: not just the individuals themselves, but also the lives of

everyone around them. We see the pain of realizing that you can endure rejection and potential incarceration, being an outcast from society for the rest of your days, or you can choose to live a lie. The effects are staggering. It's a chronicle of lives wrecked by social contempt and self-loathing.

And yet this isn't an overly serious book. Not at all! While there are parts that will break your heart, there are parts that will make you laugh out loud, and ultimately will stitch your broken heart back together. You see how people create their own families through love and loss and forgiveness and grace. You will want some of these characters to be real, to be your friends and family. I simply loved this book.

Did You Know...

The Medstar Capitals Iceplex in Ballston hosts a 55+ senior skate every Monday at 8 - 9:20 a.m.? Entrance fee is \$1 with rental skates available without charge.

The public is also welcome to watch the Caps practice at the ice rank. See

https://www.nhl.com/capitals/team/practice for the schedule

The Spring Market has arrived!

Momentum from the 2019 real estate market has continued into the new year. We are in the 8th year of a real estate bull market, and the conditions have been much more favorable to the seller. There has been a shortage of housing inventory nationally and locally. In 2019, the supply of property in Arlington & Alexandria was down 50% compared to a historic 5-year average. Single family homes in Alexandria & Fairfax appreciated 9.6% & 10.5% over a 5-year period while Arlington homeowners realized a 22% growth rate. Another factor in the current and recent market was the announcement in 11/18 of Amazon's HQ2 move to Crystal City. In an already hot market, Arlington became a focal point for speculators, home buyers and investors. The hype is more psychological than actual. Amazon hired 400 workers last year and is scheduled to bring on 600 to 800 employees in 2020.

Here is an example of what is happening in the current real estate market. After a 2-week coming soon marketing period starting in mid-January, we activated an Arlington property on 2/12. After one week of aggressive marketing we received 12 offers on the day of our contract deadline, resulting in an astounding \$70K above the asking price.

With current mortgage rates at 3.5%, homebuyers are coming out in droves, seeking homes to buy to take advantage of existing conditions with very few properties to choose from.

Have you had thoughts of selling? The next few months will present a huge opportunity with the current environment and trends. Contact me for a confidential discussion about your situation and we can customize a plan for you. Who you hire matters - put my 35 years of local market expertise to work for you!



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Coronavirus Facts and Resources

By Barbara Taylor

As of this writing, according the February 27 Washington Post, there are 60 confirmed cases of the COVID-19 coronavirus in the US. Coronaviruses comprise a large group of viruses that cause conditions ranging from the common cold to severe diseases such as MERS (Middle East Respiratory Syndrome) and SARS (Severe Acute Respiratory Syndrome). The COVID-19 coronavirus is what scientists term a "novel coronavirus," one that had not previously been identified. COVID-19 symptoms include fever, cough, shortness of breath, and breathing difficulties, though many who develop COVID-19 will have mild disease or no symptoms at all. Severe cases, seen most frequently in the elderly and chronically ill, can cause pneumonia, severe acute respiratory syndrome, kidney failure, and death. Thus far, there is no vaccine to prevent or treat COVID-19. The Healthline website summarizes the same precautionary measures for COVID-19 that are recommended to prevent colds, flu, and other infections:

- Wash your hands frequently for at least 20 seconds at a time with warm water and soap.
- Don't touch your face, eyes, nose, or mouth when your hands are dirty.
- Don't go out if you're feeling sick or have any cold or flu symptoms.
- Cover your mouth with the inside of your elbow whenever you sneeze or cough. Throw away any tissues you use to blow your nose or sneeze right away.
- Keep any objects you touch a lot clean. Use disinfectants on objects like phones, computers, utensils, dishware, and door handles.

In general the Centers for Disease Control (CDC) doesn't recommend routine use of face masks except by symptomatic individuals and those close to them.

The Arlington County government has a helpful web page concerning the COVID-19 coronavirus:

https://health.arlingtonva.us/2019-novel-coronavirus-what-you-need-to-know-from-arlington-county-public-health-division-acphd/ - In addition, the Arlington school system has posted information at https://www.apsva.us/post/update-on-coronavirus-guidelines/ - Finally, the CDC has a variety of resources and information available at

https://www.cdc.gov/coronavirus/2019-ncov/index.html

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Census 2020: Make Sure You Count

By Betsey Lyon

This month, the US Census starts its once-a-decade count of every U.S. citizen mandated by our Constitution. Help Arlington get all the funding it deserves from the federal government based on the number of residents counted. Many social services and public safety programs depend on this funding. When the US Census asks you to report who resides in your household, please respond. Here is the expected timeframe for collecting Census data:

- March 12 20: Households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.
- March 30 April 1: The Census Bureau will count people
 who are experiencing homelessness. As part of this
 process, the Census Bureau counts people in shelters, at
 soup kitchens and mobile food vans, on the streets, and
 at non-sheltered, outdoor locations such as tent
 encampments.
- April 1: Census Day is observed nationwide. By this date, every home will receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.
- April: Census takers will begin visiting college students
 who live on campus, people living in senior centers, and
 others who live among large groups of people. Census
 takers also begin conducting quality check interviews to
 help ensure an accurate count.

Watch for additional milestone dates in coming months.



Please see your printed version that is delivered to your home for the full Kids, Inc. List! Support young, local entrepreneurs and hire one or more of these great kids for any of the tasks listed below.

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

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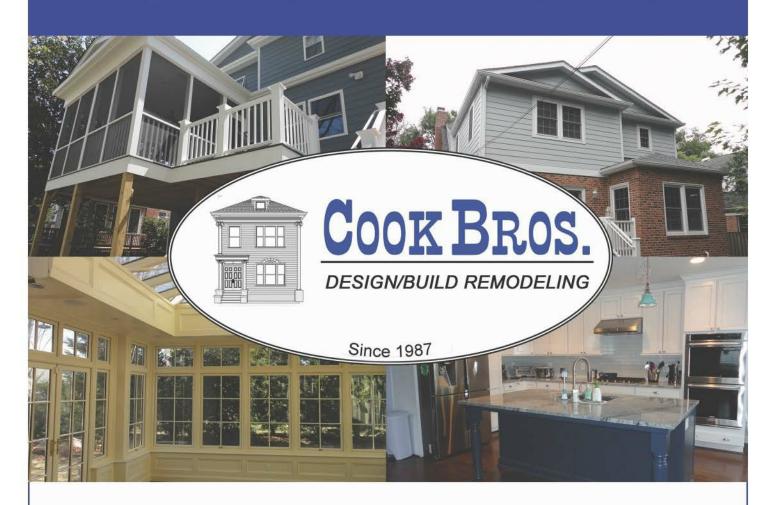
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