



# Ashton Heights News

The Newsletter of the Ashton Heights Civic Association

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

## Community Involvement in Many Forms

By Scott Sklar, President, AHCA

At our October AHCA monthly meeting, Arlington Police officers Aaron Queen presented on community policing and community crime statistics. Except for car larcenies and stolen vehicles, every other crime indicator is static or declining. We have routinely had liaisons from the Arlington County Police to cement a partnership between AHCA residents and ACPD to strengthen our safety, our communications, and our priorities. We had the new Arlington Police Chief, Andy Penn join our 100th Anniversary event at the Arlington Arts Center in October.

Our 100<sup>th</sup> Anniversary events went smashingly well, with huge turnouts at both events. There were over 200 AHCA residents at the Arlington Arts Center and over 100 people at our 100<sup>th</sup> anniversary AHCA tree tour and event. It was a success with major help from Ann Felker, Brooke Alexander, Trisha Gruesen, and Julie Mangis (and many others) and of course our AHCA Historian Jim Terpstra.

Our updated Ashton Heights Style Guide has been released on the AHCA [website](#). Jim Terpstra and Jean Falvey presented the Ashton Heights Style Guide, reviewing the handout on the different housing styles and how they are morphing in different areas throughout Ashton Heights.

During November and December 2021 and January 2022, our AHCA Development Committee led by Jack Spilsbury ([spilsburyj@gmail.com](mailto:spilsburyj@gmail.com)) will be busy coordinating within AHCA and with our sister civic associations our inputs to the County Board and staff on the proposed Clarendon Development and other development issues. Do not be shy in emailing Jack on thoughts and information to guide this process.

Thank you all for participating in our AHCA Committees, attending our AHCA Monthly meetings, attending our 100<sup>th</sup> Anniversary celebration at the Arlington Arts Center, and those who participated in the tree tour.

Our last 2021 AHCA monthly meeting will be held on Wednesday, November 17th at 7:30 p.m. sharp in the social hall of the Clarendon United Methodist Church on the corner

## AHCA Monthly Meeting

**Wed., November 17, 2021, 7:30 – 9 P.M.**

- 7:00 p.m.** Mingle and chair setup
- 7:30 p.m.** Scott Sklar, AHCA President and Committee reports
- 7:50 p.m.** Jim Terpstra, AHCA Historian - Ashton Heights Historical Review
- 8:15 p.m.** Anita Friedman, Director, Department of Human Services - The Impact of the Pandemic on Arlington's Human Services
- 9:00 p.m.** Adjourn

of North Ivy Street and North 6th Street - enter through the door midway in the parking lot. Join us at 7 p.m. To mingle and help set up.

Our next AHCA newsletter will be delivered in January 2022. A special thanks to our Editor Amy Miller, our newsletter distribution team headed by Bea Camp, and to ALL of you within AHCA who distribute our newsletters, along with our AHCA Secretary Chris Armstrong who posts the AHCA meeting minutes and event notices onto the AHCA website.

A safe and happy Fall to all as we move into winter.

## Advertise with us!

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# Ashton Heights Civic Association Volunteers

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 Feaster <a href="mailto:jimfeaster1@gmail.com">jimfeaster1@gmail.com</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: Chris Armstrong <a href="mailto:carmstrong07@gmail.com">carmstrong07@gmail.com</a>
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## Members-at-Large

Cole Deines <a href="mailto:coledines@gmail.com">coledines@gmail.com</a>	Jim Richardson <a href="mailto:jabrighardson@verizon.net">jabrighardson@verizon.net</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>Safety &amp; Security</b>	Christina Schultz <a href="mailto:cmschultz@yahoo.com">cmschultz@yahoo.com</a>	<b>Transportation</b>	Patrick Lueb <a href="mailto:jiffy64@me.com">jiffy64@me.com</a>
<b>Development/Zoning</b>	Jack Spilsbury <a href="mailto:spilsburyj@gmail.com">spilsburyj@gmail.com</a>	<b>Playgrounds &amp; Parks Subcommittee</b>	Brent Burris <a href="mailto:brburris@gmail.com">brburris@gmail.com</a>
<b>Housing</b>	Matthew Hall <a href="mailto:mhall@goldsteinhall.com">mhall@goldsteinhall.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>		
<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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## Development Committee Update

By Jack Spilsbury

The Arlington Planning Board's Long Range Planning Committee's (LRPC) continues its year-long review and update of the 2006 Clarendon Sector Plan. The Development Committee has actively participated in five LRPC sessions focused on Clarendon's west-end, where developers plan a number of new building projects, as well as options to upgrade the existing 10th Street fire station. The sixth of these review sessions takes place on October 24. The LRPC is focusing on land use, building height and massing, architecture, open space, transportation, and other topics related to retaining Clarendon's uniquely "urban village" character.

For the October 24<sup>th</sup> LRPC session, County staff have posted a YouTube presentation and new set of slides outlining its draft proposals for the Sector Plan Update. The County also compiled public comments, responding to an October "Request for Public Comment". These are accessible on the County website: <https://www.arlingtonva.us/Government/Projects/Plans-Studies/Land-Use/Clarendon-Sector-Plan-Update>.

Since February, the AHCA has submitted three letters to the County Board registering the Executive Board's concerns about

developer and staff proposals. Notably, we oppose higher building heights along the north side of 10th Street (from Wilson Boulevard to Hudson Street), as well as proposals to roll back tapering and step-back requirements that limit building mass on Clarendon's boundaries with Ashton Heights. We have also asked the County to prioritize preserving open space and providing active park facilities.



Image from the Arlington County website

Most recently, we coordinated a joint letter, co-signed with leaders of the Lyon Village and Lyon Park civic associations. On October 15, Arlington County Board Chair Matt de Ferranti responded with an update on these draft proposals and highlighted that the developers will be required to offer "extraordinary public benefits" to compensate for the additional density approved in the 2006 Plan and any revisions (Chairman de Ferranti's letter will be posted to the Ashton Heights listserv). Please monitor the County LRPC website for further updates in the coming weeks.



## Ashton Heights 100<sup>th</sup> Anniversary Celebration Photos



Photos courtesy of Annette Reilly, Julie Mangis and Ann Felker



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## Zitkala-Ša Park

By Paige Bergmann and Claire Schwentker

Zitkala-Ša (pronounced Zit-KA-la Sha) park, formerly known as Henry Clay park, opened in late September after undergoing extensive renovations.

Who is Zitkala-Ša? No one we spoke to at the park seemed to know the answer. Zitkala-Ša was a Native American author and activist in the mid 19<sup>th</sup> century to the early 20<sup>th</sup> century, lobbying for rights and citizenship for indigenous people. She especially focused on the recognition and celebration of Native American cultures and traditions. She also lived in the Lyon park neighborhood, very close to the park that now carries her name.



The park was renamed in an attempt by

Arlington to be more inclusive towards everyone, as Henry Clay, a Kentucky lawmaker and Secretary of State, was a slave owner. The park is on the same plot as Henry Clay school used to be, and retained the name after the school was converted into a park.

The nearly \$2,800,000 project took an entire year to design. Construction was started in late 2019 and lasted nearly three years, according to the Arlington Parks website. The park is fully ADA compliant, providing wheelchair-accessible ramps throughout the .93 acre area.

The design is modern, like many recently renovated Arlington parks. Two play structures loosely resemble rocket ships, and the ground is a spongy rubber material and much safer if a child were to fall. Strategically-placed benches throughout the park offer good visibility for parents as they supervise their children, and they are numerous and shady.



Where a gazebo used to stand, there is now a central covered seating area with several picnic tables. The path along the perimeter of the park is largely the same as it

originally was, but it now branches off to run between the resurfaced basketball courts and the large field. There is a small seating area in the more secluded Northwest corner of the park, complete with a concrete bench, tables (some with built in

game boards) and chairs. Thankfully, the community's beloved maple trees were protected throughout construction and remain safe and healthy, providing shade for all.

Speaking informally with several parents at the park, the general consensus was that the much-anticipated park is worth the wait. There is a component for every child, whether their interests are climbing, running, going down slides, or just sitting peacefully. The new park has rapidly become a favorite North Arlington meeting place. *Photos courtesy of the Arlington County website*

## History of Ashton Heights Report Summary

By Jim Terpstra

AHCA has a wealth of historical materials, some of which is available on our website. One of the largest collections of materials we have is the 12 reports written about our area by GWU graduate students in 1994, however, only 1 is available on our website. Only some of these were presented in person to AHCA. We have had volunteers review these reports and prepare summary information about them. At the November meeting we will have short presentation about these and will have some hard copies available. We hope someone can volunteer to post these reports to the website so they can be more widely available to the community. Please contact Jim at [terpstrajames2@gmail.com](mailto:terpstrajames2@gmail.com) for more information and to help us tell our story.

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## Meet Your Neighbors: The Barrett Family

By Erika Cohen Derr

You might not expect our Ashton Heights neighborhood to include a gentlewoman farmer, but the COVID pandemic has brought about some surprises. The Barrett Family of 6<sup>th</sup> Road North -- Miranda and Devlin, and children Finn (12) and Ewan (8) -- spent the pandemic year like no other, forgoing the walkable but constrained domestic life of our urban village for open air and land of Virginia's Eastern Shore. Prompted by Arlington County Public School's decision to remain virtual through spring 2020 and into the fall, the Barretts decamped for their home on the Eastern Shore to ride out the pandemic. The 100 year old house had been in the family, and until 2020 had served as a weekend getaway, offering a convenient launch point to explore the Chesapeake Bay, and endless source of home renovation projects. Now, the Barretts can check the "farming" box off their bucket list, having spent the pandemic months amidst animals, crops, water and wildlife on 100 acres on the Delmarva Peninsula.



Although she has lived inside the beltway for most of her adult life, farm life seemed to come naturally for Miranda. After a childhood spent in western North Carolina where she developed a love of the outdoors, Miranda came to Washington, DC to study at George Washington University, and stayed for the exciting life of a young professional in politics and public service. While working for the Gore campaign, she met Devlin, a budding journalist from New York, on a press plane. When he relocated to Washington, the rest was history. Miranda's career has spanned stints at the White House, in higher education, as a global traveler and consultant, and in association management. She volunteers with community organizations like Arlington Neighborhood Villages and local animal rescue organizations.

Devlin is a prize-winning journalist, and covers the Justice Department for The Washington Post. His recent book *October Surprise: How the FBI Tried to Save Itself and Crash an Election* debuted last fall; the book tour took place in Zoom rooms across the country. First son Finn was born while the Barretts were living in nearby Ballston, but when younger son Ewan was on the way, the family found a more

spacious home in Ashton Heights for their growing family. For the Barretts, the strong sense of neighborhood community has led to many deep friendships, which have taken on new meaning after a year away.

At the height of their farm year, the Barretts were tending to two goats, four ducks, somewhere between five and seven chickens, and nine puppies born to a sweet foster dog, Rosie. The puppy birth took place in the Barrett's back porch in mid-September 2020, followed by weeks of managing their early development - sights, sounds and smells. At one point, Miranda remembers waking up and thinking "eleven dogs stand between me and my morning cup of coffee!"

Thanks to Miranda and Devlin's DC connections, all nine pups along with mama were ultimately adopted. Five of them live in the DC area and two of them in Ashton Heights! The Barretts cared for other dogs throughout their time on

the shore, including rescued Chihuahuas and a foster fail, Sunny, who now keeps watch from the Barrett's front window with her older sister Violet.

The Barretts returned to Ashton Heights in August and appreciate being back in the community, bumping into neighbors on their daily dog walks, participating in school activities and relishing short trips for errands, a cup of coffee with a friend, or a pastry from Sidekick Bakery. They still make time to enjoy the outdoors, taking long weekends to visit family, camp and hike, and of course, visit their dog friends, but always enjoy coming home to Ashton Heights.

**Now it's YOUR turn!** Nominate yourself or a neighbor to be featured in the monthly spotlight. And before you think "No way, I'm too boring," remember, that's a challenge to your columnist! Your idea of "boring" is another person's "relatable."

To volunteer or to nominate a neighbor, reach out to me at [erikacohenderr@gmail.com](mailto:erikacohenderr@gmail.com) or complete the form found at: [bit.ly/AHMYN](http://bit.ly/AHMYN)

## Thanks to Everyone Who Made Our Tree Events Possible

By the Wonderful Tree Committee: Brooke Alexander, Ann Felker, Trisha Gruesen

### To our tree hosts: who donated their tree and/or their time to host a tree

- Oakland Street: Priscilla Crisologo, Yuki Frimendo; Doug & Claudia Vandermede; Fleur Cowan; Thane Culver; John Schuster; Greg Forte; Joan Arsenaault; Meera Vasisht; Dan & Katy Hartnett; Patrick Kunze
- Irving Street: Tim Felker; Meriel O'Connor; Arlington Church of Christ; Mark Belcher; Pam Weeks/John Ruml; Julie & John Mangis; Mark & Wendy Tramontozzi; Steve & Liza Hodgkins; Linda Scott; Toby McIntire; David Summers
- Jackson, Lincoln Street: Phyllis Shea; Rob Brown; Jack Goodman/Laurie Effron; Helen James/Jim Hanken; Jodie Flakowitz; Rick & Valerie Troiano
- Kenmore, Nelson, Monroe Streets, Pershing Drive: Andy Wenchel/Pat Wynns; Elizabeth & Greg Bramhams; Peter de Boor; Dan Berkland; Colleen Boles; Roger Jenkins; Chris Armstrong
- 4th and 7th Streets, 6th Road, Ivy Street: Cheryl Rose; Nancy Carey; Trudy Ensign; Susan Weinbeck; Scott Sklar; Richard Rortvedt.

- Maury, Gumball Parks: Bianca Sanchez; Doug Mearns; Janak Vasisht
- Columbia Gardens: Mary Hibbits, Claudia Vandermade; Tara Hartman; Leif Hartman; Trisha Gruesen

**To our host for the Ice Cream Social/Tree & Perennial giveaway:** Clarendon United Methodist Church (CUMC): the perfect setting!

**To those who helped behind the scenes:** Chris Armstrong (map maker); Nancy Hopper (all the little pieces); Steven Widmayer (muscle); Linda Scott (lottery jars); John Ruml/Pam Weeks (tree whip); Amy Miller & Melania Flores (butterfly weed seed); Groundworks Farm (tents); Tracy Wines, CUMC Pastor (electricity)

**To those who helped at the Ice Cream Social/Tree/Perennial giveaway:** Ken Mazkin (MC); Phyllis Shea and the Sunshine Gang (music makers); Nora Palmatier, Dean Amel, Bill Gillespie, Rita Leffers (Tree Stewards); Melanie Flores, Nancy Hopper, Jodie Flakowicz (Perennial workers); Julie & John Mangis (T-shirts); Cindy Holl (hospitality); Susan Weinbeck (Tree Hunt Compiler); Meriel O'Connor; Scott & Colleen Dykmyer; Patrick Lueb.



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## Community Safety & Security Corner

### *When Looking Both Ways Before Crossing Isn't Enough*

By Christina Schultz

As I dodge cars at the pedestrian crossing at Irving St. and 10th St. N, I wonder how we can make motorists obey traffic laws. Even flashing yellow lights don't seem to work. According to the Arlington County website, our area has an annual average of 0.84 traffic deaths per 100,000 people, compared to the national average of 11.17 traffic deaths per 100,000 people. Despite these low numbers, no one should end up as a statistic. In response, the Arlington County Board adopted a resolution in July 2019 committing to [Vision Zero](#), followed in May 2021 by the approval of a five-year action plan.

Vision Zero is "a strategy to eliminate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all." It originated in the 1990's in Sweden as an attempt to replace an uncoordinated and reactive responses to individual incidents with a comprehensive, goals-based approach that focuses on system-wide improvement. The strategy has been gaining momentum in cities across the United States with mixed results.

For Arlington, the Vision Zero Action Plan aims to identify key areas of safety concerns, develop actions to improve safety in these areas, and measure progress towards eliminating all severe and fatal transportation injuries by 2030. This will include an investment of \$16 million in programs and infrastructure over the next decade. By

looking at such issues as high injury corridors and intersections, safety measures for pedestrians and bicyclists, contributing factors such as speeding and alcohol, and public transportation, the County will engage with communities and other partners to improve and implement safety measures. This data-driven approach will also examine how inequities are related to transportation safety and how they can be addressed.

As part of the plan, speed cameras will also make their way to Arlington. Although Washington D.C. and Maryland have had these cameras in place since 2007, only red light cameras were permitted until the Virginia General Assembly passed a law last year legalizing the use of speed cameras at highway work zones and school crossing zones. To support these efforts, the D.C. region's Transportation Planning Board recently announced the award of a \$60,000 grant to Arlington County to develop data-driven, equitable guidelines and plan for the installment of speed cameras. These cameras will be some of the first in Northern Virginia but are also planned for the City of Fairfax and Fauquier County. Among its proposals to the 2022 legislative package of the General Assembly, Arlington County is also requesting local authority to expand the implementation of automated traffic enforcement beyond these zones. I can only hope they work better than the flashing yellow lights on 10th St.





## Trees! Trees! And More Trees!

By the Wonderful Tree Committee: Brooke Alexander, Ann Felker, Trisha Gruesen

### Overall Report of the Ashton Heights Wonderful Tree Tour and Ice Cream Social on October 2<sup>nd</sup>

What a wonderful day! We had a celebration of our trees and our neighborhood. Should we do something like this again? We welcome your thoughts!

#### Tree Walk, Ice Cream Social and Plaque Placement By the Numbers:

- **717** tree location visits
  - **229** pounds of acorns collected for VOF
  - **200** attendees at the Ice Cream Social
  - **175** ice cream sundaes given away\*
  - **100** native perennials given away\*
  - **>80** individual native trees (some locations had more than one tree)
    - **63** volunteers (41 tree hosts and more!)
    - **50** different locations
    - **45** out of 57 native tree species in NOVA
  - **30-40** tree plaques will be placed to highlight our trees\*
    - **19** native tree species given away\*
    - **3.5** miles-- to see all the locations!
  - **2** hours of musical entertainment by Phyllis Shea and the Sunshine Gang
  - **1** non-native, invasive, but absolutely tremendous 100 year old notable white mulberry
- \* Funded by Ashton Heights Civic Association

#### Awards Given at the Tree/Perennial Giveaway

For epitomizing Ashton Heights' adopted Principles on Canopy Tree and Native Plants, we awarded our Commendation to Hunter Oaks HOA, and Ken Vranich. Hunter Oaks HOA adopted a landscape plan utilizing native trees, shrubs and perennials several years ago, and has been implementing it. Ken Vranich, Ashton Heights and Hunter Oaks resident, has overseen the implementation and handled the maintenance. See photo of Ken accepting



the award from Scott Sklar, on behalf of Hunter Oaks. We thank them.

#### Honorable Mentions were given to:

- Bruce and Joan Pearson, who for 46 years, have cared for 6 mature oaks (4 white oak, 1 blackjack oak and 1 black oak) and 12 native dogwood (*Cornus florida*) on their property.
- Our Traffic Circle Caregivers: to those who have just started, and those who have served 20 years, and everyone in between, our thanks! Pam Weeks and John Ruml, Glenn Hennessey and Steve Kogut, Bill M, who only wants to be known as a good neighbor, Jim Serfis, Bianca Sanchez
- -There were 50 locations on our Wonderful Tree Tour (WTT). We couldn't fit all of the trees offered. To those not chosen this time, our thanks and an Honorable Mention: Chris Campbell; Rich and Yolee Craig, Larry Van Dyne; Don and Helen King; Rosemary Gibson; Mary Clarkson; Tracy Wines and CUMC; Roger and JB Jenkins; Sara Abiusi; Carlos and Sally Hojvat.
- **Most acorns collected.** Ashton Heights gathered 229 pounds of acorns that were delivered to the Virginia Department of Forestry for reforestation efforts across the state. John Schuster and Thane Culver together collected the most, at 132 pounds of white oak acorns. They were awarded copies of NoVa Natives "Native Plants of Northern Virginia".

#### Ashton Heights Tree Hunt Winners

Part of the fun of the Ashton Heights Wonderful Tree Tour was a Tree Hunt. The game was to visit as many of the 46 species of trees as one could in the 2 hours allotted, getting signatures from each Tree Host. Prizes were awarded to the 11 participants. There were three teams: two sister teams, and a grandfather/granddaughter team.

The winner, with 42 tree species visited, was Mara Berkland, of Nelson Street.

See the picture of Mara holding her winning Tour Check List. She was awarded "Sibley's Book of Trees" as a prize. Other prize winners were: Tim Hartman, Emily and Karla Bulchandari, Sara Bell, Kira and Lea Komlodi, Peter Morse, John Tschetter and Matty Watson, and Deborah Hartman. Congratulations to all and thanks for participating!



All over North America we are seeing a shift in the real estate market, and over the course of the summer we saw an adjustment. Now it's not a correction or a slowdown since change in the real estate market happens gradually. We are seeing an increase in the number of homes available for buyers and noticing that price reductions are on the rise. In some areas there are more homes coming on the market that are outpacing the number of homes that are selling. Days on market for homes in the recent weeks have slightly increased from 6 or 7 days to 13 to 14 days, (a 50% increase).

September and October saw more activity than July and August. There is great momentum with buyer activity and sales, and it's still competitive in favor of the seller.

So, what does this mean for you as a potential buyer or seller? Let's put things in perspective – from April 2020 to April 2021 we saw a 16.8% increase in home prices, which is unprecedented nationally. There are certain markets that realized 20% or more, which is

unsustainable. Experts project a 7 to 8% appreciation in 2022, which is well above a normal market of 3%. Days on market are still well below what a normal market is.

Prices aren't going backward, it's just the level of appreciation that will slow down. It's still a fast market and remains competitive, it's just a little bit slower than earlier this year. Here's a factor to consider – interest rates are predicted to increase towards the end of this year and the beginning of next year. Every buyer needs to know that for every 1% in a rate increase, they lose 10% of their purchasing power. For an entry level home priced at \$400K, a 1% rate increase would mean affordability at a \$360K price.

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## **Arlington County's Tree Canopy Fund— Apply Now!**

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

Ashton Heights is losing our wonderful tree canopy. Our big trees are over a hundred years old. This means it will take over a hundred years to replace each tree we have lost. So, let's start now!

Arlington County distributes free native trees through their Tree Canopy Fund program. They generally offer 8-10 different tree species. The trees are about 6 feet tall and 1.5-2" caliper trees (diameter at chest height). The program is administered through the Ashton Heights Civic Association and Arlington EcoAction, in conjunction with Arlington County staff. The planting is funded by Arlington County.

The Arlington County Tree Canopy Fund (TCF) program will shortly release information on their next **FREE** tree planting. By the time you get this newsletter, information on the trees offered and application timeline should be available.

Contact me at [brooke.alexander52@gmail.com](mailto:brooke.alexander52@gmail.com) to hear the list of available trees, and the schedule. Include your name, address and phone number. **Please express your interest by November 19.**

We will then set up an individual appointment at your home to review the tree choices and look at location options together. These visits will be set up in a socially responsible manner, and will be scheduled by December 15. Then, I will help shepherd you through the application process, and the (also free) planting. There is a bit of bureaucracy involved.





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## COVID-19 Vaccine Update

By Martha Casey

The FDA and the CDC have expanded Covid booster eligibility to include recipients of Moderna and J&J as well as Pfizer.



### All J&J recipients eligible

A booster is recommended for everyone who is two months out from a J&J shot. Recent studies show that J&J efficacy drops far more steeply and rapidly than either Pfizer or Moderna. It's recommended that J&J recipients get a booster as soon as possible.

### Moderna Eligibility

The Moderna eligibility guidelines are the same as the Pfizer guidelines: six months after the last shot for those over 65; who have underlying health conditions that put them at higher risk for Covid; or whose jobs or living conditions put them at higher risk for Covid.

### Choice of Booster

It's now possible to choose a booster from among Pfizer, Moderna, and J&J. A Pfizer recipient, for example, may now get a Moderna or J&J booster. The CDC will provide more specific guidance on choosing a booster, but it's become clear that some brands work better than others.

Dr. Leana Wen noted in a recent Washington Post column that a September CDC study showed that vaccine effectiveness against hospitalization was 93 percent for Moderna, 88 percent for Pfizer, and only 71 percent for J&J.

In addition, a very recent study of 62,000 veterans showed that J&J effectiveness against symptomatic illness fell from 88 percent in March to 3 percent in August. Moderna by contrast fell from 92 percent to 64 percent, and Pfizer from 91 percent to 50 percent. Worth considering when deciding on a booster, in consultation of course with your own provider and considering your own circumstances.

### Availability

Boosters are available from pharmacies, physicians, health systems, and Arlington County Public Health clinics.

### Ages 5 to 12 At Last?

The Biden administration announced they have purchased enough vaccine doses for all 28 million children who will be eligible once the FDA and the CDC decide to go forward. The FDA will meet October 26, and the CDC November 2 and 3. Should they grant approval, vaccines will be available at pediatrician and primary care offices, children's hospitals, pharmacies, schools, and community health centers.

Arlington County is planning vaccination clinics by appointment, with both weekend clinics solely for kids, and weekday kid-only slots at clinics. They are also considering targeted neighborhood events and in-school clinics, with parental consent. More to come. Safe and Happy Fall!

## AHCA MEMBERSHIP SIGN-UP AND DUES PAYMENT FORM

Ashton Heights Civic Association annual dues are \$15/household or \$10/individual member or \$25/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.

Name(s): \_\_\_\_\_

Children (and ages) (optional): \_\_\_\_\_

Street address: \_\_\_\_\_

Phone: \_\_\_\_\_ Resident since: \_\_\_\_\_

E-mail: \_\_\_\_\_

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**PAY DUES ONLINE:** [www.ashtonheights.org/join-ahca](http://www.ashtonheights.org/join-ahca)

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## Arlington Arts Center Updates

By Catherine Anchin

Hello Ashton Heights! On behalf of the Arlington Arts Center (AAC), thank you for including us at your 100<sup>th</sup> birthday party! It was wonderful to host you and to meet so many of you. For those that I haven't met, I joined AAC as the Executive Director in May and it is an absolute joy to serve in this role. Thanks for inviting me to share updates about the Arlington Arts Center in your newsletter.

We have been fortunate to have your support and friendship for the last 47 years. I've read your previous newsletters and really get the sense that you as a community share a lot of the same values that we do at AAC, including the importance of promoting arts and culture to foster cross-cultural connections, create memorable learning experiences, and explore other perspectives. These core values are also essential to civic engagement, which you as a community do so well.

Many of you have participated in our art-making classes for kids and adults, summer camps, opening receptions, studio visits, and exhibitions too! Through all our programming, artist residencies, and highly acclaimed exhibitions, our mission is to connect you with contemporary art and artists.

AAC's future is very bright as we are deepening our community engagement strategy and advancing our curatorial work to show some of the most promising and exciting contemporary artists today. On view through December 18, you will find [Take a Number: Artists and Bureaucracy](#) a conceptual art exhibition featuring artists who

work with and co-opt bureaucratic systems. The participating artists tackle topics such as immigration, contracts, money laundering, and privacy – all topics you've seen in the news or perhaps even work with in the DC metro-area. In addition, the featured artist-in-residence exhibition, [Olivia Tripp Morrow: Body, Joy, Cage, Scar](#), is a thought-provoking examination of the body as a tool, worksite, and raw material, an artistic concept she developed following spinal surgery in 2020.

As we approach the holiday season, we're also planning a **pop-up holiday shop** in our Tiffany Gallery. The pop-up will have an array of items made by artists, artisans, and companies focused on art and design. It'll be open mid-November through December 18 during our regular hours, Wednesday through Saturday, 12 p.m. to 5 p.m.

I hope you'll take some time this month to visit our exhibitions, shop for yourself or your loved ones, and say hello! Thanks again! ---Catie Anchin



Dane Winkler, *Timepiece Mythos*, 2021. Photo by Bahar Yürükoğlu.

## Ashton Heights Pet of the Month

By Adrie Custer

This is Pippa. She spent the first 2-3 years of her life as a Puerto Rican street dog but has settled in well as a pampered Pershing Drive house dog. Her Gotcha Day was April 24, and since then she has learned to drink water from a bowl (instead of licking plants), to play with toys, to find her voice, and to feel secure and loved. She is definitely loved!



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## Drive-thru Food & Toiletries Collection for Area Shelters – November 13<sup>th</sup>

Please join us on Saturday, November 13<sup>th</sup> from 10 a.m. to noon at Clarendon Presbyterian Church for our drive-thru food and toiletries collection to support Northern Virginia shelters. **Donations of the priority items listed below are much appreciated and volunteers to help staff the event are always welcome!**

**Priority toiletry items for New Hope Housing:** Full-size body wash for men and women, deodorant, razor, toothbrushes, toothpaste.

**Priority food items for Bridges to Independence families this month include:** Saltine crackers or Ritz crackers, Dinty Moore meals, cereal, mayonnaise, seasonings (Salt, pepper, garlic salt, etc.), microwaveable cup of soup/noodles, bottled water, sugar, juices, Capri Sun fruit drink pouches, Oreos and Chips Ahoy cookies, healthy kid snacks, individual packaged chips.

Clarendon Presbyterian Church is located at 1305 North Jackson Street, Arlington, VA 22201. If you have questions about upcoming events or donations or if you'd like to volunteer to help staff upcoming events, please contact the church at [clarendonmission@gmail.com](mailto:clarendonmission@gmail.com) or (703) 527-9513. And please check the church website for any inclement weather announcements at [www.clarendonpresbyterian.org](http://www.clarendonpresbyterian.org).



### Restaurant Review

#### Mark's Duck House *Dim Sum*

6184-A Arlington Blvd (Willston Centre)

Falls Church, VA 22044

703-532-2125

By Vinh & Susan Nguyen

One of our family's favorite weekend lunch destinations is the hole-in-the-wall Mark's Duck House at Seven Corners. The meal is yum cha (literally, "drink tea") and the food is *dim sum* ("touch the heart").

You start with your choice of tea – oolong, jasmine, or chrysanthemum. Then it's a glorious free-for-all grab of dishes from the pushcarts moving about the room. Some of our favorites:

- *Har gow* is a translucent dumpling with shrimp filling and the ultimate benchmark for any *dim sum* house. It should be plump and springy, and the shrimp should be moist and flavorful.
- *Shiu mai* is another iconic dish, an open wonton skin dumpling filled with minced pork and bamboo shoots, garnished with a dab of crab roe.
- *Char siu bao* are steamed rice buns filled with pork. The buns are plump, fluffy when you open them, and slightly sweet. The BBQ pork is sweet from the red lacquer coating.
- Rice crepes filled with shrimp are a must. A sweet soy sauce mix is drizzled on top of the crepes just before serving.
- Mashed taro root dough is wrapped over minced pork, mushroom and scallion filling and

then deep-fried to a crisp, airy, honeycomb-like outer crust.

- Steamed then pan-fried chive and shrimp dumplings give an intense garlic flavor and should be eaten hot, fresh out of the kitchen.
- Eggplant stuffed with shrimp paste is bathed in an unctuous sauce made from chicken stock, oyster sauce, soy sauce, sugar and garlic.
- Sticky rice comes either stuffed with chicken and/or Chinese sausages and wrapped in lotus leaves, or in a "fried rice" form.
- Beef *chow fun* is a favorite noodle dish, with wok-fried wide rice noodles, beef (we wish they served more), and scallions.
- We like all the vegetable dishes: sauteed spicy string beans, steamed Chinese broccoli or bok choy, and less often seen, sauteed garlic chives and pea shoots.
- Other dishes to try: beef meatballs, turnip cakes, clams in oyster sauce, chicken feet (!).
- Traditional desserts include egg custard pies, sesame balls (sticky rice balls filled with sweet red bean paste, covered in sesame seeds then deep fried), and soft tofu in ginger syrup.

Our main challenge is making the meal last more than 45 minutes as the dishes come fast and furious. Guess that's a good reason to come back?



Shiu mai



Taro dumpling



Char siu bao

## Kids, Inc. Entrepreneurs



Kids, Inc. is a robust roster of willing, able local youth to help when the household hands are not enough.

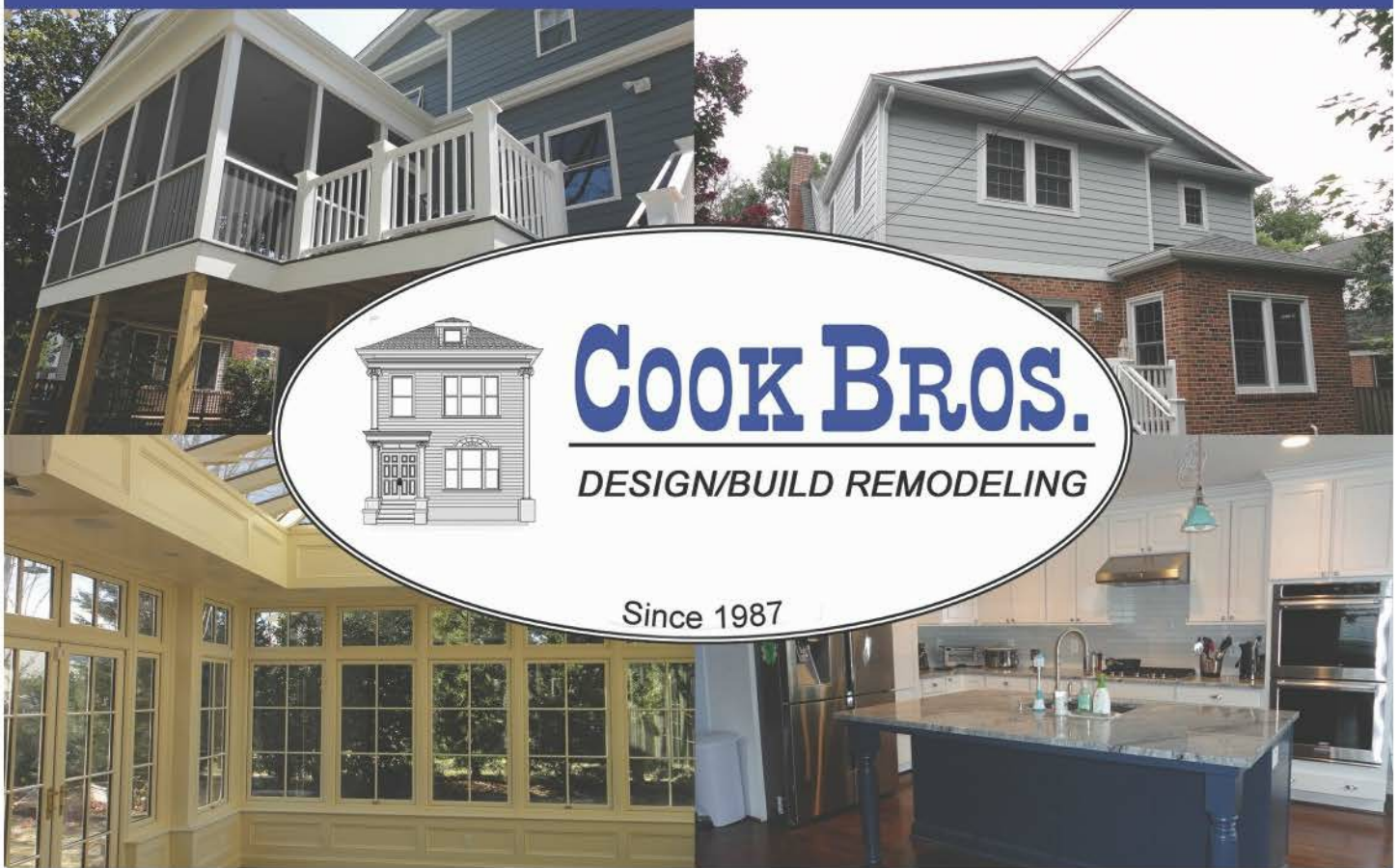
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[gr8est9@gmail.com](mailto:gr8est9@gmail.com)

**Kids, Inc. Is not included in the website version of the newsletter for privacy reasons. Please view your printed newsletter hand-delivered by generous volunteers OR the issue that is distributed through the Ashton Heights listserv. Thanks!**



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