Looking at the Bigger Picture
By Scott Sklar, President, AHCA

As we focus as a community on the daily challenges of development, traffic, noise, open space, schools, tree canopy, housing, and safety & security – we need to focus on the bigger picture and some of the larger driving issues in our county and community.

This March we have two key players in that bigger picture. Our Congressman Don Beyer who sits on the Joint Economic Committee and the House of Representatives House Ways & Means Committee (tax-writing committee) and the House Science, Space & Technology Committee. His legislation was adopted to fund a study on aircraft and helicopter flights over Northern Virginia. He is a senior player in Congress and this gives us a chance to discuss not only the low-flight noise over our neighborhoods but also the timing and focus of federal infrastructure funds coming into Northern Virginia.

We also have our newly-appointed Arlington County Chief of Police Andy Penn, who attended our 100th anniversary celebration and spoke at our February AHCA meeting. Car thefts and break-ins, catalytic converter thefts, as well as intermittent acts of violence are increasing. With that in mind, I have met with him and we need to/will jointly work together to drive our destiny.

I am personally convinced that the AHCA needs to raise the stakes on how Arlington County carries out development and transportation planning. These two issues significantly impact our quality of life. Our AHCA Development Committee Chair Jack Spilsbury, backed up by a great team, has begun a process on working and driving our sister civic associations on the ongoing development issues in-and-around our neighborhood. Joan Fitzgerald, who is active on the Development Committee, has raised several times that the weight of the neighborhoods near specific projects have been watered-down in how the County polls community input. And we need to re-assert those most effected in a parallel input process. I am personally convinced that is an essential component to re-assert our interests into these more complicated, intense, and significant project planning and adoption.

I plan to begin an Association dialogue and implementation process that will start at the upcoming March meeting, but also discussed on the AHCA listserv and in future AHCA newsletters. Again, our quality of life, health, comfort, and livability are impacted by these decisions. And Ashton Heights, along with our sister civic associations, need to seize the initiative to assert more influence over these County actions.

As always, it is a pleasure and honor to serve as your AHCA President. Enjoy the last few weeks of winter.
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. You can volunteer by contacting the Executive Committee.

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Ashton Heights Pet(s) of the Month
By Robin Goffen

It is with great sadness that we share that on January 10, 2022 we lost Ziggy, a great neighborhood friend.

Robin, Jeff and Zoey will forever miss Ziggy and will always be thankful for the insurmountable joy he brought them. His favorite things to do included hanging out on the front porch watching the world go by or taking a walk with his dad. Rest in peace sweet Ziggy, we’ll miss you around the neighborhood.

Kiki, age 18, is our blue cream Maine Coon cat who is quite the princess. As she gets older you can find her sitting in the sink drinking a cup of water with her name on it or screaming to request a high priced can of some fancy cat food. No matter how old she gets, this princess can still be found curled up at the end of our bed, every night.
Update from the Arlington Arts Center
By Catherine Anchin

Hello Ashton Heights! It has been nice to see many of you visit the Arlington Arts Center this past month! We’re enjoying the current exhibitions so much that we’ve decided to keep them on view until Saturday, March 26.

We have four wonderful exhibitions that highlight contemporary artists from Arlington to Newport, Virginia to New York, Los Angeles, and even Beirut, Lebanon.

Our current shows are:
- **In Spite of Modernism: Contemporary Art, Abstract Legacies, and Identity**
- **Negar Ahkami: Le Caftan, Le Turban**
- **Global Spotlight: Annabel Daou**
- **Body and Place: Marymount University Student and Alumni Exhibition**

To complement the four shows, we’re planning programs throughout March so that you’ll have plenty of reasons to visit. We’re also continuing to host virtual artist talks, so check out our website for Zoom registration.

On March 3, we will host an in-person Made in Arlington pop-up shopping event that celebrates women artisans and artists within our community. Join us from 6 to 8:30 p.m. to shop for specialty items from local women makers and spend some time exploring the galleries in the evening, after hours!

We’re also launching a free, improvisational jazz series that will take place every Sunday in March through the run of the exhibitions, i.e. March 6, March 13, and March 20. Join us between 2-4 p.m. to hear a local jazz artist create impromptu music in response to the works in *In Spite of Modernism: Contemporary Art, Abstract Legacies, and Identity*. Every 30 minutes, the jazz artist will lead you on a musical tour of the exhibition moving across the galleries creating an immersive experience that blends contemporary art, modernism, and jazz.

And for those looking for **summer camp**, registration is now open. AAC is known for high-quality camps that lead students on visual arts adventures exploring 2D and 3D media, various artistic techniques, and contemporary artists working in the world today. Campers at AAC may even get the chance to tour AAC’s art galleries and create works inspired by what they see. Camps are offered from June 27 through August 26, for ages 5-7, 8-11, 12-14, and 14-18. Visit our website to register!

Many thanks for all your support of the Arlington Arts Center.

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Drive-thru Food & Toiletries Collection for Area Shelters – March 12th

Since the beginning of the pandemic, Clarendon Presbyterian Church has been sponsoring Drive-thru Food and Toiletries collections for Northern Virginia Shelters. They are held monthly, on the second Saturday of each month, from 10 am to 12 noon. There is a continuing need for shelf-stable items and toiletries, and there are announcements on Next Door and on local listserves with “Priority Items” each month. For example: breakfast cereal, packaged healthy kid snacks (no prepared or open food please), canned foods and juice boxes. Toiletries: bar soap, body wash, toothpaste, deodorant, disposable razors (for men and women).

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 or (703) 527-9513. And please check the church website for any inclement weather announcements at www.clarendonpresbyterian.org.
Against All Odds
By Phyllis Shea (Proud Grandmom!)

In February of 2019, an accident led to doctors amputating my grandson, Drew Shea’s, left hand. Three years later, this young man is bound for Beijing to compete in the Nordic skiing events in the Paralympics.

Here’s the story: While recovering from his accident and visiting an adaptive sports fair at Walter Reed Medical Center, Drew met a recruiter for the Olympics who looked at him and determined that he had the body type for one of the most grueling events at the Beijing Paralympic Games, the biathlon, a combination cross country skiing and target shooting event. Drew had never done either sport.

First Drew had to finish college. At the time of the accident, Drew was a junior at the University of South Carolina. His spring semester, as well as the summer of that year was devoted to recovery.

With determination, however, he was back at school by September and a few months later he was in Salt Lake City, at a former Olympic venue, working toward his goal: Beijing 2022. He spent long weekends and Christmas and spring break at the site, getting in shape, and training. He graduated with his class in May of 2020, in spite of missing a semester of school.

After graduation, Drew moved to Park City, Utah to begin full time training at Soldier Hollow. He qualified for his first World Cup in Slovenia in December 2020. That performance led to him being named to the U.S. Paralympic Nordic Skiing Development Team. Drew then moved to Bozeman, Montana, to train with the U.S. team. Then came the races that would determine his eligibility for the Olympics. There were many, both in the U.S. and in Canada. Of all the Paralympic men on his team, Drew was the most inexperienced. What he lacked in experience he made up for in determination. And two weeks ago, he qualified for the Paralympic Team USA.

By the time you read this story the races will have taken place. Drew has no illusions about an individual Olympic Gold. Those who have been at this sport for many years have a better chance at a medal. With the support of family and friends and with an ethic of hard work which I witnessed from the time he was a child, he has turned tragedy into victory. Congratulations to Vienna Virginia’s own Drew Shea!
April 23, 2022
Running to help others!

Register for the 5th Annual Arlington Bunny Hop 5K. This year, we are planning on a live road race in the Ashton Heights neighborhood!

www.ArlingtonBunnyHop.org

Community Safety & Security Corner
Community Engagement: A Police Priority
By Christina Schultz

During February’s civic association meeting, we were honored to welcome Chief of Police Charles “Andy” Penn of the Arlington County Police Department (ACPD) as a guest speaker. He was appointed as Police Chief on June 4, 2021, following a nine-month period as Acting. Chief Penn has made a concerted effort to reach out to the county’s residents to find out what the ACPD is doing well, what it could do better, and what its next steps should be. Community engagement was already a priority for the ACPD when Chief Penn assumed the position, but he wanted to take it one step further and so created the new Community Engagement Division, led by Deputy Chief Wayne Vincent. You may recognize Deputy Chief Wayne from his frequent appearances at our monthly meetings over the years.

The Community Engagement Division is comprised of three units: Community Outreach, Youth Outreach, and Business Outreach – which aim to address public safety concerns through proactively building and maintaining strong partnerships with these respective stakeholders. The Community Outreach Unit, divided into north and south Arlington teams, engages with residential community groups (like AHCA!) for open dialogue around crime and quality of life issues, offers educational programming, and provides information about ACPD services.

The Youth Outreach Unit, directly and in partnership with community groups, conducts extensive outreach to youth to promote education, relationship building, and positive youth development through various activities and programs. In conjunction with the court system and local groups, it also identifies trends in juvenile-involved crimes, provides supplemental investigative support, and supports crime and violence prevention and mitigation strategies.

The Business Outreach Unit serves as the primary liaison between local business and the police department. In addition to addressing business concerns related to crime and safety, it runs the Arlington Restaurant Initiative program and other efforts to improve nightlife safety for patrons, residents, and businesses.

“The Police Department is at its very best when we work in partnership with the community we serve.”
- Chief Andy Penn, February 16, 2022
**Nowhere Girl - A Memoir of a Fugitive Childhood by Cheryl Diamond**

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

**FOUR STARS!**

A spectacular memoir! It starts out as a fascinating and exciting story: a child, the youngest in her family, lives in exotic locations around the world. She never knows when her family will vanish without a trace, landing on another continent with new names, new passports, and new back stories.

As she gets older, the story gets darker. You learn why they are a family of fugitives as she slowly discovers more and more family secrets.

The author does an excellent job of telling the story from a young child’s point of view. As she gets older you are on the journey with her as she tries to figure out her own identity (figuratively and literally!) as a teen, then becoming an adult who fully understands the repercussions of her lived experience.

I don’t want to ruin the book by giving away any details! If you are looking for a good audio book and you like compelling memoirs about life experiences so completely different than your own, I highly recommend this one.

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**Inventory of Homes Hits Record Low**

*Months’ Supply of Existing Homes for Sale in December 1999-2021*

Data from the National Association of Realtors shows that housing inventory at the end of December amounted to 910,000 units, down 18% from November and down 14.2% from one year ago (1.06M). Unsold inventory sits at 1.8-month supply at the present sales pace, down from 2.1 months in November and from 1.9 months in December 2020. Locally in Northern Virginia, the market has been extremely active in January, with a critical shortage of single family homes.

If you are thinking about selling, there may never be a better time than right now. While demand is high and inventory is this low, you’ll have leverage in all aspects of the sale of your house. Let’s connect to discuss how you can take advantage of the current conditions. Put my 37 years of local Arlington market expertise to work for you!
By Vinh and Susan Nguyen
1110 N Glebe Rd
Arlington, VA 22201
serrestaurant.com

To SER or not to SER? That is the question.
Definitely the answer is YES!

The restaurant started with a bit of controversy as it was not the people’s choice in the 2014 Ballston street festival and yet was declared the winner. Since the prize was the lease in its current location, it was understandable that the landlord would want its preferred tenant to win, right?

Let’s be clear, SER has nothing to apologize for. The crowded, loud and happy dining room is proof that the restaurant was a more than worthy winner.

Any meal needs to start with paper thin slices of Jamón Ibérico. The cured ham comes from a special breed of pata negra (black-footed) pigs, which are left to roam freely and to feast on acorns and pistachios fallen from trees. Like fine whiskey, the ham is graded by how long it’s cured. It pairs well with a selection of cheeses – especially Manchego, our favorite.

Let’s start with the classics. Pan catalana is an exquisitely simple dish – just grilled bread, fresh tomato puree, garlic, sea salt and olive oil. Tortilla española is an omelet with potatoes and onion. Gambas al ajillo features large shrimp in a clay pot with copious olive oil, garlic slices, red pepper flakes, and parsley – best eaten with an oil-soaked slice of toast. The croquetas have both ham and beef, the latter adding an earthy note to the fluffy bechamel fritter. The Ensaladilla Rusa surprises with anchovies enlivening the cold potato/carrot/peas salad. A can’t-miss is Papas Bravas, deep-fried potato dish with aioli sauce – they go well with everything!

Other tapas to try: Revuelta de Setos, sauteed mushrooms with a decadent runny egg and Berejenas Fritas, eggplant in a luscious honey yogurt sauce. We were disappointed with the octopus which was rather bland.

The seafood paella received mixed reviews. While some loved the crispy burnt rice (socarrat) at the bottom of the pan, others felt the dish had too much oil. The lamb special of the day was undercooked and underwhelming.

We loved the desserts we tried: Almond sponge cake, churros with chocolate sauce, and of course Arroz con leche rice pudding. We found the Sangria amazing but liked only half the flight of Sherrys.

Despite our multiple visits, there remain many dishes on our must-try list – for example, the seafood platter and the roasted sucking pig. Who wants to join us?
What Matters Most to Older Adults in Arlington?

You are invited to join the Arlington County Area Agency on Aging, the Aging and Disability Services Division, and the Arlington Commission on Aging for the Annual Community Engagement Forum on Aging Issues, Monday, March 21, from 9:30 a.m. – noon.

Join us virtually, via Zoom, for this interactive discussion on what matters most to older adults in Arlington. County Board Chair Katie Cristol will provide opening remarks and Dr. Joan Vernikos, author, and former Director of NASA’s Life Sciences Division, will serve as the Keynote Speaker. Breakout sessions will focus on core areas in aging including housing, health & wellness and transportation.


Native Plant Sales and Nurseries for Spring 2022

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

Native plants are the basis of our ecosystem and essential for our songbirds, frogs, butterflies and other pollinators! Here are sources of native plants, per www.plantnovanatives.org

Native Plant Sales
Many native plant sales have been curtailed due to COVID. But these continue!

Saturday, April 23, 10 a.m.-3 p.m.
Glencarlyn Library Community Garden
300 South Kensington St, Arlington

Saturday, April 30, 9 a.m.-2 p.m.
Northern Alexandria Native Plant Sale
The Church of St Clement
1701 N Quaker Lane, Alexandria

Saturday, May 7, 8 a.m.-1 p.m.
Ayr Hill Garden Club Annual Plant Sale
Pre-order online: ahgplantsale.square.site
131 Church St NE, Vienna

Saturday, May 21, 8 a.m.-noon
Town of Vienna Community Center
120 Cherry Street SE, Vienna

April 6, May 4, June 1 10 a.m.-1 p.m.
Virginia Native Plant Society sells natives at their plot behind Green Spring Gardens visitor’s center
https://vnps.org/potowmack/plant-sale

3 Native Plant Nurseries (see a quick video about each at https://youtu.be/G6uloh7NUSQ)

Nature by Design
300 Calvert Ave, Alexandria
703-683-4789
http://www.nature-by-design.com/

Earth Sangha
6100 Cloud Drive, in Franconia Park, Springfield
https://www.earthsangha.org

Watermark Woods
16764 Hamilton Station Rd, Hamilton VA
https://www.watermarkwoods.com
Meet Your Neighbor: Martha Casey
By Erika Cohen Derr

Meet Your Neighbor Request
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 or complete the form found at: bit.ly/AHMYN.

Over the last two years, we’ve all had our experience looking for the light at the end of the pandemic tunnel. Ashton Heights resident Martha Casey found a way to turn up the dimmer switch. As the volunteer, semi-self-appointed COVID communicator for the Ashton Heights neighborhood, she made sure we had access to necessary and complete information during the pandemic, which surely helped ease anxiety at the individual level, and strengthened health behaviors at the community level. Daily emails from Martha to the Ashton Heights listserv meant that neighbors could easily keep pace not only with the development of a vaccine, but also with up-to-date news about vaccination eligibility, availability, and general access concerns.

Martha and husband John Angell moved to Ashton Heights in 1998, drawn by the recommendation of a friend who lived in the neighborhood. They were outgrowing their townhouse on Capitol Hill, and were drawn to Arlington’s comparable walkability, proximity to the Metro, and community feel. “I didn’t even think about the schools,” Martha laughs, though daughter Sarah indeed attended all the neighborhood public schools, making a name for herself as a scholar athlete at Washington-Lee (now -Liberty) High School. She currently resides in London where she is pursuing a graduate degree in international social policy.

Martha’s origin story may sound familiar; she moved from Massachusetts to Washington, DC after college to work on Capitol Hill. She returned to New England for law school, but came back to DC to resume a career in public service. She and John met while working as staff to members of Congress. Martha eventually moved to a role with a lobbying firm representing the teaching hospitals of the Boston area, while John served in various Congressional and White House staff roles before retiring. He now teaches graduate public policy courses. Martha recently announced plans for retirement later this year, though it is unlikely that she will slow down. She and John recently purchased a house in Maine which will surely offer a change of pace. Despite her New England roots, Martha has no plans to leave her home in Ashton Heights. Retirement will likely allow time for the other enjoyable parts of her life, like walks with canine Ellie “the beast,” yoga, gardening, her neighborhood book club, and of course, community engagement.

While her professional career in public service focused on health care, the COVID pandemic led Martha to grassroots involvement in local government and brought about change that benefited the whole community. Several months into the pandemic, unsettled by seemingly random and incomplete information, Martha expressed frustration to Arlington’s neighborhood and county officials, and soon found herself appointed to roles within the Civic Association and Arlington County’s Complete Vaccination Committee. These roles gave her vantage points to share information back and forth between health experts, government leaders, and community members. Not only did she pass along critical information to help Ashton Heights residents access vaccines, but she represented community needs, interests and priorities to the County staff members charged with making decisions. From this vantage point, the Ashton Heights community character was crystal clear.

“I might have been more visible due to my listserv and newsletter presence but I know the Ashton Heights COVID response was a true community effort. Neighbors sent me information to share, gave people rides to get vaccinated, assembled kits to give away at registration sites, offered their churches as vaccine clinics, worked at food banks. We are so lucky to be part of this community.” Teaming up with a friend from the Lyon Park Civic Association, Martha tapped into that same community impulse. They organized a drive to make COVID kits with masks, hand sanitizer and other supplies, and ended up with more volunteers than supplies. Throughout the past two years, her newsletter articles and emails helped people in the community coordinate the effort to respond to the pandemic at the local level.

“I think that Civic Associations are sort of an untapped resource … because there’s going to be another public health emergency, and I think there’s an untapped desire of people all over Arlington to have some sort of structure in which they can participate.” She laughs. “Do I sound like someone who’s about to retire, looking for something to do?”
Two Years into This, The Lyon Park Community Center Needs Your Help

Adapted from the Lyon Park Citizen February 2022 newsletter

Since the COVID pandemic started, this newsletter has tried to provide a sense of normalcy. We’ve avoided using pandemic-related words or giving pandemic-related advice anywhere in the newsletter except the front page and our monthly COVID updates from Martha, instead focusing on the positive.

Many people and businesses have been adversely affected by the pandemic. Our community center is no exception. Fortunately, our community paid off the renovation loan aggressively and early. We entered the pandemic without a mortgage and with a cash cushion. However (and there’s always a however in this kind of article, isn’t there?), many people canceled their events at the community center or did not rent (which was responsible), the park itself has seen unprecedented wear and tear, and we had tree work that needed to be done. We also canceled almost all fundraisers. Our cash balance is dangerously low. Can you show a little love to the community center and make a donation? Any amount will help. Our target is $15,000 by March 31 (it costs about $5000 a month to simply keep the empty building and park running). Or, consider booking your next event at the Community Center. We’ve got plenty of openings right now. The Lyon Park Community Center is a 501(c)(3) organization under the U.S. Tax Code. Your donations are tax-deductible. Electronic donations can be made online at lyonpark.org.

Alternatively, you can mail a check to LPCC, P.O. Box 100191, Arlington, VA 22210. Click here to donate to the Lyon Park Community Center Renovation Fund!

If you would like to donate using securities, bequests, or retirement plan assets, please contact Bill Anhut at billanhut@yahoo.com.
# Kids, Inc. Entrepreneurs

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

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

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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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