



Ashton Heights News

www.ashtonheights.org

January 2026

The New Year Comes in Like a Lion

By Scott Sklar, President, AHCA

Welcome to 2026 – a colder than usual winter, but one that has a beauty all its own. I put some electric heaters for my two bird baths just to keep the ice (water) at 40, so the birds can drink. I also have a few rabbits this year. And hopefully, the raccoon who ate through my roof (and cost me \$3,600) will not re-visit this year! I hope everyone had a great holiday with quality family and friend time. We have a set of recurring and growing issues that seem all to be coming to a head the first quarter of 2026.

First, we have two buildings moving to the building stage on 10th Street North, starting with Joyce Motors that has closed, and the Beer Lot and adjoining brick building on Wilson Blvd scheduled shortly. The old Silver Diner site is inching towards a start in the near future. Our AHCA Development Committee co-chairs Jack Spilsbury and Alexander Tuneski follow these projects along with other actions and developments. If you have questions or concerns, please go to page two for contact emails of all our committee chairs.

Second, traffic is still a problem on many fronts, with a hit car that was parked mid-December on Kenmore, large trucks continually on North Jackson, North Kenmore and North Irving. AHCA is also working with the county to re-emphasize with the contractors on house projects not to use residential streets as a cut through. Patrick Lueb, our AHCA Transportation

Committee chair is the contact on these issues. We also were unable to build an awareness program at the end of last year on vegetation blocking visibility on intersection corners. We need someone within the AHCA community who can help orchestrate this. I can add some GWU graduate students to help as well on an important pedestrian-safety and vehicle-safety effort. Please contact me by email.

Third, AHCA Tree Canopy and Native Plants Chair Brooke Alexander and an extremely active committee is full swing on preserving the canopy (see prior newsletters for the full details). If you are interested in a tree whip, contact Brooke at treecanopy@ashtonheights.org

Fourth, Robby Mook has agreed to be our AHCA liaison with the county on restaurant and bar noise on Wilson Blvd and the overall Clarendon area. If you hear noise contact Robby at rmook@mookoffice.com.

Fifth, AHCA is working with over 20 Arlington civic associations on lot coverage zoning, and density efforts driven by the Arlington County Board. The Arlington County Board is not in alignment with most of our suggestions and efforts. Ken Matzkin has been working with me and this group on driving a shared agenda. I believe our large group of civic associations needs to develop a media

Continued on page 7

AHCA Monthly Meeting
Wed., January 21, 7 – 9 p.m.

Clarendon United Methodist Church
606 N. Irving St.

- 7:00 p.m.** Mingle and chair setup
- 7:30 p.m.** Have you wondered what's going on in Arlington for our immigrant neighbors and for those struggling economically?

These are tough times for many in our community. We expect to bring presenters from two of the help groups here. More details to follow on the listserv.

9:00 p.m. Adjourn

Got an idea for a speaker or topic for 2026? Email VP of Programs, Dave at porgschu@verizon.net

Recycling Tip

Do not bag recyclables!

If you place your recyclable materials in plastic bags in the recycling cart, they will not be processed for recycling. Place your loose materials into the blue recycling cart OR a paper bag.



Editor's Note: View the newsletter in **full color** at www.ashtonheights.org! If you have an idea for an article, reach out, we'd love to have you. The next issue will be the **February 2026** newsletter issue – submissions are due by **January 23rd**. Send submissions to: amylmiller4@gmail.com. Thanks in advance for your contributions.

Join or Renew your AHCA Membership!

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

Anyone who resides or owns property in Ashton Heights and is at least 18 years old may join and then vote at AHCA meetings.

Pay your dues online:

<https://ashtonheights.org/about-ahca/join-ahca/>

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The Ashton Heights newsletter is distributed to 1,200+ households 8 months of the year. Our readers enjoy supporting local businesses. If you know of a local business that would benefit from advertising in the Ashton Heights newsletter, please email: newsletterads@ashton-heights.org.

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70% of agents say inspections are the top reason buyers back out. Not financing. Not rates. Repairs. There's a way you can prevent that from becoming an issue for your sale. It's called a pre-listing inspection. While it's not required, it can help you find (and fix) issues before you list your home. But whether it's worth it (or not) really depends on the conditions in your local market. Let's talk about whether it makes sense for your house and market.



Casey O'Neal
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Share of Agents Who Selected Each Response



Source: Redfin

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Pollinator Pathways in Ashton Heights: Follow-up on the Initiative

By Melania Flores, Pollinator Pathway Subcommittee Chair, AHCA Tree Canopy and Native Plant Committee

At the AHCA meeting on 18 November, we shared information that took many by surprise. Many of us were not aware that **the majority** of plants we purchase from local vendors are not native to this area. Why does this matter?

Seeing pollinators taking pollen from your plants doesn't mean the plant is native or even beneficial for our local ecosystem. In his book "Bringing Nature Home" Professor Doug Tallamy, a well-known expert on this topic, explains it simply: 1. Most insects that support our local ecosystem are specialists. This means that they share an evolutionary history with plants that are local to their areas, and they have selected very specific plants to lay their eggs and to feed their young. 2. Many ornamental alien plants have been selected (and now widely sold) because they are unattractive to pests – which includes local pollinators. 3. It takes long evolutionary periods for pollinators to adapt to chemicals in non-native plants.

As a result, pollinators may take the pollen from our non-native plants but will not lay eggs or feed their young with their leaves or stalks. While our gardens attract adult pollinators, they are "sterile" grounds where pollinators cannot reproduce. This inevitably causes these key critters to dwindle. So, our actions may inadvertently be contributing to loss of habitat for pollinators.

What now? With 16 households pledging, Ashton Heights has officially registered to become a Pollinator Pathway. We seek to increase the number of households that sign up to the initiative, and that make informed decisions about safe gardening practices that truly protect pollinators. The Initiative pledges that your household:

1. Plant more natives: Introduce them into your garden in amounts that you are comfortable with.
2. Do not spread insecticides: Insecticides, even those labeled as "safe", are main killers of pollinators.



Who can sign up? Households that comply with the two above-mentioned requirements can join Ashton Heights' Pollinator Pathway. Our systematic, concerted efforts in the right direction will make a big difference!

In future newsletters, we will write about insecticides and their effect on pollinators, as well as other related topics, such as native plants, invasive species common in our neighborhood, and how we can be agents of change in a sustainable way.

To read more about the Pollinator Pathways Initiative: please go to <https://www.plantnonatives.org/pp>. To join: email: melaniaflores@gmail.com.



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 "Top 100 Green Industry Companies," Landscape Management
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Pull up a Chair: Local Songwriters-in-the-Round on a Neighborhood Stage By Sarah Fridrich, AH resident and local singer-songwriter

I'm very excited to let neighbors know about an opportunity I've been given by the Museum of Contemporary Art Arlington (MOCA) to present an art form less commonly found in an art museum: original songs!

I am joining three local Northern Virginia songwriters to present our songs in a uniquely vulnerable and intimate format called "in-the-round". If you are a folk-music fan, or a Nashville music scene aficionado, you may already be familiar with this type of songwriter concert. (It's a common format at the famous Bluebird Cafe, for instance!)

A songwriters "in-the-round" concert usually consists of 2-4 songwriters. The performers share the stage, and take turns singing their songs. As one musician sings, the others on the stage listen. Often, one performer's song inspires the next performer to choose a song that complements or contrasts to the previous song.

Most audiences are familiar with the more typical concert "line-up", for which professional musicians and songwriters craft their song list (aka "a set") ahead of time. The "line-up" style concert is such that when one musician plays through their "set" of songs, they then leave the stage and the next performer follows. The "In-the-round" format is more dynamic and collaborative. All performers are on stage together, the whole time, and their song choices are not "set". This allows more exciting, unscripted human interactions on the stage!

Beyond the pleasure of beautiful voices and poignant songs and stories presented in a music "performance", the "in-the-round" experience is a peek behind the curtain. It's a glimpse into the world of musicians and songwriters. As a participant in these types of shows, I can tell you my "guard" goes down. There's a sense of collective

creation with my fellow songwriters.

Before I started performing in this way, myself, I had the pleasure of attending "in-the-round" concerts at events such as Rocky Mountain Folks Fest and the renowned Newport Folk Festival. They were always my favorite concerts to attend!

Rather than craning my neck in a crowd trying to get a glimpse of more famous musicians on a far-off festival stage, these "close-up" performances offered instant connection to inspiring artistry, soul-melting voices, and humorous or tear-jerking songs. Even though I had rarely heard of the artists beforehand, I was often an instant fan. And, it felt like I was making a new friend.

If, in the cold and quiet of January, you are looking for hope, inspiration, and some in-person human connection (set to music), close to home, then please come find a seat in the beautiful Tiffany Gallery and have a listen.

"Nashville-Style Songwriters in the Round" will be on Friday, January 23rd from 7-9 p.m. at MOCA, 3550 Wilson Boulevard. The event is FREE and open to the public. However, if you have the means, and want to support the museum or express interest in seeing more of this type of programming in the future - DONATIONS to MOCA are welcomed!

Details and to RSVP:

<https://mocaarlington.org/events/2026/01/nashville-style-songwriters-in-the-round-original-music-storytelling/>





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Arlington Prepares to Celebrate America's 250th Anniversary with a Year of History, Community, and Connection

By Bethany Baker



As the nation begins the countdown to the 250th anniversary of American independence in 2026, Arlington is preparing to tell its own powerful part of the story, and the **Arlington Historical Society and Museum** will be at the center of the celebration.

Throughout the coming year, the organization will host a wide range of public programs, exhibits, and community events highlighting how local history reflects America's broader journey. From Arlington's early settlements and Revolutionary-era connections to civil rights activism, public education, and immigrant communities, the museum's initiatives will explore how national history has always been woven into the life of the county.

"Our goal is to tell America's history through the lens of Arlington," said Historical Society President, Peter Vaselopulos. "The events we're planning are designed to connect neighbors, families, teachers, and students with stories that are both local and deeply national."

Programming will include temporary exhibitions, lectures, family activities, and the popular "**15-Minute History**" talks: short, engaging presentations on pivotal local moments and people. A new series of rotating exhibits will focus on themes such as voting rights, public education, neighborhood development, protest movements, and the diverse communities that have shaped Arlington over time.

One of the flagship events of the year will be **HistoryFest**, scheduled for **May 9**, which will transform the grounds of Kenmore Middle School into a lively, interactive history celebration. HistoryFest will feature living history demonstrations, hands-on activities for children, community partner booths, local vendors, music, and short talks from

historians and Arlington storytellers. The festival is designed to create an accessible, family-friendly way for residents to experience the county's rich heritage while looking toward the national milestone ahead.

The museum itself will continue to serve as a hub for these activities, introducing new artifacts and archival materials to the public, including collections focused on the last 50 years of Arlington history, to connect contemporary experiences with longer historical narratives.



"America's 250th anniversary is not just about looking back, it's about recognizing how our shared past still shapes our communities today," organizers noted. "By focusing on Arlington, we can show how national moments were experienced at the local level and how everyday residents helped shape our collective story."

All programs will be open to the public, with most museum events free of charge. Details and updates will be posted regularly on the [Arlington Historical Society's website](#) and social media channels ([Facebook](#) | [Instagram](#) | [BlueSky](#)).

From HistoryFest in May to year-round lectures, exhibits, and hands-on opportunities, the Arlington Historical Society invites residents to take part in a countywide celebration that connects local stories to one of the most important milestones in American history.

The Arlington Historical Museum is open year-round on Saturdays 10am-4pm and Sundays 1pm-4pm. The Ball-Sellers House Museum is open April-October on Saturdays, 1pm-4pm. Both museums are always free to visit.

An Interview with Mrs. Betty Bott, Author of *The Doodle Tree*

By Millie Clausen

Mrs. Betty Bott has lived on Oakland Street for over 40 years. She has written a book called [The Doodle Tree](#) that you can buy. Here is my interview with her about the book.

What is your book about?

In fact, it relates to my childhood. After I finished my chores I went up in a walnut tree to draw. That was my special place. So that's how the story started. It is about a little child going up in the tree and appreciating everything around them and just being free. Not worrying about being judged or if it's perfect or anything. I think the main thing I want you to take from this story is that drawing is free and you don't have to worry about mistakes. That's why a pencil shouldn't have an eraser because in doodling there's no mistakes.

How long did it take you to write this book?

I didn't know it was going to be a book at first. So it was at least 20 years. I've written other books in quicker time, but this was not going to be a book. I took my doodles – because I get bored in meetings – and I collected all my doodles. And I made a doodle tree and that's what started the book. I don't know what made me decide, but one day I decided to write a story about the doodle tree.

How did you decide to write an art book?

I was an art teacher for a long time in elementary school, and

one thing I noticed is a lot of kids in elementary school were scared of making a mistake with their drawings. So this book is to encourage you that mistakes can be OK. Sometimes mistakes turn into the best drawings ever.

What was the hardest part about writing a book?

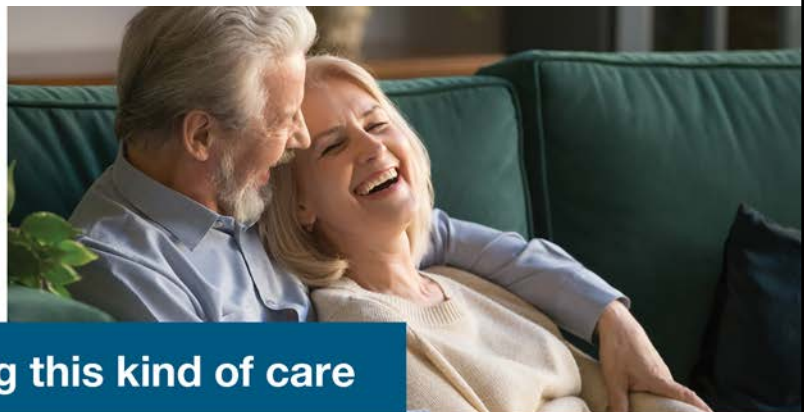
I found the hardest part was the process of getting it printed. I had to reduce all my drawings to digital drawings, which really upset me because I had to cut my pages apart and I knew when I cut the pages apart they might not match and it would upset me. The process of getting it to look the way I wanted took a long time.

Do you have a favorite part in the book?

Wow. A favorite part. I never thought about that. I just had fun doing the whole book because I just have fun creating – period.



Millie Clausen holding a copy of *The Doodle Tree*



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President's Column – continued from page 1

campaign and outreach effort to move this issue beyond the Arlington County Board. We'll see if we can move that agenda. Arlington County Manager Mark Schwartz also called together a yearly meeting in November of Arlington's civic and condo associations on a range of county issues and it was a good give-and-take session.

With federal funding cuts, post-COVID empty office buildings, and general inflation pressure, the Arlington County budget is tightening. To their credit, the Arlington County Board is holding property taxation level. But the pressures are great and when you receive "requests for input," please take the time. It is in our collective interests.

This is the 14th year being your AHCA President, and I am always interested in your input, ideas, problems, and observations any time. Please feel free to contact me at solarsklar@aol.com or stop by my weekend 4:30 p.m. outdoors free whiskey-tastings. We are now in winter and the beginning of yet another New Year.

I wish for each and every one of you a most healthy, happy and fulfilling time. Thank you for caring about our community and making Ashton Heights the most wonderful community that it is.

Changing of the Guard in Newsletter Distribution

By Julie Mangis

Please welcome the newest member of the AHCA newsletter distribution team! Sharon Lovering has taken over the first stage of deliveries from Bea Camp, who has been the top of the pyramid for 10-12 years. **Our sincere thanks to Bea for her many years of service.**

Sharon grew up in Ashton Heights and is known to many neighbors. We are fortunate to have her taking on this responsibility. She may be contacted at slovering1@verizon.net.

Starting this month, Sharon's entryway, 740 North Monroe Street, Apartment #5 (look for the specific apartment number and see photo at right) will serve as the delivery hub. That is where you may pick up extra copies of the newsletter, if needed, and where mid-level distributors will return the AHCA tote bags. Julie Mangis will continue handling the paperwork. Her email is jmmangis@aol.com.

As always, we are deeply grateful for the 55+ volunteers who make sure that the AHCA Newsletter reaches your doorstep each month. Thank you!



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Restaurant Review: Tacos El Torito 2 Food Truck

By Oliver Fry

Corner of N Piedmont St. and N. Pershing Dr.
 Arlington, VA 22203
 571-320-9046

Tacos El Torito 2 is a food truck near my house. They are usually there later in the evenings. I have never reviewed a food truck before. They serve traditional Mexican and Central American food. My family goes there often to get tacos and quesadillas. The people working there were extremely friendly and took our order with no difficulty. I did not want the cucumbers they put in every box to touch my quesadilla, so they took it out for me. The people working there speak Spanish and English. I got a regular quesadilla with only cheese. I can honestly say that this quesadilla is one of the best I have ever had. I have also had the barbacoa tacos before. They were extremely delicious and were made with corn tortillas which I personally prefer.

My family has eaten different kinds of tacos including the brand new birria tacos. My sister liked them and had a chance to compare them to ones she had at another restaurant. She thought the Tacos El Torito 2's version was better. They have soft drinks in cans, horchata and Jarritos. I had to have the mango Jarritos and thought it was a delicious, slightly carbonated, mango drink. I would definitely recommend this to anyone who is interested in this type of food. I would also overall rate this a four and a half stars out of five.



Featured Notable Tree: Post Oak tree at 616 N. Lincoln St. By Brooke Alexander, Tree Canopy and Native Plant Committee Chair



Twenty-five years ago, for Valerie and Rick Troiano, walking down their block of Lincoln Street was like walking into a cathedral. The tall canopy trees reached from each side of the street and overlapped at the top. The temperature was 20 degrees cooler than the commercial area, a welcome respite in the Washington summers. Today, their Post Oak is the only large canopy tree left on their side of their block of Lincoln Street.

Come see the Troiano's Post Oak (*Quercus stellata*) at 616 N. Lincoln Street. This majestic tree was in place when their home was built in 1935 and is likely 100 years old. Two years ago the Troiano's tree was designated a NOTABLE TREE by Arlington County. As such, it is one of the largest Post Oaks in Arlington.

The Troiano's property extends thru from Lincoln to Monroe Street. After you see the Post Oak, walk



around the block to Monroe Street. Behind their fence you'll be able to see some of the other canopy trees that they have been nurturing: black oak, sycamore, American holly, scarlet oak, white oak, Jefferson elm (a clone of the Jefferson elm on the National Mall, which survived dutch elm disease), river birch, and hickory.

Thank you to the Troianos for their historical and continuing care of their notable tree, and the other trees in their yard. Big canopy trees are a neighborhood treasure; we all benefit from them. We need to protect our big canopy trees, and plant young ones. Check this space in February for more information on Arlington's Notable Tree program, other Notable Trees in Ashton Heights, and information to potentially nominate your tree.

Photo by Brooke Alexander featuring Valerie (with Taffy) and Rick Troiano with their Post Oak.

WHAT'S NEW AT COLUMBIA GARDENS?

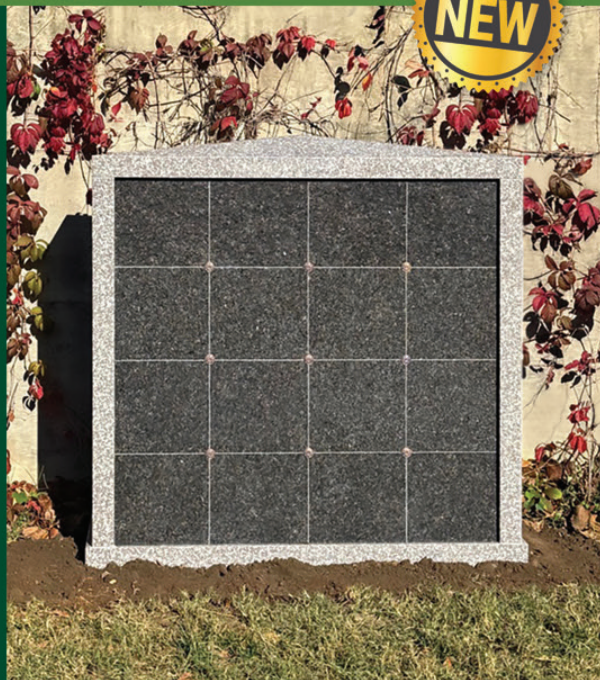
A Brand-New Columbarium Has Arrived!

With more families choosing cremation, we're expanding to meet their needs. Our newest addition to the Cremation Garden is a beautifully crafted, 16-unit granite columbarium. It's a lovely enhancement to the garden's natural landscape and offers families a serene place of remembrance.



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Ninety-two Young Canopy Trees Planted in Ashton Heights in December

By Brooke Alexander, Tree Canopy and Native Plant Committee Chair



Hooray – Let’s celebrate! The Ashton Heights Tree Canopy Campaign planted 92 trees in Ashton Heights in December. This is the culmination of the efforts that the Campaign has undertaken since February 2025. We have now officially started our work toward restoring Ashton Heights’ part of the oasis in central Arlington.

See our work in the pictures on this page and the next. Then, look around the neighborhood for the 92 young canopy trees that were installed. They all came with a post and sign identifying the particular tree species and are all 2-5 feet tall. They will settle in and start growing right away. If one plants a whip like this and an 8-10 foot, 1.5” caliper tree of the same species, at the same time, in 10 years both trees will be the same size. Plus, these younger trees are cheaper to purchase and to plant. We are able to plant more trees when we spend less money for each tree.

Note that AHCA received a grant from the Virginia Department of Forestry for 120 trees. With the planting of 92, we have 38 more trees to place in Ashton Heights; these will be installed in March 2026. Send an email to brooke.alexander52@gmail.com if you are interested in having a consultation for a potential tree in your yard!

Many thanks to all who helped make this planting installation happen!

- Domini Alteri (Kenmore Street) who painted the posts and pre-drilled the holes for signs to be attached to the posts.
- Erwin and Henrik Deininger (Jackson Street) for removing the root balls of three trees to make room for new trees.
- Those who did the post/sign installations on those beautiful cold days of December 3–4: Mike Brown, Nancy Hopper, Joslyn Read, Greg Bramham, Heather Schildge and Erwin Deininger.
- Those who offered to set aside time to help install the posts and signs, but were not called into service this time and hopefully are on deck for next year: Ken Matzkin, Ann Felker, Trisha Gruesen, Dean Halfacre, Greg Helms, and Dave Bodner.
- And to all who accepted a tree, or trees, in their yards or on their property: Columbia Gardens Cemetery, Ken Matzkin, Rachel Chaikof, Michael Forestner, Peter/Hillary Gimlin, Mary Crannell, Christina Shultz/David Gould, Caroline Rogus, Vicky Hush, Heather Schildge, Erwin Deininger, Joslin/Jim Gallatin, Bill/Kathleen Murray, Brenda Dean, Carolyn Forte, Michelle Bennett, Ann/Tim Felker, Kate Baker-Wingfield, Eric Rosenberg, David/Marilyn Traynham, Eric Horowitz, Emily/Ben Tsai, Chrissy McManus, Joan Arsenault, Cynthia/Tom Kazior, Brooke Alexander, Richard Stinneford, Olga Casillas, Sean/Katherine Buckley, Glynis Lough, Tom/Erika Derr,

Marc/Claire Jonas, Karen Santoro, Dan Marschad, Clarendon United Methodist Church, Courtney Asker, Melania Flores, Doug/Claudia Vandermade, Joslyn Read, Steve Schohn/Irene Wilson, Linda Scott, Dean/Tia Halfacre, Denny/Laura Edelbrock, Courtney/Mike Raburn, Andy/Ruth Parr, Sally/Carlos Hojvat, Faith Delong, Deena Ackerman, Joel Liebman/Caitlin Greenbaum, Tom Underwood, Diane Lechmanik, Ned Keegan, Mark Taplin, and Caitlin Mudd.

- Finally, the Virginia Department of Forestry for the grant to AHCA to plant 120 trees and accompanying signs AND Piedmont Nursery for their terrific trees.

Brooke Alexander, Caroline Rogus, Heather Schildge, Joslin Gallatin, Linda Scott and Ann Felker are proud members of the Ashton Heights Tree Canopy Campaign Steering Committee.



Here, the first tree is installed: a northern red oak (*Quercus rubra*). Note the 2-foot diameter coconut mat installed to reduce weeds around the tree trunks. The coconut mat was subsequently covered with mulch. Then the post was installed by volunteers, and the sign was affixed to the post. Our first three trees (of the 92) were planted in Columbia Gardens Cemetery.

L-R: Ron Rosenberg, AH representative who accompanied the nursery in their planting; Daun Frankland, Columbia Gardens Cemetery owner; Brooke Alexander, Co-chair AHCA Tree Canopy Campaign; Nancy Hopper (Irving Street) and Mike Brown (Jackson Street) who were the first of three post/sign installer teams.

Photo courtesy of Wally Franklin, Columbia Gardens Cemetery.

A Sampling of the Tree Canopy Volunteers Work...



Mike Brown and Heather Schildge (Jackson Street) installing the post/sign at Clarendon United Methodist Church for a scarlet oak (*Quercus coccinea*). Note that each tree also received a rabbit guard.



Greg Bramham (Kenmore Street) and Joslin Read (Oakland Street) installing post/sign for a northern red oak.



Carolyn Forte (Oakland Street) with her newly planted *Diospyros virginiana* (American persimmon)



Marc Jones (Oakland Street) with his new white oak (*Quercus alba*).



Peter Gimlin (Norwood Street) with his black cherry (*Prunus serotina*).



L-R: Henrik and Erwin Deininger at Clarendon United Methodist Church where they have just completed removal of the compromised scarlet oak installed by the Arlington Tree Canopy Fund. The space was filled with a young healthy scarlet oak.



Roofied: How to Spot the Signs and Stay Safe

Community Safety and Security Corner

By Christina Schultz

Nobody's idea of a fun night out is being drugged. While reliable statistics are not available, it's a far too common occurrence. Secretly adding drugs to someone else's beverage is often referred to as being "roofied" and can leave the recipient vulnerable to sexual assault. While these dangers are serious, they don't mean you're helpless, nor should fear stop you from enjoying social outings. Learning what "date rape drugs" are and how they are used can help you better protect yourself.

The term "roofies" originally referred to the drug Rohypnol, a benzodiazepine which slows down the functioning of the central nervous system. It is generally prescribed as a sleep aid or to prepare a patient for anesthesia. Although Rohypnol is no longer popular among would-be attackers, the term stuck. These days, saying someone was "roofied" can mean their drink was contaminated with a variety of drugs. The most common ones today are gamma-hydroxybutyric acid (GHB) and ketamine, but prescription anti-anxiety and sleep medications, hallucinogens, or stimulants are also used. Whatever the drug, the intent remains to impair awareness and reduce resistance to sexual assault or other forms of exploitation.

Being roofied is considered a medical emergency because it can severely impair physical and mental functioning and

poses serious, sometimes life-threatening risks. These include sexual assault, memory loss, overdose, dangerous drug or alcohol interactions, allergic reactions, addiction, and accidental injury due to impaired coordination and judgment. Drink spiking is a violent act that endangers a person's health and safety, and understanding its risks, along with staying alert to your surroundings, can help protect both yourself and others (see left box below).

Drugs used to spike drinks act quickly, often within 10 to 30 minutes and cause impaired thinking, memory, coordination, and behavior. Victims often appear far more intoxicated than expected or act completely out of character. Other warning signs include sudden nausea, extreme drowsiness, dizziness, confusion, hallucinations, slowed reactions, muscle weakness, breathing or speech problems, and partial or total memory loss. The effects may last hours or longer; the physical after-effects can last days. Because these symptoms can be frightening, dangerous, and potentially lifesaving to recognize, understanding them is critical for protecting yourself and others and knowing when to take action if you suspect a drink has been tampered with (see right box below).



Recommended Safety Measures

- Be aware of drinks in glasses or other containers that can be easily "drugged".
- Don't accept drinks from strangers or those you don't trust.
- Watch your drink being poured and keep control of it at all times.
- Don't drink anything that smells strange.
- Don't drink more than you want to.
- Get help right away if you feel drunk and haven't had any alcohol or if you feel like the effects of drinking alcohol are stronger than usual.
- Look out for your friends and ask them to look out for you.

What to Do if You've Been Roofied

- Call emergency services.
- Do not leave the location by yourself unless you are in imminent danger.
- Have a trusted friend take you to a hospital and inform medical staff about any suspected drugging or sexual assault during treatment.
- Drink lots of water.
- Consider having a sexual assault forensic exam (sometimes called "rape kits").
- Connect with mental health providers to address any emotional fallout.
- Remember that even if you wanted to drink alcohol or take drugs at the time, sexual assault is never your fault.

Subscribe to the Ashton Heights Listserv

So much happens in between issues of newsletters -- especially when we take a break in December and over the summer. Don't miss out on important information; subscribe to the Ashton Heights listserv today.

Email: main+subscribe@ashtonheights.groups.io.

Always include your full name and street address and we'll get you set up to be "in the know." Did you know that you can set your preferences on how you receive email from the listserv?

If you're worried about receiving too many emails or missing out, some options include:

- Individual messages
- Full digest (up to 12 messages grouped together in 1 email)
- Daily summary (one email each morning containing only the list of topics posted to the group the previous day)
- No email (receive no email, but view messages on the groups.io website)

KIDS, INC.

Our local youth are ready to help when the household hands are not enough. If you would like to be added to this list, please send updates to Ann Felker: gr8est9@gmail.com. Include your child's name, birth year, contact information and list the jobs that they are interested in being contacted for hire.



Dog walking



Pet sitting



Babysitting



Leaf raking



Plant watering



Yard work



Snow shoveling



Parents helper



Technology



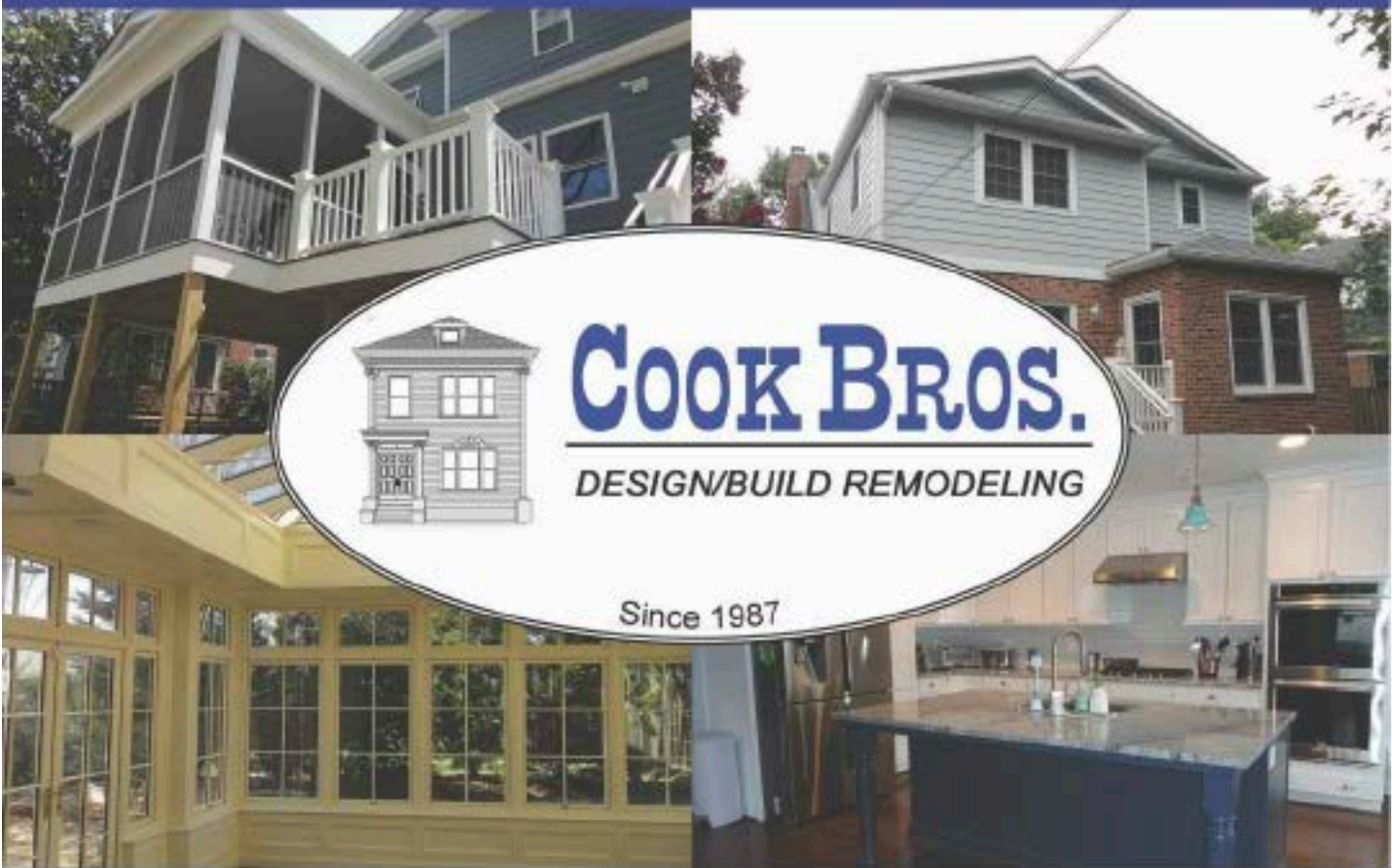
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Icons courtesy of flaticon.com

**Please consult the newsletter that
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listserv or the hand-delivered
newsletter for a full list of kids who
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