President’s Column

What should we focus on this spring? Should it be new beginnings, grass and plants emerging everywhere (I honestly believe overnight), school year ending, upcoming vacations, pools opening, cones downtown, new eating and shopping opportunities, new neighbors, walks in the alley, and so much more. But our focus for our Spring Dinner/Meeting is TREES. Trees are an important part of Five Points life. Many have been here for all of our lives and beyond. We have such a variety of trees not only in our yards but also in the right of way which is maintained by the City of Huntsville.

Our speaker for the dinner is Marc Byers. Marc is the City’s Arborist. He will be addressing trees in Five Points including which trees grow best, what situations result in the removal of trees in the City’s ROW, care of trees on our property as well as answering your questions about trees.

It is inevitable that some trees will need to be removed from our neighborhood but how do we as a community respond to the loss of part of what makes Five Points so special. One possibility may be to undertake a Tree Planting Project. What if the FPHDA purchased or coordinated the purchase of new trees suitable to our area by property owners and the City helped by planting the trees at least in the ROW and assisted for a limited period of time in the care and maintenance of the trees. Please plan to join us for dinner on April 9th and bring a neighbor to learn about this opportunity.

As A.E. Housman teaches us in his “A Shropshire Lad 2: Loveliest of trees, the cherry now” - trees are a vital part of our past, present and especially our future.

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Easter tide.
Now, of my threescore years and ten,
Twenty will not come again,
And take from seventy springs a score,
It only leaves me fifty more.
And since to look at things in bloom
Fifty springs are little room,
About the woodlands I will go
To see the cherry hung with snow.

Now that we have addressed the future of our collective interest in the trees that will be part of our daily lives for many years to come, I would like to make a call to arms. In October we will elect our new officers for the next two years. In our midst are well qualified individuals who but for being directly asked are uniquely suited to be our next slate of officers. Please ask a current officer about the duties required and consider stepping forward to do your part on behalf of the FPHDA. If you need additional information or are ready to throw your hat in the ring please let me know. Hope to see you April 9th.

Fred Coffey
President

Upcoming Events

Apr 9 – Annual Spring Covered Dish Meeting - 6pm
May 11 – Spring Neighborhood Clean-Up - 8:30-10:30 am
Jun 1 – FPHDA Annual Yard Sale - 7am
Sep 15 – Historic Marker Order
Oct 8 – Annual Fall Covered Dish Meeting - 6 pm
Oct 20 – Maple Hill Cemetery Stroll Character Parade 1:30 pm
Oct 20 - Maple Hill Cemetery Stroll - 2-4:30 pm

For more local events, activities and eats check out this Web Site: http://www.huntsville.org/
A New Opportunity
Five Points Community Initiative

The Five Points Community Initiative is a cooperative effort between the Huntsville Police Department and the Five Points Community to reach the following goals:
- Address community issues that are important to the citizens living in the Five Points Area
- Decrease criminal activity occurring in the area through increased patrols and partnership with the Five Points Community
- Enhance the quality of life for the residents and businesses through evaluation, education, and enforcement
- Develop/strengthen the Five Points Community Watch and Neighborhood Associations to sustain positive gains earned during the community initiative

The Huntsville Police Department will be holding monthly meetings with the community in order to help educate citizens about:
- Illegal drug activity
- Community Development
- Community Watch
- And many other topics

The next meeting will be on April 22nd at 6 p.m. at the Jackson Way Baptist Church
- The guest speaker will be a representative from the City of Huntsville Community Development team. They will be covering different Community Development City Ordinances.
- Questions are welcomed

Trees in Five Points
By Jerry Berg

We've been seeing a lot of tree stumps around Five Points lately -- and for some time, actually. Because, of course, trees are being cut down, both by the city and by homeowners. The main reasons are storm damage, disease and/or old age, and a boom in new construction. The "so what" is almost a no-brainer. When too many trees are removed and not replaced, we'll be seeing a significant change in the traditional appearance, livability and ecology of the neighborhood. In other words, some of the big reasons why we love Five Points.

But, there's a remedy and we'll hear about it at the upcoming FPHDA meeting April 9th. City Arborist Marc Byers, the featured speaker, will explain what can be done. Please attend, so we can start doing something to keep Five Points a green neighborhood.

What's New in Five Points
New starts, new locations, and new owners!!

There are several new eating and shopping opportunities in Five Points. Do you know about these?

Big Ed's Pizza (food, new location)
Charlotte's Chi (wellness, new start)
Going to the Dogs (pet supplies, new owner)
In Bloom (new location downtown)
Snack Shack (food, new start)
Thai Garden (food, new owner)
The Toy Store (toys, etc., new location)
Walker's Market (food, new location)
The Toy Store (toys, etc., new location)

Victoria's Interiors (furniture & gifts, new location)

It's Spring Cleanup Time!
By Jerry Berg

What a trashy neighborhood? Our Five Points? No way!

Yes, that's what we like to think. And, "trashy" doesn't apply now but a dozen or so years ago we had a lot more litter throughout the neighborhood. I have photos to document that statement.

We've come a long way since then, but not so far that we can forget about the need for diligence in keeping our streets and other public areas neat and clean.

There are two main reasons for a big improvement. And no, it's not because the litterbugs have been reformed or gone away. One is that we've had semiannual neighborhood volunteer cleanup events for the past 12 years. And the other is that residents -- you and me -- have become more aware of the problem and the need to "put litter in its place" as a routine part of being good neighbors.

Now, it's almost that time again. So please mark your calendars and plan to join in as we keep up the good work and make sure Five Points stays neat, beautiful, and an area we can be proud to live in. In other words, anything but trashy!

When: Saturday, May 11th, 8:30 - 10:30 a.m.
Where: Lewter Family Park, Wellman & Windham

How: Just volunteer a couple hours of time

FPHDA Yard Sale
Saturday June 1st  7:00 am – Until

It’s time to clean out those garages, attics and dusty closets. Every year our Five Points Historic District Association sponsors a Historic District wide yard sale. Individuals are encouraged to have a yard sale at their residence or partner with friends and neighbors.

Yard sale patrons love concentrated events like this, which will bring many new faces into our beautiful neighborhood.

Our Association will advertise this event in the Huntsville Times as well as post flyers at nearby businesses. If you want a sign for your yard to advertise the week prior, contact Bert Peake at bert@hgpeake.com

Historic Marker Order
DEADLINE FOR APPLICATION AND PAYMENT IS SEPTEMBER 15th

If you would like to purchase a Marker for your historic home it’s not too early to start thinking about it. Sometimes the research required to verify the name and date is time consuming. Our next order will be placed September 15, 2019. Please contact Judy Perszyk 256-551-2957 or micasa@knology.net if you are interested and would like more information. We need at least two Markers per order or a set up fee of $35.00 will be added.

www.FIVEPONTSHISTORICDISTRICT.org
Did you know that after age 30, muscle mass declines 3-5% each decade due to age related changes in muscle cells and inactivity? Muscle is the most abundant tissue in the body and is important not just for movement, but it also influences our metabolism, hormones and bones. A decline in muscle mass leads to weakness and decreased mobility, but also contributes to problems like cardiovascular disease, type II diabetes, and osteoporosis.

The good news is research shows that strength training partly reverses the effects of aging on muscle, regardless of one’s age or ability. Plus, these positive effects begin in as little as 2 weeks after beginning a strength program. In addition to increasing lean muscle and strength, strength training builds bone, protects against osteoporosis, increases metabolism, increases hormone levels, and decreases the risk for diseases like cardiovascular disease, type II diabetes, depression and dementia.

In response to research, the CDC and AHA now recommend strength training at least twice a week as part of a healthy lifestyle. Consult your doctor before beginning a new exercise program and consider the help of a personal trainer if you’re new to strength training or have been inactive.

At Charlotte’s Chi, we offer a variety of strength training classes for any age and ability, as well as stretch classes and therapeutic massage. Strength classes are just 30 minutes and incorporate bodyweight exercises, resistance bands, and weights. We’ll challenge your muscles with functional movements that are designed to improve quality of life while also building balance, power, and flexibility. Because safety and proper form are paramount, classes are purposefully small so our trainers can closely observe each client, ensuring a safe, effective, and FUN workout. If you’re interested in beginning a resistance training program, we’d love to help get you started.

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FPHDA Membership

Membership in the Five Points Historic District Association is open to anyone who shares our purpose – to preserve the historic and unique character of our neighborhood. Non-resident members are entitled to attend all functions and receive our newsletter. Members who are residents/property owners are also eligible to vote on all matters brought before the general membership and hold elected or appointed office in the Association.

Dues are renewable at the end of each year and may be paid at our annual Fall Meeting in October.

Make checks payable to: FPHDA
Mailing address: FPHDA PO Box 10120 Huntsville, AL 35801

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<thead>
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<th>Membership Type</th>
<th>Annual Dues</th>
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<tr>
<td>Resident / Property Owner</td>
<td>$10.00 (Per Member)</td>
</tr>
<tr>
<td>Friend of Five Points (Non-Resident or Business)</td>
<td>$15.00 (Per Member)</td>
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Name:________________________________________________________
Address:______________________________________________________
City:_____________________ State:______________ Zip Code:_________
Email Address:_________________________________________________