



LYON PARK Citizen

January
2015

*Happy New Year! The Lyon Park Citizen is looking for a new editor or team of editors. Might that be you?
This is a golden opportunity to meet new people, develop skills, and help the community!*

President's Message

Happy 2015, Lyon Park!

After a year-end sprint featuring one of our best-attended community meetings ever, the launch of a much anticipated renovation project for the community center, and plenty of holiday merriment, it's time to start a new year. And what a year it will be!

The LPCA will focus on important neighborhood programs and improvements in the coming year, including Neighborhood Conservation planning, several new construction and retail developments in the community (barbecue and breweries!), and County plans for our schools and critical thoroughfares that run through our neighborhood. We are also looking at a refresh and relaunch of our online presence and communication platforms.

The community center renovation is in full swing now, and the neighborhood's vision is starting to take shape. When this project finishes, we will have a gem of a center that respects the building's historical significance while updating and adding amenities to make it a true centerpiece for our community.

Undeterred by temporary relocation, we also have a full slate of activities for the year ahead. Next up is the annual Pancake Breakfast on January 31 from 8:30-10:30 at Christ Church of Arlington (N. Highland and Pershing). Planning is also underway for the March Chili Cook-off and May Spring Fair.

In the meantime, look inside for some great updates from the community, including schools news on page 7 and the beloved Tree Hugger on page 9.

Stay warm!

John Goldener

President, Lyon Park Citizens Association

Lyon Park Citizen's Association

Monthly Meeting, 2nd Wednesday of every month!

We allow time for a social at 7:00 PM and the meeting begins at 7:30 PM .

Next meetings at Long Branch Elementary School:

- January 14
- February 11
- March 11
- April 8
- May 13
- June 10

We break for the summer!

Are you on the Listserv?

The Lyon Park Community has an active listserv. It's the fastest way to

- Hear neighborhood news
- Post items for sale
- Ask for help from neighbors
- Borrow a cup of sugar, a shovel, or a glue gun
- See who else has no water or electricity
- Find an explanation for a loud noise

Don't want to see what's for sale? No problem! You can tailor your selections to just what you want or need.

Visit BigTent group Lyon Park to enroll:

<https://www.bigtent.com/groups/lyonpark>

Classified Ads

GET SOMEONE'S ATTENTION! The *Citizen* is hand delivered to 1,900 households every issue. Use area code 703 below unless otherwise noted.

TEEN BABYSITTING

Sirena Pearl, 14, Red Cross certified, Mother's Helper, no infants, Call or e-mail to schedule: 606-3277 or sirenajbpearl@gmail.com

Izzy Franklin, 18, Red Cross certified – Babysitting & Mother's Helper, (571) 236-2008

OTHER SERVICES

Lawn care: Daichi (Jennifer) Monma (15 years old) Phone: (571) 488-8918 E-mail: cafeпаzzo@gmail.com

Lillie Scheer, math tutoring services for kids. Contact susan@fishinfiddler.com or (703) 527-3960.

B. Brennan, Mandarin Chinese tutoring services for people of all ages. Contact B2water@yahoo.com or (703) 618-8808.

Taylor Henninger, piano lessons to students of all ages. Contact tahennin@indiana.edu.

Experienced gardener available for part-time or occasional work. Lyon Village reference (703-527-4533). Please call Michael Tanu (240) 426-1778.

Hayley's Soccer Academy: Soccer training by ODP junior player, technical skills, for players 12 and under. \$15/hour. Please e-mail: Hayley.r.roy@gmail.com

Need to restore and/or repair an antique or contemporary piece of furniture? Custom designs and quotes available. Contact Jason Busby at 528-4567.

The Lyon Park Citizens Association
P.O. Box 100191, Arlington, VA 22201

LPCA EXECUTIVE COMMITTEE

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COMMUNITY CENTER

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IMPORTANT CONTACTS

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rent@lyonpark.info

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Lyon Park's Annual Pancake Breakfast



**Saturday January 31, 2015
8:30 - 10:30 AM**

Saturday January 31, 2015
8:30 - 10:30 AM

Adults: \$12
Kids 10 and under: \$5
Kids 3 and under: \$2

Chocolate chip, blueberry and plain pancakes, syrup and jam, bacon, sausage or veggie sausage, coffee, hot chocolate and orange juice!

Both the pancake breakfast and chili dinner (see below) will be held at Christ Church of Arlington (corner of N. Highland St. and Pershing Drive).

If you can help beat batter, set-up, clean up or whatever, please contact Shirley Larson at famlars@msn.com

What's that Noise?

Sign up for Arlington Alert at <http://www.arlingtonva.us/alerts/>

They e-mail or text alerts about noises, water main breaks and other events, happening in the area.

Advertise in The Lyon Park Citizen

The Lyon Park Citizen is hand delivered to 2,000 homes around the 10th of the month from September through June (10 issues), with artwork and copy due the 20th of the previous month. These are our advertising rates:

Ad size	Measures (in inches)...	Cost
Business card	3.5 by 2.3	\$85/month color \$59/month B&W
Quarter page	3.5 by 4.5	\$130/month color \$89/month B&W
Half page	7.5 by 4.5	\$210/month color \$149/month B&W
Full page	7.5 by 9.5	\$350/month color \$249/month B&W
Full page free-standing insert	8.5 by 11	\$400/month color \$350/month B&W

We offer a 5% discount for residents who have paid their LPCA dues, and an additional 10% discount for advertisers who commit to three or more months in a row. A designer will draft artwork for an extra 10% charge.

Save the Dates:

- White Elephant Auction, February 7 (see page 7)
- Woman's Club Cupcake Sale: February 14
- Much anticipated Lyon Park Chili Cook-Off: Saturday, March 21, 5:30 - 7:30 PM
- 2015 Spring Fair, Saturday, May 16



Book Review: I Know Why the Caged Bird Sings

Margaret Dean

Rereading *I Know Why*, I can imagine Angelou parked in a hotel room, immersing herself in her personal story, and writing as she was wont to do. She reversed the opening words "I could not bring myself to remember," as she forces herself to relive her childhood. Admittedly some details may slide a little off historical accuracy, but they capture a child's mind, her insecurity, her pain at abandonment by her parents, her struggle to understand the society around her. Nonetheless this is not a child's memory but an edited and refined version of an adult's memory of being a child, with all the filters and adult reinterpretation that implies.

Beyond managing the problems of an uprooted childhood, Maya had to learn the rules of a racist and hostile universe. Thinking herself ugly, especially by white standards, Maya imagines herself white. Raised in large part by her paternal grandmother who ran a general dry goods and grocery store, Maya and her older brother Bailey navigate their childhood in Stamps, Arkansas. There is a constant tension between the love and solidarity she feels within her grandmother's house and black society and the fear and anger of dealing with the white community, as well as feelings of rejection and abandonment by her parents.

Maya is frank about disliking and mistrusting whites, although she had little interaction with them. Her grandmother kept Maya and Bailey well away from possible harm in Stamps. For some part of her early life, Maya didn't believe white people were real. When the 'powhite trash' was rude to her grandmother, however, Maya became fiercely angry.

Maya uses sharp, biting imagery to carry her feelings for whites, with more evocative language for her family. Each chapter deals with one event in her childhood—going to church, or the Depression, Joe Louis winning a world title, working for a white woman who wanted to change Maya's name to Mary, her father's visit one year, meeting their beautiful mother and her mother, her rape by her mother's boyfriend.

The image of the caged bird haunts the book. Angelou has written a poem, with the same name in which she says: "The caged bird sings with fearful trill of the things unknown but longed for still and his tune is heard on the distant hill for the caged bird sings of freedom... his wings are clipped and his feet are tied, so he opens his throat to sing."

I Know Why the Caged Bird Sings by Maya Angelou. Ballantine Books. NY, NY. 2009 (copyright 1969, renewed 1997). ISBN 978-0-345-51440-0. Paperback, pp 289.

I Northern Virginia!

As your friendly, Lyon Park neighbor, and Arlington County resident for over 44 years, I take a special interest in Arlington properties. Buyers are always interested in moving into our neighborhood. If you are thinking of selling or buying real estate, call me, Deborah Bash, the REALTOR that DELIVERS!



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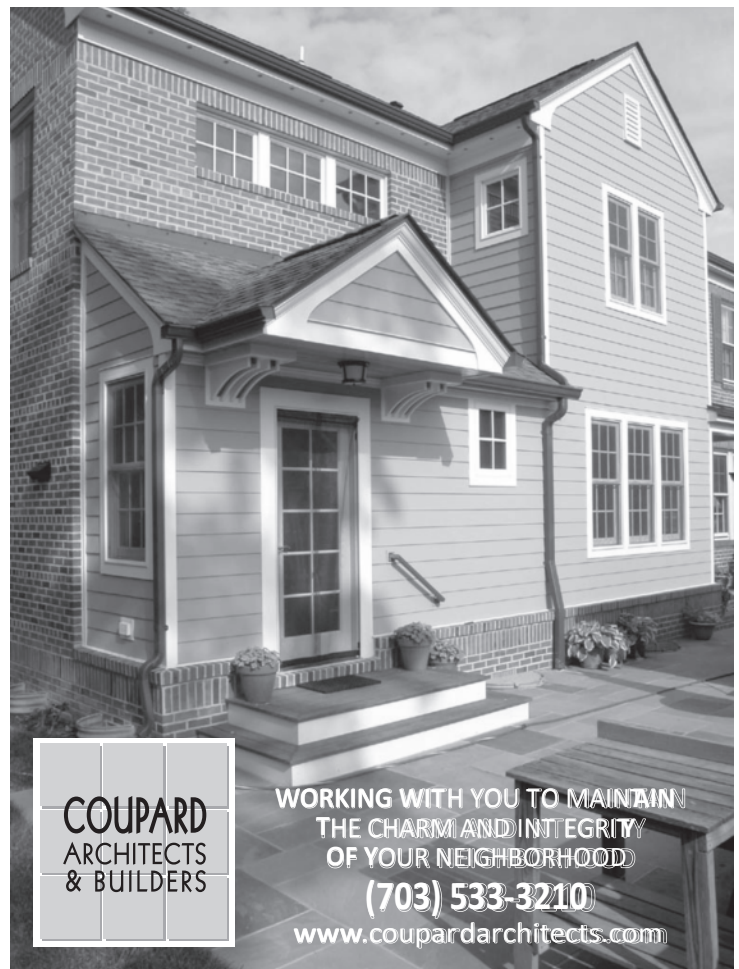
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Adult Vaccinations: Visit an Immunizer

Daniel Holland

Parents are usually good about having their “little people” vaccinated, but often, adults forget that “big people” need immunizations, too. Here’s a quick reminder about the most essential vaccinations for adults. Find more information here: <http://www.cdc.gov/vaccines/schedules/hcp/adult.html>



Recommended Immunization

When?

Flu vaccines prevent and lessen symptoms of the flu itself, but also decrease pneumonia and asthma attacks following the flu infections. Most flu vaccines contain small amounts of egg that rarely cause allergic reactions. Talk to your doctor or pharmacist to determine which flu shot is right for you and your family.

Every person over 6 months old should receive a **flu shot** annually (especially those who are older than 65 years or pregnant).

Pneumococcal (also known as “PPSV” or “PCV”) vaccine prevents pneumonia, earaches, and bacterial meningitis (a serious brain infection).

People over 65 years old, smokers, diabetics, or those with liver, kidney, or lung diseases should ask for a pneumococcal (also known as “PPSV” or “PCV”) vaccine. For most people, one shot is all you need.

If you last received your tetanus shot more than 10 years ago, ask your doctor or pharmacist for a shot with whooping cough protection as well. If you received your most recent tetanus shot in the last 10 years, ask the doctor or pharmacist if it contained whooping cough coverage. Pregnant women should get a vaccine with whooping cough coverage at 27 to 36 weeks into each of their pregnancies.

A tetanus shot is recommended every 10 years with a shot containing whooping cough protection once in your life.

One out of three people over 60 years old experiences horrifically painful shingles, a rash caused by the chickenpox virus previously dormant in the body. The shingles shot (also known as “Zoster”) prevents reemergence of the chickenpox virus by stimulating the immune system’s defenses. This vaccine is a living but weakened form of the chickenpox virus, so you should wait to get this vaccine if you are sick (unless mild you just have a mild illness, like a cold) or pregnant.

Ask for the shingles shot soon after your 60th birthday. This is also a one-time shot.



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2014-2015 SEASON

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November 22 at 10:30 am Concert for Children
November 23 at 4 pm Rock Spring Congregational UCC

MUSIC for STRING QUARTET

January 11 at 4 pm Clarendon United Methodist Church

QUARTET for the END of TIME

February 22 at 4 pm Clarendon United Methodist Church

BRAHMS HORN TRIO

April 12 at 4 pm Rock Spring Congregational UCC

QUINTETTE INSTRUMENTALE de PARIS

May 17 at 4 pm Rock Spring Congregational UCC

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Little White Elephants



Please join your neighbors for an Anniversary Event in Lyon Park! In 1925, our forbears raised money to build the Lyon Park Community House in many creative ways, including a White Elephant Auction. The event flyer pictured to the left was found in the archives, and inspired this

year's event. As in 1925, all proceeds will go to help retire the debt on the building fund. And what better way to encourage some Spring Cleaning!

What: The Lyon Park Little White Elephants Auction and Dessert Sampling

When: Saturday
February 7 from 7-9 PM

Where: TBA (Watch the LISTSERV)

Cost: One White Elephant Item or \$5

Why: 100% of proceeds will go to the Building Fund



Update on the Arlington Schools Issues

Middle Schools

On December 18, 2014, the School Board approved by a vote of 3-1 the following plan to address capacity issues at the middle school level:

- Move the H-B Woodlawn, Stratford, ESOL/HILT, and Asperger's programs to the Wilson site in Rosslyn and build a new 775-seat school there
- Renovate the building at the Stratford site to accommodate 1,000 middle school students; and
- Analyze the space utilization at existing schools to determine where an additional 300 middle school seats should be added.

The full text of the motion that the School Board approved can be found on APS's More Seats page, <http://www.apsva.us/moreseats>.

Elementary Schools

In other school news, the Thomas Jefferson Working Group (TJWG) issued a preliminary report to the County Board in late November. It also met with both the County and School Boards in early December to address whether a new elementary school should be built on the grounds of TJ Middle School. As stated in the report, there is consensus among the TJWG delegates that an elementary school could be built on the western side of the site, leaving the fields and open space on the eastern side untouched. There is not yet consensus on whether a school ought to be built there. Delegates of the TJWG have expressed concerns about the impact of traffic and the expansion of nearby APS schools on the neighborhood. The TJWG will meet two more times in January 2015. The TJWG's preliminary report can be found here: <http://tinyurl.com/qf8o2n4>.

Happy New Year to our neighbors! We look forward to working with you in 2015 on making our schools even better.

Caroline Rogus (AH contact for Schools Committee), crogus@gmail.com
Adam Rasmussen (LP contact for Schools Committee), arasmussen@gmail.com

And This Just In...

On New Year's Day, 2015, Arlington County Board Chair Mary Hynes announced an initiative to do exactly what many have been recommending—Arlington Public Schools and the County will conduct a master planning process of public facilities, appointing citizens and business leaders to a working group to work through the process. Hynes identified the *Arlington Community Facilities Study – a Plan for the Future* as her primary focus for the coming year. Find the whole story at <http://tinyurl.com/owo83rg>.



LPCA Bestows Two Tree Grants!

For several years, the LPCA has offered tree grants of \$50 to defer costs associated with planting new trees. Recently, two families took advantage of this fine offer and planted shade tree in their yards.

Erik and Jennifer Endo, pictured with sons Aiden and Isaac to the left, planted a Red Maple.

John and Colleen Naughton planted a Northern Red Oak. John is pictured with daughters Evie, Molly and Agnes and companion Murray, below.



Trees Are the Answer!! Find Out Why!!

Bill Anhut, Lyon Park's Tree Steward

Looking to make a difference in the Arlington community and Lyon Park neighborhood? Consider enrolling in the upcoming Tree Steward Training Program beginning Tuesday evening February 3, 2015.

Through twelve classroom training and hands-on practice sessions, Tree Steward candidates learn the basics of tree biology and physiology; tree identification; planting and maintenance techniques; construction impacts on trees; pruning; and selecting the right tree for the right spot.

Tree Stewards work with the arborist staffs of Arlington, Alexandria and Falls Church to provide tree care in public spaces, assist with planting trees, and notify staff of tree problems. We provide education through our Tree information Tables at farmers' markets and libraries, Earth Day events, plant sales, and other neighborhood events. As concerned citizens, we advocate to protect our urban tree canopy.

Most classes are Tuesday evenings, 7:00 PM to 9:30 PM at the Fairlington Community Center. Applications and more information on-line can be found at www.TreeStewards.org

The class size is limited to 25 participants. Act now to ensure securing a spot in this year's class beginning Tuesday, February 3!

Tree Steward Class Topics

1. Orientation and all about trees
2. Anatomy: Tree Life Functions
3. Soils and Water; Storm Water/Tree Canopy
4. Pruning
5. Pruning Practice work day (Saturday morning hands-on class)
6. Planting Trees
7. Tree Identification
8. Right Tree, Right Place, Right Care; Virginia Cooperative Extension's Role in Community Tree Education
9. Ecology and Tree Walk (Saturday morning hands-on class)
10. Common Tree Diseases, Pests and Problems
11. Tree Stewards Role in Neighborhood; How to Provide Tree Education
12. Practice Planting Trees (Saturday morning hands-on class)

Red Velvet Mug Cake

Ingredients

- 1 large egg
- 3 tablespoons vegetable oil
- 1 teaspoon liquid red food coloring
- 3 tablespoons buttermilk
- 2 teaspoons pure vanilla extract
- 1/4 cup granulated sugar
- 2 tablespoons unsweetened cocoa powder
- 1/4 cup self-rising flour
- Pinch of kosher salt
- 1/4 teaspoon cider, white, white wine, or rice vinegar

Red Velvet is one of Lyon Park's favorites. Whip up this simple mug cake next time you're snowed in!



In a large mug, whisk together the egg and oil with a fork. Stir in the food coloring, buttermilk, vanilla, and sugar. Add the cocoa, flour, salt, and vinegar. Beat the batter until smooth. Divide the batter between two mugs. Microwave separately for 1 1/2 to 2 1/2 minutes each until risen and firm.



These pictures might crack you up! (Sorry...every newsletter needs a bad pun!)

**Thanks to Gary Putnam for the “before” pictures and
Cindy Stroup for the “after” pictures (in the arrow frames).**



December 17, 2014
The bulldozer arrives
Page 10

And the fences sprout

December 19, 2014
Kitchen GONE!

January 5, 2015
Footers poured!

Over-Communication: Much Needed, Difficult to Attain

Jeannette Wick

In November, two issues collided to generate the largest Lyon Park Citizens Association (LPCA) meeting in memory, with 235 members in attendance. One of those issues was the Lyon Park Community Center (LPCC) Board of Governors (BoG) plan to begin renovation and draw from a line of credit from Cardinal Bank. (The other issue was ongoing discussion about Arlington Schools, covered within on page 7.) The LPCA voted to proceed as planned by a slim margin—a margin that is little comfort to the scores of volunteers who have worked toward renovation for many years. Most of those volunteers believe that they had communicated adequately and amply, keeping neighbors abreast of the plan. Clearly, we need to communicate more, differently, and loudly. Or as one neighbor puts it, we need to feel like we are over-communicating to communicate adequately. The sidebar describes the best ways for you to stay abreast of renovation.

What's happened since the vote to proceed?

- A BoG subcommittee met to identify potential cost savings. As a result, we shaved more than \$50,000 off the proposed construction cost. The renovation team is looking for other cost-saving opportunities.
- The BoG signed a construction contract with Webb Construction.
- A team of volunteers emptied the community center, storing keepsakes in neighbors' spare space.
- We kicked off the renovation project at the November 22, 2014 Ground Breaking Ceremony with more than 100 neighbors in attendance.
- We appointed Ashton Heights resident Scott Sklar as our Owner's Representative; Scott's primary responsibility is to oversee the project, and coordinate the renovation team. His keen eye for cost control and savings (Scott does this type of work in his "real" job) has already been helpful.
- We've negotiated a contract with our architects, the Laboratory for Architecture and Building.
- Demolition began with the removal of the cinder block south end kitchen, and excavation for the new kitchen, bathrooms and sunroom. Webb Construction has started pouring concrete footers.
- We reviewed our fundraising plan with two professional fundraisers, enlisted a college student to help with additional review, and made some refinements. Of particular note:
 - We conducted the End of Year (EOY) fundraising campaign and collected more than \$36,000, bringing our total donations to \$65,000 for the first six months of fiscal year 2014-2015.
 - We held a successful fundraiser with zpizza!
 - We planned and initiated the *Give an Hour Campaign*. Look for a card describing this program in this newsletter, and please consider giving.
 - We continued to enroll neighbors who shop in the igive.com web site. To date, we've raised more than \$1800. See the ad on page X to enroll.
 - We finalized commitments from Loan Guarantors totaling \$450,000.

If you have questions about the renovation, involvement in LPCC activities, or anything else, contact me at (703) 524-8531 or jywickrph@aol.com.

Renovation Realities: News U Can Use

Read updates in the Lyon Park Citizen

- We attempt to update information in each newsletter issue.
- Keep in mind that the newsletter is published by volunteers, and volunteers may not be able to publish or deliver an issue due to other commitments.

Subscribe to the BigTent Listserv (see the front page for subscription directions)

- Volunteer leadership sends announcements, reminders, and general information on the listserv.
- The listserv is also a way to get to know your neighbors.

Like us on Facebook

(<https://www.facebook.com/lyonparkcommunitycenter>)

- Currently, more than 300 people follow community events and renovation on LPCC's Facebook page.
- You'll find announcements about events, fundraisers and parties here, and folders full of pictures.

Get involved!

- The BoG generally meets on the second Thursday of the month. Our schedule is flexible lately as we shift meetings to accommodate people and problems. We often meet by teleconference. Contact BoG Chair Jeannette Wick at jywickrph@aol.com if you'd like to be included in or notified of meetings.

Volunteer! At this time, we need volunteers to work on our

- Rental Policy Review Subcommittee. Contact Sue Robinson at hwhrich@gmail.com if you're interested.
- Fundraising Subcommittee. We have small, discrete tasks that might take a few hours, or ongoing positions. Contact Annemarie Selvitelli at astanz10@hotmail.com.
- Event organization or support. We plan to hold all of our regular annual events, and we need help. Look for announcements of events in the newsletter and on the listserv, and when possible, step up and help! Contact me anytime at jywickrph@aol.com.

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