

October 2015

# Lyon Park Citizen



## Please pay your annual Citizens Association dues!

-See page 2-

\$10 annually

\$250 for lifetime dues

## Lyon Park Citizens Association Next Meeting

October 20, 2015 (Note Date Change!)  
7 - 9 PM

Long Branch Elementary School

We will start promptly at 7 PM with neighborhood business to ensure that we have enough time for the four County Board candidates to answer questions.

We will also vote on allocating \$2,000 to the Community Center Grand Opening.

*This meeting replaces the October LPCA general meeting, and we will not meet on October 14.*

## President's Message

### County Board Candidates Meeting: October 20!

Arlington County's system of governance is collaborative by design, with heavy reliance upon input from neighbors, Civic Associations, and committees. On issues that relate directly to our neighborhood, the County reaches out directly to the LPCA for comments and input, and takes such submissions seriously when considering new actions, community improvements, or policies.

At the core of the governance structure are the five-member County Board and approximately 7,500 County staff and employees. The Board is responsible for all legislative responsibilities in the County, as well as for making decisions on policies, new initiatives, and land use. This is a huge responsibility, as the annual total budget for the County is now approximately \$1.5 billion.

This year, two Board positions are up for election, and currently four candidates are running for the positions.

- Kate A. "Katie" Cristol
- Christian E. Dorsey
- Audrey R. Clement
- Michael T. McMenamin

All four candidates have agreed to participate in a Lyon Park / Ashton Heights Candidates Forum on October 20 at Long Branch Elementary (see inset for details). This is an excellent opportunity to get to know the candidates, ask important questions, and find out where they stand on issues important to you.

Please plan to attend this special meeting. Come ready for lively discussion.

John Goldener  
resident, Lyon Park Citizens Association

*Michael Coffman responded to our call for photos of neighborhood birds with this Red Head House Finch  
See more on page 15.*



# 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

Alexis Rowland, 15, babysitter, Mother's Helper. Girl Scout certified and American Heart Assn. CPR, First Aid, automated external defibrillator, medicine admin trained. (703) 915-7768

Sirena Pearl, 14, Red Cross certified, Call or e-mail to schedule: 606-3277 or [sirenajbpearl@gmail.com](mailto:sirenajbpearl@gmail.com)

Sam Yarnell, 14, Red Cross certified, Babysitting and Mother's Helper, no infants. Call or e-mail to schedule: (571) 451-3076 or [iamyayasam@gmail.com](mailto:iamyayasam@gmail.com)

Yasmeen Moustafa, 13, babysitting for children from 18 months to 7 or 8 years old. Certified in CPR and First Aid. Also can work as Mother's Helper or Lawn Mower. (703)-655-6228 or [meenamoustafa@gmail.com](mailto:meenamoustafa@gmail.com)

## OTHER SERVICES

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

Taylor Henninger, piano lessons to students of all ages. Contact [tahennin@indiana.edu](mailto:tahennin@indiana.edu)

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

**Please Pay Your LPCA Dues—\$10 for a year, \$250 for life**  
Please complete this form (Hint: use a return address label!) and mail it with your check to: LPCA Membership, P.O.Box 100191, Arlington, VA 22201

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Preferred phone \_\_\_\_\_  
E-mail \_\_\_\_\_

May we add you to the community listserv? ☐ Yes ☐ No

Community Volunteer Interests (Check all that apply):

<input type="checkbox"/> Neighborhood Conservation	<input type="checkbox"/> Spring Fair
<input type="checkbox"/> Community Center and Park	<input type="checkbox"/> Traffic issues
<input type="checkbox"/> Development issues	<input type="checkbox"/> Newsletter
<input type="checkbox"/> Social Events (Holiday Party, Halloween)	<input type="checkbox"/> Trees/Conservation
<input type="checkbox"/> Homes and Gardens Tour	<input type="checkbox"/> All-purpose volunteer

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

## LPCA EXECUTIVE COMMITTEE

### President

John Goldener (703) 203-6181  
[goldener@gmail.com](mailto:goldener@gmail.com)

### Vice-President/Neighborhood Conservation

Bess Zelle  
[besszelle@gmail.com](mailto:besszelle@gmail.com)

### Vice-President/Programs

Thora Colot  
[nroyvilla@comcast.net](mailto:nroyvilla@comcast.net)

### Vice-President/Development

Aaron Schuetz  
[ajschuetz@yahoo.com](mailto:ajschuetz@yahoo.com)

### Treasurer

Bill Anhut, Jr. (703) 528-3665  
[billanhut@yahoo.com](mailto:billanhut@yahoo.com)

### Secretary/Historian

Cindy Hardeman  
[chardeman22@gmail.com](mailto:chardeman22@gmail.com)

### Membership Chair

Christa Abbott  
[christa\\_abbott@yahoo.com](mailto:christa_abbott@yahoo.com)

### Members at Large

Elliott Mandel (703) 527-1502  
[edmandel@hotmail.com](mailto:edmandel@hotmail.com)

### Emergency Preparedness

Laureen Daly  
[laureendaly@verizon.net](mailto:laureendaly@verizon.net)

## COMMUNITY CENTER

### BOARD OF GOVERNORS

Jeannette Wick, Chair (703) 524-8531  
[jjwickrph@aol.com](mailto:jjwickrph@aol.com)

## IMPORTANT CONTACTS

### Police Liaison

Cindy Hardeman  
[chardeman22@gmail.com](mailto:chardeman22@gmail.com)

### Community Center Rental Agent

Cindy Stroup (703) 527-9520  
[rent@lyonpark.info](mailto:rent@lyonpark.info)

### Clarendon Alliance Representative

Debbie Kaplan  
[debbie.kaplan@verizon.net](mailto:debbie.kaplan@verizon.net)

### Listserv

Louise Maus  
[lcmaus@comcast.net](mailto:lcmaus@comcast.net)

### Civic Federation Reps

Steve Geiger (703) 522-0026  
Erik Gutshall (703) 276-0809  
Larry Juneer (703) 525-8921  
Michael O'Connor (703) 525-3469  
Natalie Roy (703) 819-4915  
Jim Turpin (703) 248-6988

### Doorways for Women and Families Liaison

Erik Gutshall (703) 276-0809

### Newsletter Editor

Daniel Holland  
Jeannette Wick

### Submissions

Send photos and articles to  
[Newsed@lyonparkcitizens.org](mailto:Newsed@lyonparkcitizens.org)

### Distribution

Helen White (703) 527-2977  
[hmwhite33@verizon.net](mailto:hmwhite33@verizon.net)





## Halloween!

### Saturday, October 31

10 am - 2 pm at Lyon Park



- 10 am: **Children's Parade of Costumes** - As usual, we will start at Lyon Park with a group picture of all of our little princesses, pirates, superheros, ghosts and goblins. We will then parade around the neighborhood and return to Lyon Park where treats will be waiting.
- 10 am – 2 pm: **Cow Flop Drop** – If you have never been to one, here is how it works... a cow roams around a bingo-style grid that will be staked out at Lyon Park. Folks purchase squares on the grid, and when the cow "flops" (uhhh, does her business), the owner of the square where the "flop" drops, wins a cash prize!
- 10 am – 2 pm: **Children's Games** – Think a "mini Spring Fair", with all sorts of fun games and activities for children. Tickets can be purchased at the event.
- 11 am: **Explore a Fire Truck** – Let your little ones touch and explore a working fire truck and speak with real firefighters!
- 11 am until it runs out: **Food for All** - Lunch items will be on sale (e.g., hot dogs, chicken wraps, chips, water, baked goods) for a very reasonable price, so bring your appetite.

And don't forget, come back to Lyon Park at sunset for the traditional **Lyon Park Halloween Bonfire (from 7 pm to 9 pm)**, with free refreshments and story-telling around the fire.

*All proceeds go to the Lyon Park Community Center Renovation Fund.*



## A Lyonsess in the Park: Car Talk

Kate Oberdorfer



Joe Kennedy is famous. Not for his name, (he is of no relation to the Arlington Cemetery Kennedys) nor for the two stone lions who are periodically dressed up in holiday fashion at the foot of his Highland House stairs. Joe Kennedy is famous for his car: a 1965 Shelby Cobra replica.

Joe, or Trader Joe, as he is known and employed by, bought the Cobra in 2001 from a dealership in Nevada. He said he was never very much into cars and that he prided himself on never spending more than \$1000.00 on a vehicle. But then, when he was working for a boss in California, he got wind of the Cobra and never looked back.

Beneath a light Arlington rain, Joe unsnapped the silver buttons on the cover to show me the Cobra's interior. It was pretty impressive—500 horsepower, five speed stick shift (obviously) with the capability of 180 mph. Joe has driven it at 130 mph—highly illegal of course, but it was on the interstate in California and, it was a hot August night.

In 2003, Joe and a friend drove their Cobras across the country, and stopped for a time in a small town in Nebraska. A reporter took note of the thrilling cars and wrote up a little story about their adventure for the local paper, complete with a photo of the Cobras' proud papas. What Joe loves most about the car is its overall curves, the side exhaust, the frame—not to mention the attention it receives.

Joe says that in any given Lyon Park week, dozens of people come to visit the Cobra parked in the driveway. What strikes Joe most about the Cobra fans is their age range. Parents arrive with cameras to take pictures of their infants seated in the front seat, teenagers want photos of their girlfriends leaning up against the Cobra's blue paint, elementary school boys point, clap and smile. Joe used to drive the Cobra in up to four D.C. parades a year but that political limelight has died down some.

"It's just as much fun today as it was the day I got it," Joe said though for the second time. I believed him. After all, the Cobra most definitely makes Joe, of the Lyon Park Kennedys, almost famous.



## STREETS Market



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**Saturday - Sunday 9 AM - 10 PM**



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## Annual Publication of Lyon Park Financials

Annually, we publish financial statement for the Lyon Park Citizens Association and the Lyon Park Community Center.

Bill Anhut, Treasurer for both groups, prepared these reports. Contact him at [billanhut@yahoo.com](mailto:billanhut@yahoo.com) if you have questions or would like a larger copy.

Lyon Park Citizens Association Statement of Operations and Changes in Cash Balances Fiscal Years July 1, to June 30				
	2015	2014	2013	
<b>Revenue</b>				
Dues	\$ 3,940	\$ 2,810	\$ 8,640	
Advertising	10,829	16,313	9,536	
Donations				
Newsletter Donations	120	260	475	
Other Income	55	5	82	
<b>Total Revenue</b>	<b>\$ 14,944</b>	<b>\$ 19,388</b>	<b>\$ 18,733</b>	
<b>Expenses</b>				
Newsletter Production	11,683	13,310	17,043	
Communication	281	383	143	
Dues:				
Civic Federation	50	50	50	
Clarendon Alliance	-	-	50	
Tree Giveaway/Tree Grant Programs	100	-	100	
Other	40	-	250	
<b>Total Expenses</b>	<b>12,154</b>	<b>13,743</b>	<b>17,636</b>	
<b>Increase in Cash Balances</b>	<b>\$ 2,790</b>	<b>\$ 5,645</b>	<b>\$ 1,096</b>	
Community Center Transfer	(50,000)			
Beginning Cash Balances	76,473	70,828	69,732	
<b>Ending Cash Balances</b>	<b>\$ 29,263</b>	<b>\$ 76,473</b>	<b>\$ 70,828</b>	
<b>Bank Account Balances-Yearend</b>				
Checking	\$ 18,306	\$ 20,571	\$ 14,931	
Savings (CDs & MMF)	10,957	55,901	55,897	
<b>Total Ending Cash Balances</b>	<b>\$ 29,263</b>	<b>\$ 76,473</b>	<b>\$ 70,828</b>	
The LPCA committed \$50,000 of its cash balances for use in renovating the Lyon Park Community Center.				

Lyon Park Community Center Statement of Operations, Development and Changes in Cash Balances Fiscal Years July 1, to June 30,				
	2015	2014	2013	
<b>Operations</b>				
Revenue:				
Community Center Rental Income	\$ 6,848	\$ 45,748	\$ 46,486	
Lyon Park Fair	4,719	5,586	3,147	
Interest	228	386	588	
Other Fundraisers and Donations	2,811	4,914	4,060	
<b>Total Operating Revenue</b>	<b>\$ 14,606</b>	<b>\$ 56,634</b>	<b>\$ 54,281</b>	
Operating Expenditures:				
Community Center Operation and Maintenance:				
Rental Agent	\$ (3,800)	\$ (13,314)	\$ (11,113)	
Utilities	(1,999)	(4,121)	(3,559)	
Maintenance and Administration	(16,028)	(24,380)	(19,827)	
<b>Total Community Center Operation &amp; Maintenance</b>	<b>(21,827)</b>	<b>(41,815)</b>	<b>(34,499)</b>	
Park and Playground:				
Grounds and Trees	(4,015)	(3,320)	(3,478)	
Playground	(190)	(2,455)	(2,325)	
<b>Total Park &amp; Playground</b>	<b>(4,205)</b>	<b>(5,775)</b>	<b>(5,803)</b>	
Community Events	(968)	(1,124)	(437)	
<b>Total Operating Expenditures</b>	<b>(27,000)</b>	<b>(48,714)</b>	<b>(40,739)</b>	
<b>Net Operating (Loss) Income</b>	<b>\$ (12,394)</b>	<b>\$ 7,920</b>	<b>\$ 13,522</b>	
<b>Development Revenue &amp; Expenditures</b>				
Donations and Fundraising Revenue	\$ 145,850	\$ 167,550	\$ 83,577	
Fundraising expenses	(709)	(1,949)	(1,427)	
Architect and Engineer	(18,321)	(7,765)	(34,505)	
Building Permits & Fees	(13,385)	-	-	
Project Management	(8,750)	-	-	
Construction Costs	(366,791)	-	-	
Legal Fees	(19,919)	-	-	
Construction line costs	(3,071)	(2,000)	-	
<b>Total Development Related Expenditures</b>	<b>(430,944)</b>	<b>(11,714)</b>	<b>(35,932)</b>	
<b>Net Development (Cost) Income</b>	<b>\$ (285,094)</b>	<b>\$ 55,836</b>	<b>\$ 27,645</b>	
<b>(Decrease) Increase in Cash Balances</b>	<b>\$ (297,488)</b>	<b>\$ 63,756</b>	<b>\$ 41,167</b>	
Lyon Park Citizens Assn Transfer	50,000			
Beginning Cash Balance	425,867	362,111	320,944	
<b>Ending Cash Balance</b>	<b>\$ 178,379</b>	<b>\$ 425,867</b>	<b>\$ 362,111</b>	
<b>Bank Account Balances-Yearend:</b>				
Checking, Wells Fargo Bank	\$ 33,512	\$ 22,122	\$ 18,956	
Checking, Mainstreet Bank	89,607	219,586	159,384	
Money Market Fund, Cardinal Bank	54,210	184,159	183,772	
<b>Total Ending Cash Balance</b>	<b>\$ 177,329</b>	<b>\$ 425,867</b>	<b>\$ 362,111</b>	
Rental operations were suspended September 30, 2014 to commence renovation of the Community Center.				



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

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. Contact [lyonparkeditor@gmail.com](mailto:lyonparkeditor@gmail.com) to reserve space.

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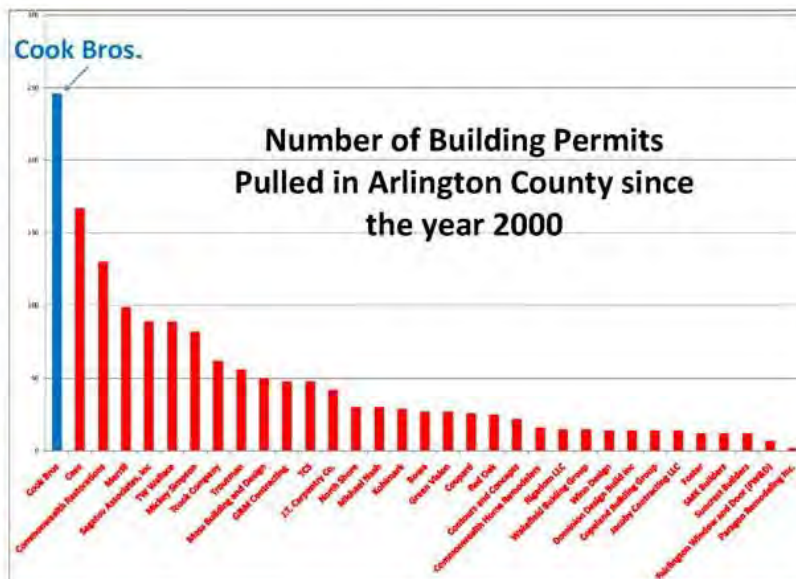
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## Pedestrian Safety: 10<sup>th</sup> Street



Catherine Ashby, Mark Neely and Clayton Swope

Like to WALK? Like to WALK SAFELY? Lyon Park Citizens—try to imagine walking across the Beltway. That is what it's like trying to cross 10<sup>th</sup> Street! Parents, children, the elderly and everyone else who crosses 10<sup>th</sup> Street through the lovely neighborhoods between Washington Boulevard and N Barton Street are now in more danger than ever with the re-opening of the Route 50 access.

Okay...so it's not quite as dangerous as the Beltway, but it's dangerous. That stretch of 10<sup>th</sup> Street lacks crosswalks, and drivers heading eastbound after crossing Washington Boulevard put the pedal to the metal on their way to Route 50. The hill near N Cleveland Street compounds the problem by creating poor visibility for drivers and pedestrians alike. Parents pushing strollers, walkers and joggers, and people on bicycles—after having almost made it across the street to safety to pick up some organic produce at

Fresh—are often seen stranded on the tiny median while cars whiz by.

Have you been in a similar situation? With Arlington's reputation as a walkable community, and with so many amenities tailored to pedestrians and cyclists, we think that the County should attempt to make the 10<sup>th</sup> Street corridor in Lyon Park less like an impassable highway and more like most streets in the area. It needs some mechanism to allow pedestrians to cross safely.

Are you one of the many people who walk from our community towards Clarendon and must cross this road? We invite our fellow residents to discuss this topic at the next community meeting in October, and show their support for a safer, more walkable Arlington!



## News from Long Branch Elementary



Adam Rasmussen

Long Branch Elementary has been busy over the summer! Two relocatable classrooms have been installed behind the school in response to the recent increase in student enrollment. This year there are five kindergarten classes and five second-grade classes. There are several new teachers at the school, including two Spanish teachers for Long Branch's new Foreign Language in Elementary School program.

The PTA has begun its very first "Painless Fundraiser" this fall to raise money for the school and students. Rather than selling wrapping paper or gifts, all donations will go straight to the school. You can donate online: [www.lbpta.org](http://www.lbpta.org) or submit a check to the school made out to "Long Branch PTA." Your donations make it possible for Long Branch to continue to be a wonderful place of learning for our children. And please join us at the Long Branch PTA meetings held the first Tuesday of the month in the school library at 6 PM.

### Save the Date:

- October 20: Candidate's Night
- October 31: **Halloween**
  - Parade of Costumes
  - Cow Flop Drop
  - Bon Fire!!!
- not-just-a-Craft-Fair, November 21
- Children's Holiday party, December 11



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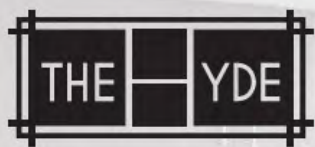
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2 blocks east of the Clarendon Metro on the Orange Line  
Street level below Gold's Gym on Fillmore St. in Clarendon

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## Thwarting Three Garden Killers

Members of the Lyon Park Garden Group went digging for information to solve some recurring garden problems this summer. Maybe you can benefit from their experiences and research.



## Lyon Park Garden Group

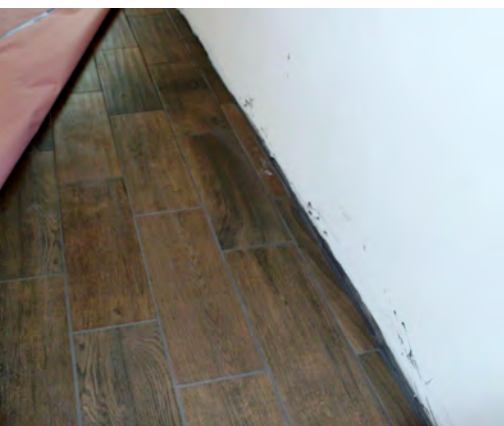
**Squash borers.** Did your beautiful squash plant go kaput overnight? When that happens look for an open gooey wound on the stem, dig out the squash borer(s) and squash it (ewww). Heap dirt on the wound and, if you've caught the borers in time the wound will dry up and the plant will continue to grow. For more detailed information about how to combat and/or avoid squash borers see <http://tinyurl.com/q5t7rcv>.

**Black walnut trees.** Do plants in a certain part of your garden always look puny? Look up. You may be gardening under a black walnut tree which produces a toxin called juglone. Juglone causes leaf yellowing, wilting and death in sensitive plants planted under the canopy or even beyond the drip line. Techniques like improving drainage, removing tree litter routinely, and planting tolerant plants can help. See <http://tinyurl.com/oyop9od> for more information.

**Dog urine.** We've all seen what happens to plants along popular dog-walking routes. A number of landscaping techniques reduce or eliminate damage and annoyance. Providing a "target" such as a boulder may help, as will a barrier such as a retaining wall. Here are two resources with some other very good suggestions:

- <http://tinyurl.com/palj52n> describes five plants that are tuff enuff to withstand doggie showers
- <http://tinyurl.com/o2nak5l> includes additional information about grasses and bulbs

These and other killers in the garden are no match for gardeners armed with curiosity, determination and a trusty browser!



## Let There be Light

Progress on the Lyon Park Community Center Renovation reminds me of Ellen DeGeneres. She once joked, "In the beginning there was nothing. God said, 'Let there be light!' And there was light. There was still nothing, but you could see it a whole lot better." As I looked at our picture folders on Facebook, what I see is a general lightening of the entire project, but the rooms are still...well...nothing yet.

So what's happened in the last month?

- All interior walls have been worked on, so we have smooth, clean walls in the additions. The plasterers repaired the walls in the main hall so well that one would never know they were riddled with nail holes and gapping cavities just weeks ago.
- The window work continues, and Rich Robinson is looking for volunteers to take a sash or two home and paint the woodwork. The building is crowded with workmen, which is why this is a take-away project. Please contact Rich at (703) 527-2724 or hwhrich@gmail.com if you can help.
- Floors are in place. The floor tile in the hall, kitchen and bathroom is pictured on the left. It looks like wood, but it's ceramic. The sunroom's wood floor is in, and the area where the stage used to be in the main hall has been replaced and feathered into the existing floor. The wood floors will be one of the last things to be finished in October.
- At our roam-through on September 12, many visitors remarked on the lovely light in the kitchen. Many had wondered why we have a dormer on the west roof, and now they know.
- The old bathrooms are gone, and being converted to table and chair storage. The spacious new bathrooms have been tiled and the toilets are installed. The Women's Room has no "view," if you know what I mean.

Finally, Lyon Park's post-renovation schedule is filling quickly. Cindy Stroup will continue as our Rental Agent. She's taking reservations beginning in December, and will rent conditionally in November. Book your events at [lyonpark.info](http://lyonpark.info).

Jeannette Wick  
Chair, Lyon Park Board of Governors  
Contact me at [jywickrph@aol.com](mailto:jywickrph@aol.com)



Find news and more pictures on Facebook at  
<https://www.facebook.com/lyonparkcommunitycenter>





*Lyon Parkers just love to gather in the dark!  
Lyon Park's September meeting was held outside.*

# Volunteer at Halloween?

Lyon Park's traditional Halloween activities—the Parade of Costumes and the renowned after-dark bon fire—attract a silly group of cider-drinking, donut-gobblin' people. This year, day-long activities will celebrate the wrap-up of renovations.

Lori Rizzi and Aarati Yelamanchili have volunteered to organize the Parade of Costumes. They're working closely with Shelya White who has volunteered to coordinate the Cow Flop Drop. And they'll pass the baton to the Woman's Club and a crew of expert bonfire builders. See that critical word? **Volunteer**. We couldn't do it without volunteers.

## Can you volunteer this year?

If you can help with the **Parade of Costumes**, please contact Aarati at [ayelaman72@hotmail.com](mailto:ayelaman72@hotmail.com) or (916) 212-7970 or Lori at [lori.m.rizzi@gmail.com](mailto:lori.m.rizzi@gmail.com) or (240) 426.-375!!

**Cookies, snacks, and chaperones  
needed at 10 AM.**

If you can help with the **Cow Flop Drop**, contact Shelya at [skwpaints@aol.com](mailto:skwpaints@aol.com) or (703) 243-2742

- We need 20 volunteers on short shifts from 10 AM to 2 PM
- Parties interested in fresh manure given priority!

Watch the listserv for a call to help with the **Bonfire**.





## Community House Rental Rates

Lyon Park and Ashton Heights residents are eligible for resident rates, but cannot sponsor non-resident events.

### Monday – Thursday & Friday daytime (8 AM–5 PM)

\$35/hour resident; \$75/hour non-resident

### Monday – Thursday (6–10 PM)

\$100 resident; \$300 non-resident

### Weekends, Holidays & Friday evenings

#### HALF DAY (8 AM–2:30 PM or 3:30–10 PM):

\$350 resident; \$700 non-resident

#### WHOLE DAY (8 am-10 PM):

\$600 resident; \$1,200 non-resident

### Children's Birthday Rates for children 10 and under:

**Two time slots (8:30-11:30 AM) OR (12-3 PM) – Includes set up and clean up. If your party lasts longer than 3 hours, please rent at the half-day rates above.**

\$150 resident; \$200 non-resident

### Additional rental fees:

- \$25/inflatable (can only be rented from Arlington T.E.A.M.)
- \$100/tent

Use of inflatables and/or tents must be approved in advance and specified in rental contract.

A security deposit is required for all rentals.

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Check online calendar for availability and complete the online reservation form at [www.lyonpark.info](http://www.lyonpark.info)

*We are currently renting from December 1, 2015 forward, but are offering Conditional November rentals.*

## CABOMA Returns to Lyon Park

Tune your fiddles, mandolins, guitars, double-basses, whatever!

CABOMA is back!

Who is the Capital Area Bluegrass & Old-Time Music Association (CABOMA, <http://caboma.org/>)?

- CABOMA is a non-profit corporation dedicated to preserving and promoting bluegrass and old-time music.
- CABOMA is located in the Washington, D.C. area, and supported by its members.
- It's sole purpose is to enjoy playing music.
- CABOMA's roughly 150 members get together and play acoustic bluegrass, old-time, country, western swing, and a touch of the blues.

CABOMA needs a consistent place for members to jam, twice-monthly, rain or shine. They've assembled at Lyon Park Community Center for many years and temporarily relocated during the renovation – and plan to return in December!

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## Book Review: The Boys in the Boat

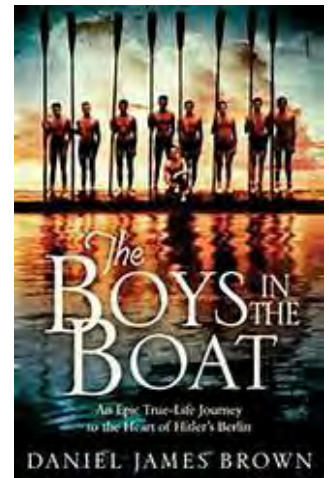
Margaret Dean

Given that we know how the story will end, *The Boys* is a satisfying account of the University of Washington's (UW) struggle to win Olympic Gold. Satisfaction comes from Brown's focus on the personal story of one rower, Joe Rantz. Satisfaction also comes from Brown's weaving the era's history into Rantz' background. Lastly satisfaction comes from understanding the crew's physical, emotional and psychological challenges as their coach seeks to meld their differences for the good of the team.

Joe Rantz' triumph over a cycle of repeated abandonment is amazing. Mothers die, but his step-mother insisted that his father abandon his ten year old. That Joe grows up to be a 6'3" college student is no credit to his parents. Rowing gave Joe a campus job where he could earn enough to remain in school, but rowing meant hours of practice, in rain, cold, and sleet. UW crew grew men of hard physical work; three of them worked summers on the Grand Coulee Dam.

Brown brings home the Depression and the Dust Bowl in ways I have not considered in decades. The recession of 2007-08 does fails to compare to families' and workers' miseries in the 30s. In short snippets Brown tracks Germany's detailed preparations for the '36 Olympics in parallel with UW's preparation for racing. Brown is explicit in describing the physics of shell design, the exertions of human body, the team spirit, the coxswain's role, and the strategy needed for a winning crew. UW capitalized on a diversity of skills in assembling its crew.

Although Brown makes the final race come alive, some of the book is over-written trying to be too lyrical. Some language sounds like it was straight from an oral history, which it may have been. Brown creates a sense of German spirit, a grand feeling, a feeling of something big, something important. Brown is a bit preachy on Nazi regime's evils and how impressed the boys were in Berlin (cleansed of gypsies, Jews, gays, Catholics, etc.), but he forgets what he himself points out: that many around the world, including many Americans, were quite impressed with Germany until Germany invaded Poland.



*The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics* by Daniel James Brown, Penguin/Random House Books, NY, NY. 2013. Paperback. ISBN 978-0-14-3122547-1.. pp 370. \$17.

## Please Join Lyon Park Community Center's **Give an Hour Campaign**

Don't have time to volunteer but would like to help sustain the community?  
Donate an hour of your salary every month to Lyon Park Community Center.

**Give an Hour** is an easy way to give a relatively small donation, one hour of your pay every month for a year or more to make difference.

Donating is easy. You can set up a recurring payment or donate a lump sum online at <http://bit.ly/lphour> by Paypal or credit card. Prefer to send a check? Mail your donation to Lyon Park Community Center, P.O. Box 100191, Arlington, Virginia 22201. We are happy to arrange a monthly debit as well.

Visit Our Sites for Updates



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

Lyon Park Community Center Website: <http://www.lyonpark.info/>

**Just an Hour..  
That's All!**

## Back to School Tips Sophia Delmar

As the last few days of summer glide away, fall has come quietly to take its place. New school supplies and the subtle change in weather all contribute to your excitement for the cozy feeling that is fall. Getting back into the swing of things for school while trying to enjoy the new season can be hard. Here are a few things that strike me as important.



**Pack everything the night before.** How many times have you told yourself you'll wake up early, but you end up rushing out the door? The best way to avoid stress in the morning is to pack your backpack the night before. This way, everything will be squared when you get up.

**Join activities.** At any age, joining activities is the best way to improve your social life and your academic career. Joining activities in the fall when they're open to new members sets you up for the rest of the year. In elementary school, joining a sport or an art class can be a great way to make friends and find one's interests. Middle and high schoolers should check out activities like Model UN or National Honors Society—they look great on college applications. In addition, consider joining a sport or an art-like theater to stay active and make new friends!

**Go to a football game.** Watching football is a staple for fall, and cheering for your local team alongside friends and schoolmates makes it all the more special. Support your favorite Arlington high school football team and head out to a Friday night game. Just make sure to get there early to grab a seat!

**Bring your lunch.** When it comes to lunch, the healthiest, most cost-effective option is to bring your lunch. Take control over what you're eating and make the extra time to pack a lunch that not only taste good but makes you feel good too. Healthy lunches invigorate you throughout the day, leaving you extra energy to accomplish all the things that you need to!

**Push yourself but not too hard.** Especially in high school, pushing students to take classes they aren't ready for is controversial. It can be hard when you see all of your friends taking advanced classes, but trust me, take the classes that you feel comfortable with. By all means push yourself to do your best, but don't push yourself into a situation where you can't succeed. My biggest piece of advice to high schoolers is to know your strengths and limitations and don't compare them to your friends'. Take the classes that work for you!



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Every three months, a nice lady called Betty e-mails the Community Center saying "Your check is in the mail!" Why? Because neighbors have registered with and shopped using [igive.com](http://www.igive.com). Its an easy and free way to help raise funds.

It's very easy to register at this link:  
<http://www.igive.com/LyonPark>

Once you register, you can shop at almost 700 stores, and a portion of what you spend will go to Lyon Park Community Center. If you download the [igive](http://www.igive.com) button, it will automatically record your purchases.

Please give it a try.

Help us help the Community Center.





*Michael Coffman*

© Michael Coffman



*Suzanne Osburn*



*Ann Felker*



*Bob Hagemann*

Tired of floral covers, your editors decided to draw from the animal kingdom this year, and ask neighbors to help. Bipeds from Lyon Park and Ashton Heights responded with pictures of the other bipeds—birds! You'll agree that these bird watchers must be pretty cage-y to take these photos.

Michael Coffman's cover photo is lovely, and above left, he's also captured a Red Bellied Woodpecker and a little friend. Although Great Blues are a bit grand for Lyon Park, Suzanne Osburn snapped one at her back-yard pond.

American Goldfinches partied in the Felker and Hagemann yards. These birds change color with the seasons, and the bright yellow is a call-out to other birds that they are in breeding mode.

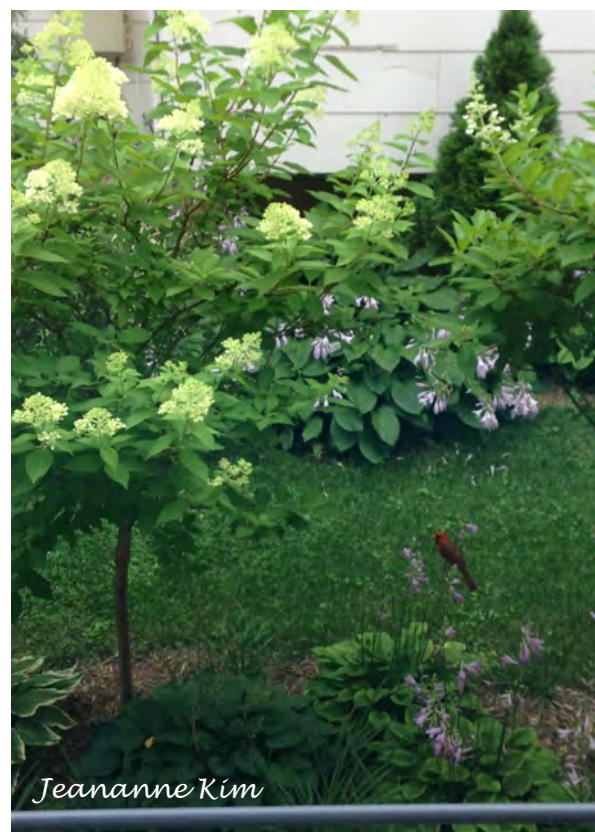
Jeananne Kim caught this Cardinal in her lush backyard—see it there in the bottom right? And John Waters's close-ups of Lyon Park's resident hawk will either scare you, or remind you of the person who looks back at you in the early morning mirror!

## Backyard Birds

*Neighbors Wing It!*



*John Waters*



*Jeananne Kim*



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