



Lyon Park Citizen

September 2016

Please pay your 2016-2017 Citizens Association dues!

-See page 2-

\$10 annually, \$250 for life

*Dues are,
Ehem,
due now!*

Are you on the Listserv?

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

- Find a company to clean upholstery
- Ask for or offer housing
- See the area Crime Report
- Get recommendations for auto repair
- Compliment, complain, compare

Don't want to see what's for sale or rent?
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>

Nostalgia comes easily this time of year. As cold evening breezes nip at the heels of the hot and lazy days of summer, it is hard not to long for more days at the pool, at the beach, in the park. Lyon Park truly shines all summer long, and I think that we all wish for one more week, one more month before we have to start digging in our closets for long sleeves and light jackets.

Fall, winter, and spring are such joys in this neighborhood, however, and the excitement for what's next is powerful.

Fall is when the kids get back to **Long Branch**, when the leaves in the Park begin to change, when thousands of Arlingtonians run through our streets for the **Turkey Trot**, when the Womans' Club holds its **Craft and Bake Fair**, and when we gather for the annual **Halloween bonfire and costume parade**.

Winter kicks off this year with a brand new **beer brewing seminar** at the Community Center, followed by our annual **holiday party**, the **pancake breakfast**, and a **chili cookoff** to chase the cold away.

Spring is an absolute delight, and this year will feature our **91st Annual Spring Fair** and a brand new **cookout event in the Park**.

We have work to do as well. Our **Neighborhood Conservation** effort is in full swing, and needs as much input as possible to ensure that we create a vision that befits our community. **Long Branch** is anticipating a surge in enrollment next year. We need neighbors willing to work with the school and APS to find solutions. We also need volunteers, cupcake bakers, and donations to help with the **Community Center** and to plan new fundraising events.

Most importantly, we need your voices, opinions, and ideas. **On September 14 at 7:00 PM we will kick off a new season of the Lyon Park Citizens Association at the Community Center** with a full overview of plans and current efforts, as well as elections for new officers and opportunities to get involved. This is a fun, lively meeting, and a great way to jump into the Fall.

I love Summer more than any other season, but cannot wait to kick off this new season with the community. See you on the 14th!

John Goldener, LPCA President



LPCA meets the 2nd Wednesday of each month!

Next meeting: September 14, 2016

7:00 PM, Lyon Park Community Center

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, 16, babysitter, Mother's Helper. Redcross CPR, First Aid, automated external defibrillator and Girl Scout trained. 915-7768

Sirena Pearl, 15, Red Cross certified, Call or e-mail to schedule: 606-3277 or sirenajbpearl@gmail.com

Yasmeen Moustafa, 14, babysitting for children from 18 months to 7 or 8 years old. Completed babysitting course, and certified in CPR and First Aid. 655-6228 or meenamoustafa@gmail.com

Kalkidan Ausink, 14, babysitting for children from 18 months to 8 years old. Red Cross certified and mature, straight-A student. 528-0723 or johnausink@earthlink.net.

Toby Kant, 13, babysitter (Red Cross certified, no infants), dog walker, pet sitter (guinea pig and turtle specialist), plant sitter, call or email to schedule: 626-6725 or zoekant@yahoo.com

Logan Rowland, 14, babysitter and mother's helper, Girl Scout certified, CPR, First Aid, AED certification, also pet and plant sitter, 525-9049

Naomi Bergena, 15, experienced dog walker, dog sitter, and cat sitter. To schedule, please email or call: naomibergena14@gmail.com or (571) 225-4319.

OTHER SERVICES

B. Brennan, Mandarin Chinese tutoring services for people of all ages. Contact B2water@Yahoo.com or 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 (527-4533). Please call Michael Tanu (240) 426-1778

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
president@lyonparkcitizens.org

Vice-President/Neighborhood Conservation

Bess Zelle
besszelle@gmail.com

Vice-President/Programs

Thora Colot
thora.colot@gmail.com

Vice-President/Development

Aaron Schuetz
ajschuetz@yahoo.com

Treasurer

Bill Anhut, Jr. (703) 528-3665
billanhut@yahoo.com

Secretary/Historian

Cindy Hardeman
chardeman22@gmail.com

Membership Chair

Christa Abbott:
christa_abbott@yahoo.com

Members at Large

Elliott Mandel (703) 527-1502
edmandel@hotmail.com

Emergency Preparedness

Laureen Daly
laureendaly@verizon.net

COMMUNITY CENTER

BOARD OF GOVERNORS

Jeannette Wick, Chair (703) 524-8531
jywickrph@aol.com

IMPORTANT CONTACTS

Police Liaison

Cindy Hardeman
chardeman22@gmail.com

Community Center Rental Agent

Cindy Stroup (703) 527-9520
rent@lyonpark.info

Clarendon Alliance Representative

Debbie Kaplan
debbie.kaplan@verizon.net

Listserv

Louise Maus
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
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Doorways for Women and Families Liaison

Erik Gutshall (703) 276-0809

Newsletter Editor

Daniel Holland
Jeannette Wick

Submissions

Send photos and articles to
lyonparkeditor@gmail.com

Distribution

Helen White (703) 527-2977
hmwhite33@verizon.net

Lyon Park Yard and Bake Sale

Saturday, September 10, 2016

8 AM to 2 PM in Lyon Park

Unload all that accumulated trash--oops, we mean TREASURE!

Rent a space for \$15, or two for \$25

Residents and guests (yoo-hoo! Ashton Heights?!?!?)
are encouraged to participate.

Need a table? Rent ours for \$5 each!

Let us do the advertising and attract the crowd.

For information, or to volunteer to help, contact

Margaret Scrymser

scryms23@comcast.net (preferred)

(703) 527-5091



Volunteer at Halloween?

Lori Rizzi and Aarati Yelamanchili are organizing the **Parade of Costumes**, currently scheduled for **Saturday, October 29**. Please contact Aarati at ayelaman72@hotmail.com or (916) 212-7970 or Lori at lori.m.rizzi@gmail.com or (240) 426.-7375 if you can help!!

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



Anonymous individuals are coordinating Lyon Park's 2nd **Cow Flop Drop** held right after the Parade of Costumes. We can't do it without volunteers. Please contact Annemarie Selvitelli if you can help at astanz10@hotmail.com or (571) 215-8361.



Lyon Park not-just-for-Woman's Club

The September membership meeting will be held Thursday, September 15, at 12 noon at the Lyon Park Community House. Bring a dish to share. Women and men are welcome, along with Ashton Heights residents. Dues are \$10/year.

What do we do? We have a good time eating and talking, and enjoying each others company. The Woman's Club contributes five members to the Board of Governors, the body that oversees the Community House and Park. The other members come from the Lyon Park Citizens Association. Members of the Woman's Club volunteer in many Community Center activities, such as the chili dinner, spring fair, pancake breakfast, halloween bonfire and more.

The woman's club holds bake and cupcake sales. Over the past several years, profits from these sales have raised \$20,000 for the renovation fund for our new building. Profits also funded the 6-burner and a 4-burner stoves for the large, new kitchen to the tune of \$8000. Last, but not least, this club donated \$4500 toward the small, north kitchen (pictured below).

We hope to see many new faces this fall. For more information contact Shirley Larson at: famlars@msn.com



Lyon Parkers May Apply for a Free Canopy Tree

Great News! Lyon Park Citizens Association has been approved to apply for trees for the 2016-2017 Tree Canopy Fund program. Because of limited funding, we may apply for a maximum 10 trees (1 tree per household).

Please contact your Lyon Park Tree Steward, Bill Anhut, at billanhut@yahoo.com or 301-908-8204 to apply for the Tree Canopy Fund program this year. Schedule an appointment with Bill as soon as possible to determine if your property qualifies as one of Lyon Park's 10 applicants.

Priority will be given to properties with large open space not covered by trees, and yards that recently lost a tree to disease, pests or storms.


Trees available:

- American and eastern hophornbeam
- Bald Cypress
- Black Tupelo gum
- Southern Magnolia
- Sweetgum
- White, willow, red, and scarlet oak

Applications must be submitted by early October. Tree Canopy Fund administrators will review them to determine the most worthy applicants. Applicants will be notified and tree will be planted in March/early April 2017.

Save the Date:

- September 10:
Neighborhood yard sale in the park!!! 8 AM to 2 PM
- 14: Lyon Park Civic Association meeting, 7:30 PM
- 2nd and 4th Sundays, 2 PM to 6 PM: Capital Area Bluegrass and Old-Time Music Association. Come join in or just sit and listen!



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web: www.Kinderhaus.com
(for news and events)
email: kinderhaus@comcast.net

7 DAYS A WEEK 703•527•5929

CLARENDON UMC IS SELLING CHRISTMAS TREES



Available November 26 until they're gone!

Members of Clarendon United Methodist Church at 606 North Ivy St. are preparing for a very unique neighborhood activity, benefiting all and involving many. Our big fundraising event for 2016 is going to be literally, right in our own backyard.....selling Christmas trees.

The Clarendon church supports activities that reduce hunger and homelessness. The needs are great at this time. ALL of our proceeds will go to these programs – and we need your help. You purchase one tree and a family can eat with help from us & the Arlington Food Assistance Center or Stop Hunger Now.

We will have fresh, gorgeous trees and they will be a variety of sizes, including slim models for smaller spaces. We need your help to sell – pick your time. Outreach Committee Chair, Karen Darner, is waiting for your call now. Please call her at 703-271-5284



Lyon Park

Thank You for Hosting Us

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Quaint, boutique office (1918 sq. ft.) consisting of two conference rooms, one private office, reception area, two bathrooms (including one shower), small kitchen. Comfortably holds 8 staff.

FOR MORE INFO, CONTACT KELLY EICHHORN

KEICHHORN@APAH.ORG

OR 703-276-7444 x 103

Mouse Secrets from the Laboratory

Jeannette Wick

If you've been to a Lyon Park gathering lately, you may have seen neighbors chatting intensely off to the side. Their hunched shoulders, furtive glances, and nervous laughs as you approach indicate they may have been discussing some secret. Not. They were talking about mice. There's no need to whisper. Most of us are plagued with mice recently due to the weather and construction, and once mice enter the house, well...

As a college student, I worked with mice—white mice with pink eyes. Given a choice, I'd rather work with rats. Rats are slower and more forgiving than mice. They leave fewer "presents" in their wake. Mice are mean, quick-biting, hantavirus- and plague-carrying rodents. They carry several other very ugly diseases. And they multiply quickly and get into everything.

I occasionally have mice in my Lyon Park home, and they make their presence known in my farmhouse from time to time. Although I'm an animal lover, I don't mess with mice. They have to go. After the last big influx, I went back to the lab to find solutions. Here's what I learned:

#1. Forget cheese. Mice like cheese, but they are more likely to eat the edges of a piece of cheese like the one pictured above than to hit the lever and be trapped. And more is not better. Use just a tiny amount of a sticky or stinky food. Peanut butter, cream cheese, marshmallow, and Nutella work well. Mice also love vanilla extract. In fact, when scientists place mice in mazes, the motivating food is often vanilla-flavored pasta.

#2. Forget the really cheap and really expensive mousetraps. The U.S. Patent Office has granted 4,400 patents for mousetraps. Twenty-five of them have been profitable. Cheap snap traps work, but the directions? Complicated, and it's just gross if you want to re-use the traps. Expensive sonar/laser/Star Wars traps are overkill. Sticky traps leave you face-to-face with a struggling angry and not-yet-dead mouse. That's inhumane. The Intruder 30442 Better Mousetrap and similar devices operate like clothespins, let you release the dead mouse into a disposal receptacle, and can be swished with soapy water and bleach and reused.

#3. Once the mice are gone, take preventive measures. Mice abhor peppermint oil. Soak plain steel wool in peppermint oil and stuff it in cracks and holes where mice may have entered your home. Place peppermint-oil soaked paper towels in areas where they like to visit (e.g. in trash cans). Above all, remove anything they seem to like to eat (e.g. place all food in airtight containers or the freezer). Consider getting a cat, but realize that not all cats are good mousers.



Advertise in The Lyon Park Citizen

The Lyon Park Citizen is hand delivered to 2,000 homes around the 10th of the month from December 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. Contact lyonparkeditor@gmail.com to reserve space.

Your Lyon Park Real Estate Specialist



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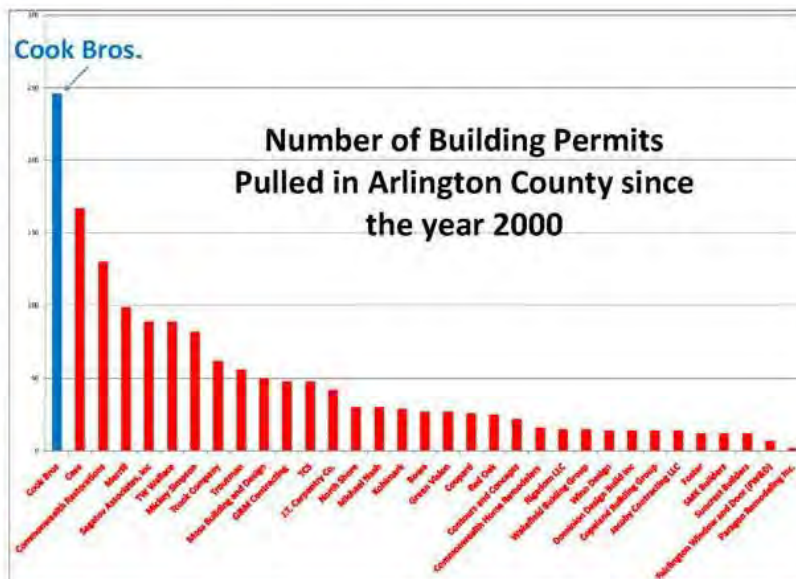
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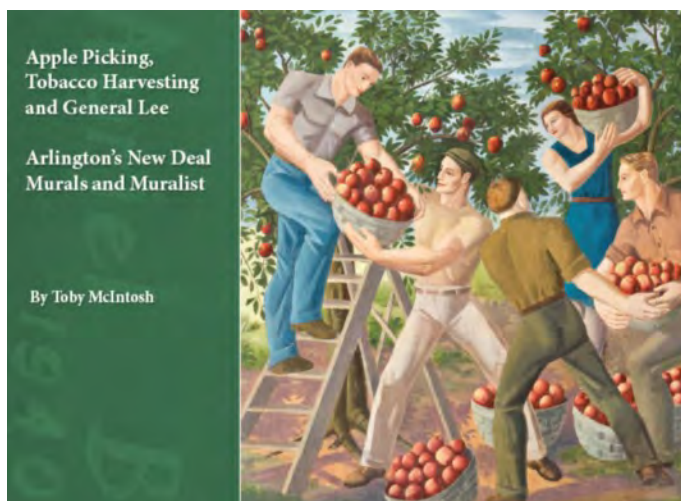
You Don't Have to Interview the #1 Remodeler in Arlington... But... Why Wouldn't You?



For a larger Graph image
and more information
about the Graph, visit our
website at

www.CookBros.org/LyonGraph





Lyon Parker Tells Story of Arlington Post Office Murals

Apple Picking, Tobacco Harvesting and General Lee, written by Lyon Park resident Toby McIntosh, describes the murals in the Arlington, VA, post office and their unusual muralist.

The Clarendon branch of the post office is home to seven colorful WPA-era murals. Each depicts a different story. The illustrated book recounts the murals' origin.

It provides the first biography of the intense and spiritual artist who painted the murals, Auriel Bessemer (1909 - 1986). He also painted murals for post offices in Winnsboro, SC, and Hazlehurst, MS.

More about the book and information on how to obtain it is at virginianewdealart.com. Copies also may be purchased through the author via mcintosh.toby@gmail.com.

It's Little, It's a Library, It's Free



Lyon Park thanks Colin Crovella for installing a Little Free Library in the park as part of his Eagle Scout Project! The Little Free Library is now fully installed and operational.

Colin has loaded it with some books to start. If the Little Free Library ever runs out of books, Arlington Central Library will restock this Library. Please take a book, leave a book, and use it well.

www.lyonpark.org • September 2016



STEPHEN A. MABRY, DDS, PLC

2800 10th Street North
Arlington, Virginia 22201

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Dr. Erika A. Anderson

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We are invested in our community's health and welcome new patients.

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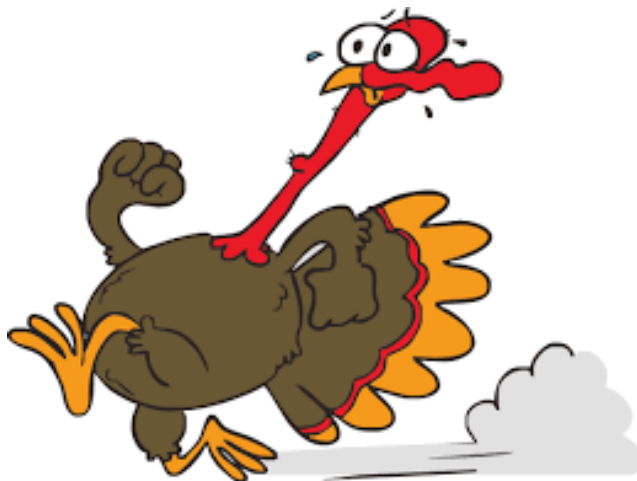
Getting the Gobble Going...

Dear Lyon Park and Ashton Heights neighbors,

As many of you know, the 11th Annual Arlington Turkey Trot is set for Thanksgiving on November 24.

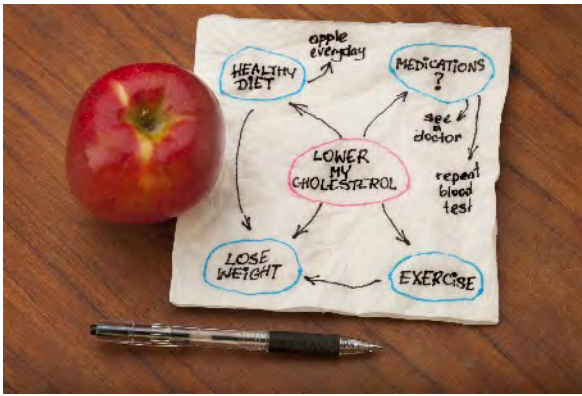
I invite you to join the crowd as a volunteer or registrant (we had 800 trotters from the 22201 zip code in 2014) and at the Turkey Trot Kickoff Party on Wednesday, October 19, 5:00-8:00 PM at the Crystal City Sports Pub, 529 23rd Street South, Arlington 22202.

The \$5 entry includes a raffle ticket, \$2 beer, and happy hour food prices, together with music by Reggie. Questions? Contact Mark Riley at arlingtonturkeytrot@gmail.com.



5 Steps to Protect Yourself against High Cholesterol

Myroslava Sharabun



High blood cholesterol is one of the major risk factors for heart disease—the number one cause of death of men and women in the United States; about one in every six Americans has high cholesterol.

What is Cholesterol?

Cholesterol is a waxy fat you need to make hormones, vitamin D, and digestive enzymes. The body makes all the cholesterol it needs, circulating it in the blood in packages called lipoproteins. Two types of lipoproteins carry cholesterol in the blood:

- Low density lipoprotein (LDL): This “bad” guy is a hoarder and stows cholesterol in tissues, including our arteries.
- High density lipoprotein (HDL): This “good” guy is a garbage collector, hauling cholesterol to the liver to remove it from the body.

Too much LDL cholesterol can collect in artery walls, leaving build-up called plaque. Plaque stiffens blood vessels in any part of the body. When it forms in heart arteries, oxygen-rich blood may not be able to reach the heart. That causes chest pain (angina).

Some cholesterol plaques are unstable. If they burst, a blood clot may form over the plaque, blocking essential blood flow to the heart, causing a heart attack. High cholesterol has no signs or symptoms. The best way to protect yourself from high cholesterol is to prevent it from happening. Here are five tips to help keep your cholesterol low and your heart healthy!

Know your numbers. Cholesterol levels are measured at age 20 and then every 5 years thereafter. A total cholesterol panel gives you a better idea of your health status. Typically, you want your total cholesterol to be less than 200 mg/dL, bad-guy LDL cholesterol to be less than 100 mg/dL, and good-guy HDL greater than 40 mg/dL.

Eat a Healthy Diet. Decrease your dietary cholesterol to less than 200 mg/day and saturated fat to less than 7% of total calories to decrease LDL by 5-15%. Eat more fiber, fruits, and vegetables to decrease LDL cholesterol an additional 5%-15%. Together, you may see a 30% decrease in your “bad” cholesterol level! Don’t know where to start? Download a free meal tracker like MyFitnessPal; it can be installed on any smartphone. You can scan foods, set nutritional goals and track your weight all in one app!

Weight Loss and Exercise. Losing five to ten pounds if you are overweight can reduce LDL cholesterol by 5-8%. Regular physical activity can lower LDL **and** raise HDL cholesterol; simple daily activities such as raking leaves for 30 minutes is equivalent to 20 minutes of swimming laps in the pool.

Ditch the Smokes!!! Smoking cessation can reduce the risk of heart disease associated with high cholesterol. Quitting smoking is difficult; just preparing to quit is a major step to smoking cessation and is a great start. Start by identifying your smoking triggers and habits. Your pharmacist can help you start the path to a smoke-free life.

Maintain a Healthy Weight. Maintaining a healthy weight can keep your cholesterol low and lower the risk of heart disease. A healthy weight is different for every person, so it is important to talk to your doctor about what your ideal body weight should be.

These seem like easy steps, but as most things in life, they are easier said than done; but don’t be discouraged! Start with one step: maybe start walking your dog an extra half-mile in the morning and evening; substitute a salad for those fries; smoke one less cigarette a day. It may take some to get used to these new lifestyle changes, but eventually you will fall into a routine that suits you.



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Lyon Park Community House Garden FAQ's

Deborah Barber

Lyon Park volunteers are designing, installing and maintaining the Community House's garden. Plants are donated from neighbors' gardens, swapped, or started from seed for this project. We have accepted a challenge grant to use all Virginia native plants.

Why use native plants?

Natives are well-adapted to our challenging growing conditions; they will thrive with little water and no chemicals, and they provide the best food for butterflies and birds. We've already seen hummingbirds and goldfinches enjoying the garden!

What's the low spot at the northeast corner of the building?

That's a rain garden! It diverts water from the building foundation, where it pooled near the walkway, made a tripping hazard and splashed mud on the building.

What are all those rocks?

The angled rocks along Fillmore, salvaged from fill dirt, suggest that people should walk on the path, not the garden. The rounded rocks—the native stone in Lyon Park—keep soil and mulch from staining the stucco, and some serve as plant markers.

What are those black/copper stakes?

They are hose guards, to keep the water hose from crushing the plants as we tend them.

What were some of the challenges in starting the garden?

Record-breaking rain, surprise soil conditions, and fitting the work around rentals and volunteers' other commitments.

What's the schedule for completion?

Based on the available volunteer labor, we expect to have most of the plants in the ground by mid-September. Most of our plants are perennials or shrubs that will take a couple of years to reach their peak, so the garden will always be maturing.

Why don't you put in some colorful bedding plants to dress it up in the meantime?

- 1) All traditional bedding plants are non-native.
- 2) We are working on a shoestring and want to invest in plants that will grow in place and return for many years, not tender plants that have to be replaced annually.
- 3) We have chosen our plant species for their value to butterflies and songbirds. Plants sold in garden centers are not guaranteed to be free of pesticides that can harm even beneficial insects. Therefore we are only using plants from sources that don't use insecticides.

What if I see a plant I want for my garden?

Find out what it is by turning over its rock to see its name, or go to our Facebook page (<https://www.facebook.com/lyonparkgarden/>).

We'll have garden offspring potted up for the annual Spring Fair plant sale.

How can I help?

- Help us plant and mulch: watch the neighborhood listserv or our Facebook page for dates.
- Help us water and weed
- Help us meet our match: make a donation to the Lyon Park Garden.
- Make an in-kind donation: we need garden hoses, watering timers, and river rocks from your yard.

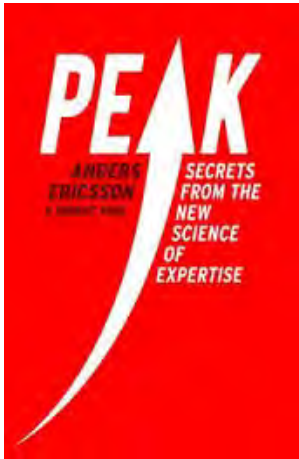
Contact Deborah Barber at deborah.barber@gmail.com to help!



*Both pictures are Bed E:
Christmas, sensitive and ostrich
ferns, wild ginger, blue violets,
eastern columbine, brown-eyed
Susan, Canada anemone,
woodland stonecrop, and
obedient plant.*

Peak: Secrets from the New Science of Expertise

Margaret Dean



Anders Ericsson and Robert Pool, a psychological scientist and a science writer, collaborated to examine "expertise." Is talent inherent, born in the genes and womb, or can it be taught? Their conclusion, although not entirely convincing, is that every person can attain expertise IF he or she is willing to put in the time and drive.

They show that the brain has cognitive adaptability—that is, it is flexible, and can rewire itself to adopt new skills and raise them to an expert level. IQ is not the decisive factor, a help, yes, but decisive, no. Rewiring is more observable in the body, where sustained practice at the upper physical limits creates more capillaries, more muscle, more oxygenation. Brain training has some limits in; children would have to be taught musically early on to have 'perfect pitch' and this window closes fairly early. But for many skills, people can create abilities they would not have otherwise possessed.

The recipe is simple but intense: deliberate practice that engages the brain and the body to adapt and change at increasingly higher degrees of difficulty. Ericsson calls this "purposeful practicing." Doing the same thing repeatedly may maintain a level of skill but it will not produce expertise. Plus it is useful to have measures of what is good, excellent, superior. Racing has clear levels, so does chess, but other areas are less defined, e.g., expertise in Roman archeology. Ericsson then stresses the need for feedback, competition, and the use of teachers and trainers.

There is a cost: people who dedicate themselves to building impressive ability in one area do so at the expense of other areas. Most people do not develop extraordinary abilities because they are content with balance, and are unwilling to submit themselves to the intensity of determine practice. Ericsson gives the example of 30 violin students. All were equally motivated to be successful, none really enjoyed the intense practice necessary, and the only measureable difference between the more successful and the most successful was the number of hours they practiced: 3420 hours vs 7410 hours before the age of 18.

Want to become an expert: focus, feedback, fix it. Figure out what is holding you back, what are your mistakes and why, push yourself for short periods, get a coach, and concentrate, ignoring the siren call of fun elsewhere. Not sure this would have consoled Salieri, looking at his young rival Mozart.

Peak: Secrets from the New Science of Expertise, by Anders Ericsson and Robert Pool, Eamon Dolan Book, Houghton Mifflin Harcourt, NY, 2016. Hardback. ISBN: 978-0-544-45623-5, New, \$28, pp 259.

Got (Medicinal) Leftovers?

Daniel Holland

Have you wondered what to do with your unwanted or unneeded prescription medications? The Arlington County Police Department will accept medications on October 22 at three fire stations (subject to change):

- 4805 Wilson Boulevard
- 4845 Lee Highway
- 1900 S. Walter Reed Drive.

Locations are available across Virginia and the entire United States. Americans disposed of almost 900,000 of prescription medications nationwide this past April. This total weighs as much as 60 bull African elephants or three to six adult blue whales. Arlington will incinerate medications collect to destroy them and avoid contaminating the regional watershed. (The Potomac River is infamous for its androgynous fish due to contamination with human drug waste.)

The public may dispose of any of their own, household members', or deceased loved ones' prescriptions. Lyon Park is not known for its illicit drug scene but... any illegally obtained drugs are not allowed to be disposed of at these events. (They are the police, remember?) No medical "sharps" (e.g. insulin syringes), inhalers, or objects contaminated with body fluids are accepted at these take-back events. Levothyroxine, potassium iodide tablets, and amiodarone are not accepted according to the Drug Enforcement Administration (DEA).

If you miss this opportunity you can still dispose of your medications safely. Call the DEA's Registration Call Center at 1-800-882-9539 to find a collection receptacle near you or to connect with a mail-back reverse distributor. For more information on Drug Take-Back efforts, see Arlington County PD or DEA web sites.

A Few Tips

A majority of prescription painkiller abusers report obtaining their supply from family and friends. This underscores the need to clear medicine cabinets of unnecessary medicines, especially drugs of abuse.

- ① Keep painkillers, sleeping pills, and iron tablets far away from children and adolescents—kids overdose easily on these.
- ② Pull expired medications and store separately until disposal. Some products lose potency and others become dangerous once expired. For example, Epipens are expensive but you should not risk loss of potency when your life depends on it!
- ③ Don't use or share leftover antibiotics. The drug needs to match the "bug" to work against an infection and antibiotics are common allergens.

If you must dispose of medications by yourself:

- ① Check the bottle for directions on proper disposal. Most medications should never be discarded in a toilet. Crush medications in a plastic bag and mix with kitty litter or coffee grounds to prevent use.
- ② Obscure or scratch out patient names and addresses on prescription containers before disposal in household trash.
- ③ Consult a local pharmacist if you have questions, or you need to dispose of chemotherapy or unique medications



6th Annual
Lyon Park/Ashton Heights Golf Tourney
Repays the Lyon Park Community Center Construction Loan!
Sunday, October 9, 2016, 1:00 PM
South Riding Golf Club



The Lyon Park Community Center Renovation is complete. Visitors and renters rave about the building’s intelligent design and attractive amenities. The facility is unrivalled in Arlington. Rental activity has reached record levels and rental revenue exceeds projections. The neighborhood couldn’t be more proud of our “Jewel in the Park.”

Tourney participants will provide funds that will directly pay down the approximately \$400,000 remaining on the construction loan. The 2015 tourney raised \$1,800. We hope to double that amount in 2016.

The team of Ellen Manges, Carol O’Donnell and Mary Dickson (pictured above) claimed first place and the tourney trophy on display in the newly renovated Community Center. The tournament format is a “Captain’s Choice” team scramble allowing men and women of varied skill levels to compete and enjoy an afternoon of fun with neighbors. At the conclusion of play, teams gather for a “Picnic Awards Banquet” and awarding of team and individual prizes.

The tourney is scheduled for Sunday afternoon, October 9, when the weather is temperate and the Redskins will be playing out of town. The 1 PM shotgun start enables all players to tee off and finish play at the same time.

Reserve a place in the 2016 tournament by mailing your payment and application below. Entry fee of \$125 per person pays for golf, golf cart, range balls, picnic dinner after golf, prizes and includes a \$45 tax deductible donation toward the repayment of the construction loan. Invite friends to play with you or we’ll place you in a foursome with your neighbors!

Last Year’s Tournament raised \$1,800 and featured prizes generously donated by:
**Lyon Hall, Circa at Clarendon, Peete’s Pizza, Bracketroom
Green Pig Bistro, Delhi Club and South Riding Golf Club**

Mail this application and check, \$125 per player, (\$45 of which is a tax deductible donation) payable to “**Lyon Park Community Center**” to:

Lyon Park / Ashton Heights Golf Tourney
c/o Bill Anhut
929 N. Cleveland St
Arlington, VA 22201

Name(s)_____

E-mail(s)_____

Cell or Home Phone_____

Payment Amount \$_____



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, maximum 50 attendees, booked <2 months in advance:

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; \$250 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.

MAKE A RESERVATION TODAY!

Check online calendar for availability and complete the online reservation form at www.lyonpark.info



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

Large Pickleball Tournament Coming to Arlington
Pickleball players from the Mid-Atlantic region and beyond will travel to Arlington, VA on October 1-2, 2016 for the Mid-Atlantic Open Pickleball Tournament. Breakthrough Community Sports, Inc.—a 501 (c)3 organization that focuses on promoting active living through playing sports—is organizing this non-sanctioned open skill and age-based tournament for adults age 19-80+.

From early indicators, this will be the largest pickleball tournament ever held in the DC Metropolitan area said Helen White, Co-Director of the tournament and the USA Pickleball Association's Mid-Atlantic District Ambassador. Helen is a Lyon Park resident. More than 200 players are expected to register before the September 15 registration deadline.

The tournament will be held indoors at the spacious Thomas Jefferson Community Center in Arlington. Sixteen pickleball courts will be taped and lined, including a Championship court for two full days of play. Play will be organized by skill levels and age groups. Novice, intermediate and advanced players are encouraged to register and play in this weekend pickleball fest. Men's and Women's Doubles will be played on Saturday. Mixed Doubles will be played on Sunday.

Players and spectators are encouraged to support our charity partners by bringing a can of food for the Arlington Food Assistance Center or a pair of gently used athletic shoes for the MORE Foundation, and learn about Educate the Girls, Inc. during the tournament. Potential tournament sponsors and exhibitors should contact maoptinfo@gmail.com.

Pickleball's popularity continues to explode. The USAPA estimates that there are 3 million players across the country and more than 4,000 places to play. Pickleball is played with a paddle and perforated whiffle ball on a badminton-sized court. The net is 34" high in the middle. It is similar to table tennis and tennis but has its own special rules and strategies.

For more information about the Mid-Atlantic Open Pickleball Tournament, go to www.maopt.org or contact Helen White at maoptinfo@gmail.com or 703-472-1076. To learn more about Pickleball, go to www.usapa.org



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Biggest Toy in the Toy Box!!!

People who use Lyon Park often leave things, especially in and around the sandboxes. This is a relatively new phenomenon. Until five or six years ago, kids seemed to bring their trucks, shovels, pails, trikes, and pans and drag them home with them later. Then, we noticed that toys tended to arrive mysteriously and remain in the park for all to use. For the most part, it seems harmless, so it continues. That is, until someone left a very big toy parked on the roots of our trees.

Late on the evening of Friday, August 20, we discovered a gigantic heavy duty hydraulic excavator parked on the grounds of our privately-owned park. The driver apparently practiced his parallel parking, driving it back and forth and maneuvering close to trees. He left it parked in the grass and immediately next to two large sensitive canopy trees.

Sleuth Cindy Stroup set out to determine how we could have this massive iron monster moved. In addition to the need to free the compressed tree roots, an outdoor wedding was scheduled for Saturday all day, and this uninvited guest needed to go!

County police said we should have it towed and advised us to contact the Arlington County office supervising the utility work employing the excavator in the immediate neighborhood. That was a dead end. The County was closed and in this case, "towing" would be "dragging." Not an option! Using our neighborhood contacts, we sent e-mail to a County Board member (thank you, Jay!) Saturday morning. Within minutes, we had heard from key officials at Arlington, one of whom made a site visit. Still, no solution was in sight.

Ultimately, Cindy's persistence paid off (endless thanks to Cindy!). She contacted the people who sold the excavator, James River Equipment, and they matched the ID number to a machine they'd sold to Midasco. (She also told them we were about to decorate it with tulle and put a "Just Married" sign on the rear.)

Cindy kept e-mailing and dialing, leaving detailed messages on every Midasco phone and site she could find. Remarkably, representative Bobby Swanner responded quickly, and had a heavy equipment operator at the park to move the behemoth within 90 minutes. He also offered immediately to pay for damages. (Thank you, Bobby!)

It was an honest mistake, rectified quickly. Arlington County allows its contractors to leave equipment in Arlington-owned parks and public areas. The operator mistook Lyon Park for "any old park," and of course, we know Lyon Park is "special."



Community Center's June Fundraising Successful

In June 2016, the Community Center conducted a 30-day end-of-the-fiscal-year fundraiser on the Lyon Park and Ashton Heights listservs. In its typical style, the fundraiser offered giving incentives and matching funds if folks would donate.

We raised almost \$30,000, and applied every penny to our construction loan immediately.

Neighbors tossed in approximately \$11,000 to secure matching funds offered by generous donors. They also scooped up incentives that were unique and remarkable. Chef Amir Moustafa sold two gourmet dinners, which is quite a feat for a 12-year-old. Kimchi Auntie's white pickles disappeared, and Knife Santa made appointments to sharpen a number of dull blades. Pies and cupcakes flew from house to house, and neighbors were quick to make donations when we announced matching funds.



Eleven neighbors received Good Neighbor Certificates, which this summer were leafy and green and featured the neighbor's home embellished with appropriate decorations. Deborah Barber's certificate is pictured above (but in the real life version it included raised three dimensional yellow sunflowers and a red fence to represent her endless work in the park's gardens).

Many thanks to all of our good neighbors who donated incentives, matching funds and cash. Thank you to everyone who tolerated the daily reminders for 30 days. We'll run a small campaign in December. Meanwhile, if you happen to win the lottery, please remember the Lyon Park Community Center Renovation Fund. As we said in every message, it's easy to give!

- Go to <http://lyonpark.info/donations.html> and donate via PayPal or credit card
- Donate by check payable to LPCC Renovation Fund and mail it to P.O. Box 100191, Arlington, VA 22201.



Link to Our Schools When Shopping

Harris Teeter, Giant, Safeway, and Target stores contribute a percentage of eligible purchases to one or more participating schools that you designate. It's easy and free to participate. Please take a few minutes to link your savings cards to Lyon Park neighborhood schools. Even if you designated school(s) in 2015-2016, you will need to renew that designation for 2016-2017.

Stop by the customer service desk at the stores, or sign up on-line

Store/Internet Link	Long Branch ID	Thomas Jefferson ID	Washington-Lee ID
Giant A+ Bonus Bucks at http://www.giantfood.com/aplus (Registration opens 9/12/2016)	2189	2007	2195
Harris Teeter Together in Education at http://www.harristeeter.com/community/together_in_education/tie.aspx	3887	3905	3917
Safeway eScrip at https://secure.escrip.com/signup/index.jsp	Will auto-fill	Will auto-fill	Will auto-fill
Target Take Charge of Education at http://www.target.com/tcoe	103253	103251	103263



What are AmazonSmile and iGive?

Annemarie Selvitelli



AmazonSmile is an Amazon program that donates 0.5% of the purchase price of eligible

products to charitable organizations. AmazonSmile is a simple, automatic way for you to support Lyon Park Community Center every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Lyon Park Community Center. Go to smile.amazon.com from the web browser on your computer or mobile device. Select Lyon Park Community Center as your charity and then start shopping. It's that easy. You may also want to add a bookmark to smile.amazon.com.



iGive works in a similar way. It is a free service. iGive partners with more than 1,700 online

stores. A percentage of what you spend is donated to your selected charity (on average 3%). The stores pay for it all. You never pay more, and often you pay less with coupons and deals. A typical shopper raises more than \$100/year. Go to igive.com from the web browser on your computer or mobile device. Select Lyon Park Community Center as your charity and add the iGive button to your browser. This automatically tells participation stores that you want your shopping to support Lyon Park Community Center. You can also download the iPhone/iPad or Android apps. Join igive.com today, shop within 45 days and they'll donate an extra \$5 to Lyon Park Community Center

Lyon Park Community Center (Arlington, Virginia) is registered with both AmazonSmile and iGive. Both programs issue quarterly payments to the community center. To date, we've received more than \$3,000 from igive.com. We're relatively new to AmazonSmile, but the checks are arriving quarterly!

Thank You, Michael O'Connor!

At the start of Lyon Park Community Center's June 2016 Fundraiser, a generous donor offered an incentive to encourage incentives. After the campaign, we put all donors names into a hat, and selected one donor to receive a \$50 gift certificate to Lyon Hall.

Our winner, **Michael O'Connor**, has donated many loves of bread as incentives over the years. He gives generously of his time.

Thank you, Mike! We also thank all the other friends and neighbors who offered incentives and made this campaign interesting and fun.



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October 31 Our first ever Halloween extravaganza right in Ashton Heights! Continuous short performances for the whole family!

WINTER CONCERT

December 2 at 7:30 pm LPCC Holiday and wintry music!

MUSIC FOR HARP and friends

Ravel Mother Goose, Introduction and Allegro and more!

February 11 at 10:30 am Concert for Children

February 12 at 3 pm Rock Spring Congregational UCC

STRING QUARTETS and Brahms Sextet

March 19 at 4 pm LPCC Guest soprano Elizabeth Kluegel

SCHUMANN PIANO QUINTET and more

April 28 at 7:30 pm Clarendon United Methodist Church

HOUSE CONCERTS: Intimate concerts in private homes. A modest admission fee includes an elegant reception and concert. Details:

www.ibschambermusic.org/703.755.0960

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