

January 2016

Lyon Park Citizen



Please pay your annual Citizens Association dues!

-See page 2-

\$10 annually,
\$250 for life

Are you on the Listserv?

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

- Find a baby sitter fast
- Identify volunteer opportunities
- See the area Crime Report
- Ask for dry cleaner recommendations
- Keep up with local news

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>

**Lyon Park Citizens Association
Next Meeting
January 13, 2016
7 - 9 PM
Back at the Community Center!**

Rambling in Search of Inspiration

Writer's block is a bear!! After almost three years of President's Letters in the newsletter, I just couldn't come up with anything for this month.

Thinking that a change of scenery might help, I headed over to Spring Mill Bakery to work from there and have some coffee. Phew, that was a BIG mistake; I was so awake with the jolt of caffeine that I had TOO MANY thoughts on what to write.

Had to work off all of that energy, so I went over to the park to do some jumping jacks. That definitely worked, but there were about 40 people attending a wedding rehearsal dinner in the brand new Community Center sunroom, and they were all staring at me.

Self-conscious and a bit hungry, I decamped to Texas Jack's for some smoked brisket and ribs, choosing to "work through lunch" on my article at my table. Absolutely delicious, but, I ate a bit TOO much and was getting sleepy. Time for a brisk walk! Nothing like that to get the writing back on track.

But what happened to our crazy 70 degrees in December weather? Brrrr!!! After a quick stop next door at Second Ascent Consignment, I was decked out in a super-warm, slightly used, Arc'teryx jacket and hit the road (after a quick hello to the newly relocated State Farm office on the corner).

Nothing. My brain was still a complete blank. Hrmpf.

By then, I was incredibly thirsty...and happened to be right outside of Sehkraft. Maybe a local brew could shake some creativity loose? Nope, nor did the second one.

I give up. There's just nothing in this neighborhood worth writing about right now, I guess. Maybe next month...

John Goldener
President, Lyon Park Citizens Association



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. 915-7768

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

Sam Yarnell, 15, Red Cross certified, Babysitting and Mother's Helper, no infants. Call or e-mail to schedule: (571) 451-3076 or samyarnell@icloud.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. 655-6228 or meenamoustafa@gmail.com

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

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

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

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
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
lyonparkeditor@gmail.com

Distribution

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



Annual Lyon Park Holiday Party

With the renovated Community Center glistening, this year's December 11th holiday party was particularly festive. For a special treat this year, the Arlingtines provided pitch perfect entertainment, kicking off the gathering with the seasonal charms of It's Beginning to Look a Lot Like Christmas. The girls of Junior Girl Scout Troop 5216 chimed in with boundless enthusiasm for Santa Claus Is Coming to Town to usher in the man himself. The Girl Scouts also led fun crafts and games, and even set up a cozy story time corner to entertain the little ones waiting their turn to visit with Santa. Santa was particularly busy this year, as he and Mrs. Claus channeled the hopes and wishes of some 70 boys and girls. Thanks to neighbors generously sharing their traditions, this year's event included Hanukkah games and treats, too, much to our added delight.

As suited to the gleaming new serving bar, this year's holiday party also featured even more delicious sweets and cookies than usual - and the very merry crowd ate almost all of it! We are also happy to report that, all totaled, Lyon Park donated over 130 pounds of food to the Arlington Food Assistance Center (AFAC).

In sum, it was lovely to visit with so many neighbors, big and small, old and new. Thanks again to all who came out and took part in the festive carol singing, cookie eating, and plain old fashioned seasonal merriment. We'd also like to thank all of the people who make this event happen and keep this wonderful community holiday tradition alive, especially the Lyon Park Board of Governors for their sponsorship, and to all of the bakers and bringers of those great cookies and special treats. A special thank you to the following folks: Gary and Kit Putnam, Elizabeth Wray, Susan Nieser, Polly Hall and Elizabeth Battaglia and all of the Girl Scouts and parents of Troop 5216, Kathleen McSweeney, Marina Turner, Jeanette Wick, Matthew Bergstrom, Ron Cathell, Jennifer Hart, Renee Gutshall, Matt Whitaker, Rhodri Morgan, Tom Wiener, George Hobart, and the Arlingtines.

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

*Special thanks to
Susan Demske, who
organized this year's party!*



Annual Pancake Breakfast



Saturday February 6, 2016

8:30 - 11:30 AM

Adults: \$12

Kids age 4 - 10: \$5

Kids age 3 and under: \$2

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

Where? The Community Center (414 N Fillmore St.)

If you can help beat batter, set-up, clean up or whatever, please contact Margaret Fibel at

mfibel@gmail.com





Welcome Back CABOMA!

CABOMA returned to the Community Center on December 14, 2015. They jam from 2:00 – 3:00 PM on the 2nd and 4th Sunday of each month, and guest are welcome. At most jams, you will find a wide range of skill levels, from beginners to professional musicians. They encourage participants to bring and play traditional, acoustic bluegrass and old-time music instruments.

CABOMA hosts a slow jam, led by an experienced CABOMA member, during the regular jam. The slow jam is open to everyone, but is focused on those new to bluegrass and old-time music. The slow jam is also a good place to practice jamming while learning a new instrument. Find CABOMA at <http://caboma.org/jams/>

Save the Date:

- January 13: **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**. Visitors are welcome to join in or just sit and listen!
- February 6. Annual Pancake Breakfast, 8:30 to 11:30 AM



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7 DAYS A WEEK 703•527•5929

Winter Dinners Made Quick and Easy: Microwave

Christine Kubus

Got a hungry family and no time to waste? Use the microwave! There are thousands of fast and easy dinner ideas available on the Internet and in print. Better Home and Gardens has several microwave cookbooks available for purchase. Don't have time to go purchase a cookbook? Try one of these recipes tonight!

Chicken Fajitas – With only 5 ingredients and 15 minutes of your time, you can have a fast and healthy dinner on the table. Slice two peppers (one red, one green) and an onion and place in a 2.5 quart microwavable dish. Sprinkle with Southwest Seasoning Mix. Add raw chicken, either chicken tenders or chicken breast cut into strips. Add more seasoning to taste and microwave covered for 10 minutes on high. Recipe here <http://tinyurl.com/pfgu22e>.

Loaded Baked Potato – Grab some clean Russet potatoes and your favorite toppings. Poke each potato with a fork a few times and place them in the microwave on high for 10 minutes then carefully flip and microwave another 10 minutes (time may vary based on size and number of potatoes). Cut them open and load them up! Recipe here <http://tinyurl.com/pzmng8l>.

(Chicken) Penne Al Fresco – This recipe requires a little more time and attention. First locate a casserole dish with a lid and coat the inside with olive oil. Add four minced garlic cloves and 2 cups of cherry tomatoes to the dish, cover and microwave for 4 minutes. Remove the dish and use the back of a spoon to crush the tomatoes. Add 3 cups of uncooked penne, 4 cups of chicken broth and ½ tsp each of salt and pepper. Cover and microwave for 16-18 minutes, stirring at 10 minutes. If there is excess liquid, add ½ teaspoon cornstarch (mixed with a little cold water before you add it) or drain the excess. Add 2 cups of mozzarella cheese and 2 tablespoons of dried basil. Mix well. (Hint: Add precooked grilled chicken with the mozzarella if desired.) Recipe here <http://tinyurl.com/glz3grw>.



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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.

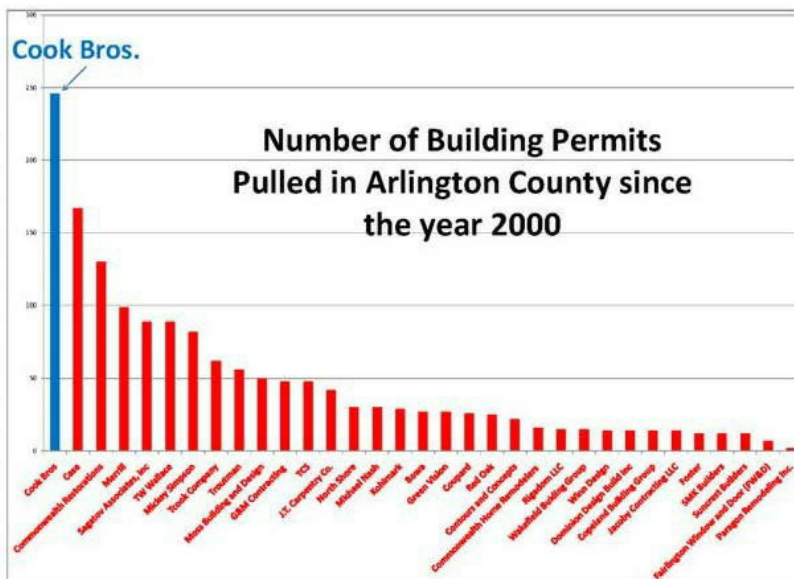
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A New Sue Monk Kidd Novel

Margaret Dean



In *The Invention of Wings*, Sue Monk Kidd blends the lives of two real girls growing up in pre-Civil War Charleston to tell the fictionalized growth of an early female abolitionist. The chapters alternate between the slave girl, Hetty Handful Grimke, and her reluctant owner, Sarah Grimke, in snapshots from 1803 to 1829.

In real life Sarah, joined by her much younger sister Angelina, grows up utterly and actively opposed to slavery. Hetty however slips from history. Perhaps she died or was sold. Kidd imagines how a young

white girl growing up in the heart of the South, where slavery was a way of life, the basis for standing, comfort, and wealth, became the adult she was.

Kidd sees that, despite being given Hetty for her tenth birthday, Sarah never wanted to own a slave. Sarah tries to return Hetty; denied that option by her father Sarah promises Hetty to free her when she can. In the meantime, Sarah teaches Hetty to read, for which Sarah is severely chastised later.

Kidd portrays the traumas of slavery graphically and recounts the impact that beatings and other punishments would have on a sensitive girl. Possibly Sarah mentioned wanting to be lawyer like her father, only to be rebuked by him for such unwomanly desires. Kidd shows that even in a domestic environment slaves' lives could be unstable and threatened in the hands of whimsical mini-tyrants.

Sarah comes to realize that she has been good at despising slavery in the abstract but not in practice. She has been horrified by severe punishments, but awakens to the daily grinding away of the soul. In creating this awareness, Kidd connects rights for slaves with rights for women. Sarah characterizes herself as one wing and Angelina as the other in a flight to freedom.



The Author's Notes at the end of the book sort fact from fiction, showing how "the two sisters retired from the rigors of public life following Angelina's wedding, in part due to Angelina's fragile health. Together, they raised Angelina and Theodore's three children and remained active in anti-slavery and suffrage organization, collecting petitions, and assisting a number of Grimke family slaves, whom they helped to set free. Their powerful document, *American Slavery As It Is* sold

more copies than any anti-slavery pamphlet written prior to *Uncle Tom's Cabin*."

The Invention of Wings: A Novel by Sue Monk Kidd. Penguin Books, NY, NY., 2001.

Paperback: ISBN: 978-0-114-312170-0, pp 350, \$17.00

Lights Dimming on Tanning Beds!

Daniel Holland

Sitting under an UV lamp until your skin reacts (even if it does not redden, blister, or peel) is utterly, wholly bad for your health. Incidental UV exposure (i.e. going for a short walk on a nice day) is natural but purposeful intense exposures is reckless!

Last month, the US Food and Drug Administration (FDA) created new restrictions on indoor tanning. The FDA will regulate tanning beds as medical devices, make warning labels more prominent, and add a "panic button" to beds. People younger than 18 years old will be forbidden from using indoor tanning beds or sunlamps, and those 18 and older will need to sign a certification of understanding about the risks. This follows a trend in 13 states and Washington DC, which already forbid minors from tanning beds.

Risks likely to be included into the waiver document for adults include:

- Indoor tanning is no safer than solar tanning. In fact the lamps' radiation is 10 to 15 times more intense than the midday sun!
- The rate of melanoma has more than doubled in the past 40 years. It now kills more than 10 thousand Americans annually.
- Melanoma death rate is similar to the death rates associated with gun crimes, HIV, or childbirth.
- One indoor tanning session increases risk of melanoma by 59%. Every subsequent use increases risk further
- Hundreds of emergency department visits annually are related to tanning beds. This includes sun burns to the eyes!
- A tan is the result of genetic damage (the DNA itself is mutated) and gives some protections (equal to an SPF of 4). For comparison, sunscreen must have a SPF of 15, which is much better!

The indoor tanning industry's usual defense is that tanning beds correct vitamin D deficiency. You can take vitamin D supplements by mouth if truly depleted. If you believe you are vitamin D depleted, consult a medical professional, not a beautician.

Adults have the right to use tanning beds. This FDA recommendation seeks to educate these adults on tanning's dangers and save minors from making a regrettable mistake. *Sunburns* are burns. You wouldn't hold your skin to a hot stove! And if you did, you would do it only once. Tanning salon users are predominantly Caucasian females between 15 and 29 years old. It's no coincidence that this group is also at highest risk for melanoma. Fair-skinned, young, females are particularly likely to develop skin cancer. If cancer does not scare you, loss of beauty may. *Any* UV exposure increases premature aging (wrinkling, skin thickening, and sunspots), and the risk of cataracts, skin cancers, and cancer of the eye).



DEATH TRAP

- a comedy-thriller -

Thomas Jefferson Community Theatre
125 S. Old Glebe Rd., Arlington, VA 22204

Jan. 29-31 Feb. 5-7, 12-13, 2016

www.thearlingtonplayers.org



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 attendess, 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.

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