

February 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 snow shoveler
- Learn about water main breaks
- See the area Crime Report
- Borrow mittens, sleds or snow toys
- 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

February 10, 2016
7- 9 PM

At the Community Center!

Changes Coming: Pershing Drive

Neighbors:

Some large changes are coming to Pershing Drive. They will affect all Lyon Park residents, and we have an opportunity now to comment and help shape these changes.

Pershing Drive Complete Streets Improvements

I am pleased to announce the beginning of a new County project to bring safety improvements to Pershing Drive in Lyon Park and Ashton Heights. This \$2 million project will focus on specific intersections and crossings along Pershing between Barton and Piedmont. It will feature crosswalks, curb bump-outs, planted medians, and other engineering changes to enhance safety for other modes of transportation besides cars.

Representatives from the County Department of Transportation attended the Lyon Park Civic Association's (LPCA) February meeting to preview some proposed projects, and have put designs and descriptions online at:

<http://tinyurl.com/jetnxez>

(or search for "Pershing" on the arlingtonva.us site)

The County is collecting feedback, recommendations, and comments through February, so please take a few minutes and review the proposed changes. We've included the County's graphic describing specifics on page 5.

Pershing Dr. and Barton St. All-Way Stop

Separately, County Staff have announced that the all-way stop (AWS) at Barton Street and Pershing Drive does not meet federal or state criteria for such a stop, and they have recommended its removal. This has come as a shock to many Lyon Park residents who have noted improvements to pedestrian, bicycle, and car traffic at that intersection. (The LPCA previously submitted a letter to the County in support of making this AWS permanent.)

County Staff will attend our February 10 LPCA meeting (7:30 PM at the Community Center) to explain this recommendation and answer any questions. If you would like more information or have questions about this proposed change, please plan to attend.

Best regards,

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

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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

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Christa Abbott:
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COMMUNITY CENTER

BOARD OF GOVERNORS

Jeannette Wick, Chair (703) 524-8531
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IMPORTANT CONTACTS

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chardeman22@gmail.com

Community Center Rental Agent

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

Clarendon Alliance Representative

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lcmaus@comcast.net

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Jeannette Wick

Submissions

Send photos and articles to
lyonparkeditor@gmail.com

Distribution

Helen White (703) 527-2977
hwhite33@verizon.net

Annual Valentine's Day Cupcake Sale

Order ahead or buy on 2/13:

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Black Bottom
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Saturday, February 13, 2015

Lyon Park Community Center
414 N Fillmore Street

8 AM to 2 PM

Brought to you by the
Lyon Park Woman's Club, which
is not just for women and
is not restricted to
Lyon Park residents.

To order ahead, e-mail
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CHILI COOK OFF!

Saturday, March 12, 2016

Extended hours! 5:30 - 8 PM

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

Chili, spaghetti, rice, condiments, salad,
cornbread, lemonade, ice tea and water.

It's BYOB this year!

We're back at the renovated Community House!

We need help with setting up, serving and cleaning
up, and donations of chili and cornbread. Please
contact Shirley Larson at (703) 527-4316 or
famlars@msn.com to volunteer.

*Enter a pot of your
favorite chili, or come to
vote for your neighbors!*

*Chili contestants receive one
free adult dinner.*

Avoiding Colds

Gabrielle Ruggiero

According to the Centers for Disease Control and Prevention, the average adult gets two to three colds each year. How can you reduce your risks?

Keep Your Nose Warm

We've all been told to bundle up, but research suggests that your hat and mittens won't do the trick if your nose is left out in the cold. Results from a recent study showed that cells in a cooler environment are less able to ward off the common cold than are cells at core body temperature. The cold virus targets your nose cells, so wrap your nose in a warm scarf before heading out the door.

Get Your Sleep

A blanket can also keep you warm... while you sleep for six or more hours every night. Participants in a recent study tracked their sleeping habits for one week. Researchers then dropped the common cold virus into their noses and watched to see what would happen. Subjects sleeping fewer than six hours per night were at greater risk of getting sick. So, if you're tempted to scrimp on sleep, you might end up in bed anyway, with tissues.

Share More Hugs

Conventional wisdom dictates that you should stay far away from everyone during cold and flu season. However, results from one study suggest otherwise. For two weeks, volunteers recorded their

interactions with other people, including their frequency of conflicts and hugs. Researchers then inoculated them with the cold virus. Participants reporting more hugs and fewer conflicts experienced less-severe illness than did subjects with less social support. So, cultivate supportive friendships, and be generous with hugs. Just hope your friends don't sneeze on you.



Who Was That Masked Man?

The weekend of January 22 and 23 brought the gift of almost complete silence to Lyon Park and surroundings. Tons of air molecules trapped between snowflakes attenuated any vibration associated with noise. Of course, the negligible traffic also helped.

Soon after the snow stopped, households around the park heard one of the first sounds as the Community Center's snow blower roared to life. A heavily garbed man pushed, pulled, and maneuvered that machine intermittently over the course of the next days. The end result was clear sidewalks all around the park.

Who was that man with the Herculean strength? Where did he get his energy and dogged persistence? Why did he work so hard? Where is he now?



That was Michael O'Connor, a stalwart volunteer who often steps up to do whatever we need, whenever we need it. Our roving reporter tried to reach Dr. O'Connor on Tuesday, January 26, but the call went to voice mail.

He returned the call while our reporter was indisposed, and left a message indicating he was again at the park with the snow blower. He hung up (or thought he did). What followed was two minutes and 21 seconds of snow blower-related noise: scraping, engine revving, tapping, gears grinding, and snow being blown! The man was not kidding—he was hard at work.

Mike, thank you for your diligence. The entire community appreciates it!

Save the Date:

- February 10: **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!
- February 13: **Annual Valentine's Cupcake Sale**
- February 21: **Woman's Club, 12 noon**



Kinder Haus Toys

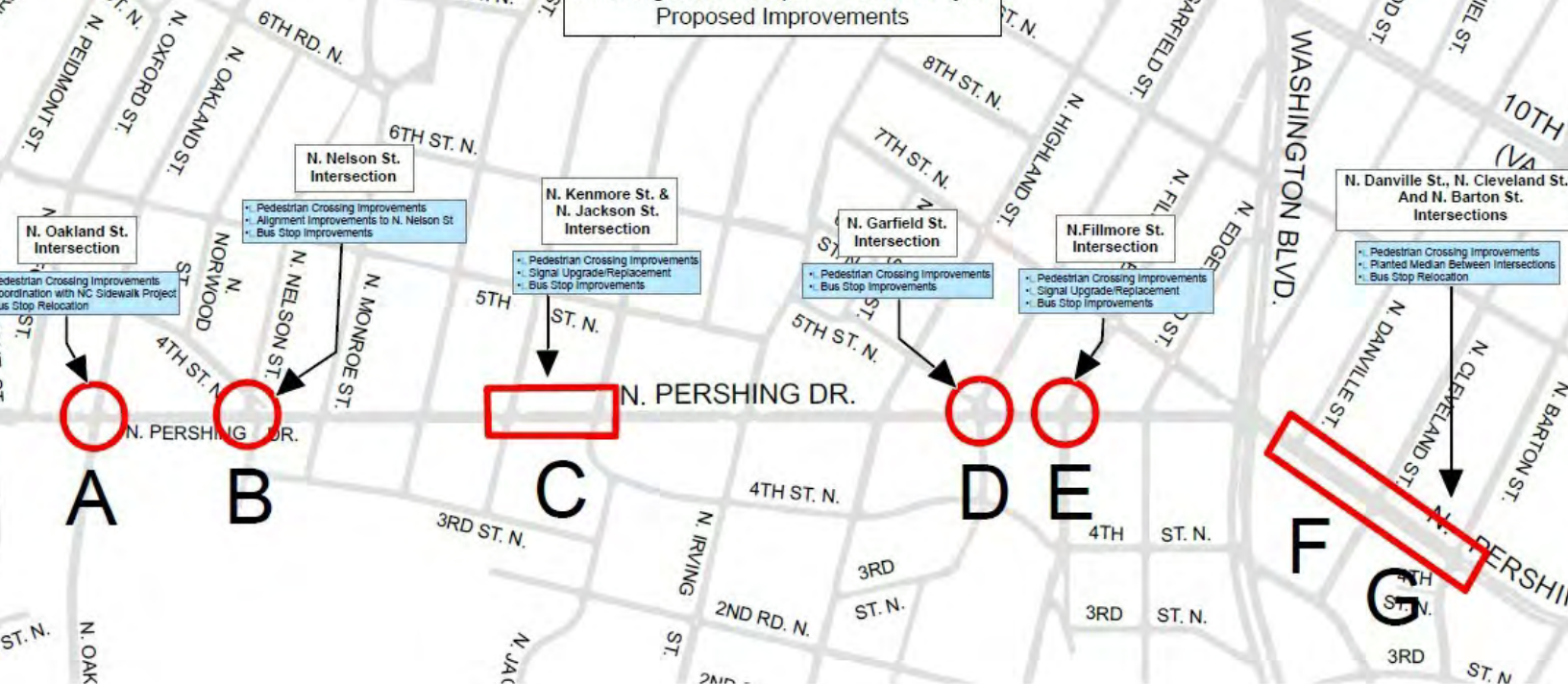
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web: www.Kinderhaus.com
(for news and events)
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Pershing Street: Prepare for a Makeover

The Lyon Park and Ashton Heights listserves were abuzz after the January civic association meeting. Residents are almost unanimously concerned about safety on Pershing Street, and discussion was as brisk as the snowy weather!

The project's intent is to improve safety and accessibility for all users. It will also consolidate bus stops to improve bus/transit efficiency, and improve bus stops, making them Americans with Disabilities Act (ADA) compliant.

Find the County's overview here:

<http://projects.arlingtonva.us/projects/pershing-drive-complete-street-improvements/>



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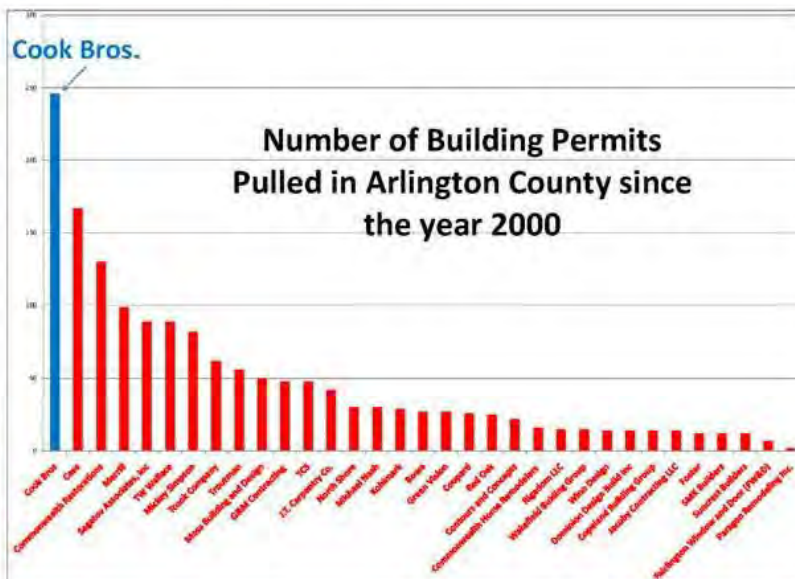
The Lyon Park Citizen is hand delivered to 2,000 homes around the 10th of the month from December through June (10 issues), with artwork and copy due the 20th of the previous month. These are our advertising rates:

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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and more information
about the Graph, visit our
website at

www.CookBros.org/LyonGraph





Hawk Sighting

Betty Perfall and Debbie Kaplan encountered a hawk protecting its prey—an unlucky squirrel—in Columbia Gardens Cemetery after the storm! They documented the discovery with a selfie.


Neighbor in the News



The January 23, 2016 issue of The Washington Post delivered a little known fact about neighbor Andy Leighton: He entertains travelers at Reagan National Airport with his French horn three times a week! Find the article online at <http://tinyurl.com/jta5bfs>.

Andy is a frequent neighborhood volunteer, and he and his wife Helen White have handled newsletter distribution for many years.

Andy retired in January! Congratulations, Andy!




STEPHEN A. MABRY, DDS, PLC

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Dr. Erika A. Anderson

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Loving Frank: A Novel

Margaret Dean

Loving Frank, A Novel by Nancy Horan, is not about Frank Lloyd Wright, not really. Rather it is about what loving can do to a life and to the lives surrounding a whirlwind. In her afterword to this reimagining of Mamah Borthwick's love affair with Wright, Horan cites a quote about Ibsen. It says that the proof of a person's greatness is 'the power to stand alone; to be able ...to make his own choice; ..., choose his own sacrifices, run his own dangers, win his own freedom, venture his own destruction, choose his own happiness.' This is precisely what Mamah does. Like Nora in *The Dollhouse*, she walks out on her marriage and her family.

Horan, drawing from the historical record, documents from Wright's life, and some of Mamah's writings and letters, has created a possible "ever after." And for seven years the Wright-Borthwick relationship was mostly "ever after" until the untimely murder of Mamah and six others by the household help. Despite the grandeur of the opening quote, the question remains if destroying the lives of others in seeking our own happiness is indeed ennobling, enriching, fulfilling or whether it is just selfish and weak.

Wright and Mamah, a tornado of personal destruction, severed networks of relationships: Mamah left her young niece who was her ward, her husband, and her sister who ended up taking care of the abandoned family. Mamah also literally left her children. She had taken them to Boulder, Colorado just before she made the final irreversible split with her husband, Edwin, and sailed to Europe to join Wright. She just left her small children with her friend Mattie in Boulder without explanation and went to Europe where she remained for nearly two years. At the same time Wright fled his wife and four children. The result: broken hearts and lives strewn everywhere in the aftermath of loving Frank.

The Ibsen quote is both accurate and incomplete. A person's greatness may be the strength to stand alone, but stand for what: to make your own choice, to decide for yourself which are your sacrifices, your dangers, your freedom, your destruction. But do you get to decide for others? Is it nobler to pay your bills or drain your creditors? Do you get to impose the consequences of your dangers, destructions, sacrifices on your spouse, your children, your sisters, your friends, your banker? Or do you take that freedom from them? *Loving Frank* presents one choice.

Loving Frank, A Novel by Nancy Horan. Ballentine Books, New York, 2008. \$14.00, pp 359



*January, 2016
Snowfall at Lyon Park!*

Photo credit: Michael O'Connor (pictured at the right)

The Lyon Park (not just for) Woman's Club

The Lyon Park Woman's (not just for women) Club meets on the third Thursday of every month (weather permitting). The next meeting is Thursday, January 21, 12 noon at the newly renovated community house.

Bring a dish to share, and stories to tell. (Or just come—we always have too much food)

What does the Woman's Club do? We enjoy each others company and eating good food. We help with many community events, and sponsor bake and cupcake sales. We support the community center. The proceeds of our bake and cupcake sales over the years paid for two new gas ranges, the 30" ADA range and the 36" six burner range for the newly renovated space. In addition, we have also donated in excess of \$20,000 for the renovation fund.

We hope to see some new faces in the New Year. Please contact me, Shirley Larson; famlars@msn.com with any questions.

Shaking Things Up



With renovation complete, the not-just-for-Woman's Club is planning some of the community's favorite events. As we planned at the last meeting, the discussion turned from, "We've always done that event on (a certain day of the

week or week in a month)," to "Maybe we could do things differently." After batting ideas around for a while, the group decided to ask the community for their opinions and ideas. Eighty-four neighbors weighed in. This is a remarkable number—we rarely have such a robust response to our surveys. The survey results, compiled by a student volunteer, appear at the right.

The njfWC and the Community Center's Board of Governors will certainly use this information when planning future events. The njfWC has a number of skilled chefs who are eager to try something different. We also understand that for some of our neighbors, the option of having someone else prepare dinner on a weeknight might answer that tired old question, "What should we have for dinner tonight?"

We also heard from several neighbors who self-identified as mature professionals and wished for events where they can connect. Some parents also asked for child-free events from time to time.

If any of this inspires you to step forward and organize an event, please do. We'll help you plan, advertise, run the event and clean up afterward, promise! Contact Jeannette Wick at jywickrph@aol.com or (703) 524-8531 if you can help.

Update on Community Events: What You Want

Christine Kubus

Thank you to the 84 residents who took part in our recent survey to help improve community involvement. We asked residents three questions pertaining to the nature and timing of events and the results are in!

We asked if residents would attend a community supper on a Wednesday or Thursday:

- 67% of residents said they might (depending on household schedules)
- 17% of participants said they would not attend
- 16% stated they would love to attend on a Wednesday or Thursday
- More than half preferred Thursday over Wednesday or Monday

We asked about preference of dinner options and activities available:

- 71% of participants agreed they would like to see more ethnic or unusual community dinners
- 40% of participants said they would be interested in a take-out option
- 42% of participants said they would be interested in attending a Thursday Happy Hour.

Moving forward, we would like all who are interested to be able to attend at least one event. Likewise, we hope to create events that appeal to many residents at all stages of life. We received a few suggestions and have a few of our own:

- Movie night for those with younger children
- Several people suggested vegetarian options be available and we couldn't agree more!
- Two people also suggested a ladies night including dinner, dessert or drinks
- One participant suggested organizing a book club—surprise! Lyon Park has a book club (see particulars, page 10)

For residents without kids and spouses, we would love to work with you to create events of interest:

- Perhaps a monthly or weekly happy hour with cocktails and finger foods
- Trivia night
- Karaoke?



Planning for Natural Beauty: No Oxymoron!

At the last Lyon Park Garden Group meeting, Deborah Barber, who works for the Nature Conservancy in Maryland, and Liz Delmar, a Master Gardener, reported on the rain garden design and planting. After the rain garden passed its engineering inspection last November, Liz and Deborah planted the mulched area with native plants culled from their gardens. They selected the plants to provide a full growing season of bloom times and a variety of colors and forms. They included green-and-gold, cardinal-flower, swamp sunflower, yellow loosestrife, ironweed and swamp rose. Our warm December gave these plants extra time to spread roots before the current freeze, and perhaps they will burst forth next spring!

The Garden Group also discussed guiding principles for plant selection in the building's gardens. A neighbor has offered a challenge grant stipulating all plantings must be native species. The Garden Group hopes to accept the challenge for these reasons:

- Native plants attract native pollinators, including butterflies and native bees, many of which are declining because of habitat loss and the proliferation of non-natives in landscaped areas.
- Plants that benefit native insects are also good for birds, since insects are such an important food source for birds.
- The Community Center's central, visible location provides a great opportunity to educate the neighborhood and the public about native plants.
- Many members and their contacts can share native plants from their gardens, significantly reducing costs.
- The challenge grant will be used to buy a few good native shrubs that would be hard to obtain from people's gardens.

The Garden Group plans to prune and restore the mature hollies and yews around the foundation out of respect for their age and historic value, even though they are not native. They hope to create year-round interest and will research native plants that are evergreen or otherwise provide winter beauty.

Next, the Garden Group will avoid toxic plants, since Lyon Park is a play park. They'll use no pesticides or fertilizer other than compost (perfect for natives), and choose plants that require minimal watering after establishment (natives are good at this).

The group hopes the garden will be a source of cut flowers and decorations for traditional Lyon Park events and a source of plants for the plant sale. As weather permits over the winter, this group will work on improving the soil, since some of it is quite compacted from the heavy machinery.

Rain Garden 101

What exactly is all this rain garden talk? The diagram to the left is a very simple depiction of a rain garden. Many residents have installed them in their yards to manage drainage problems.

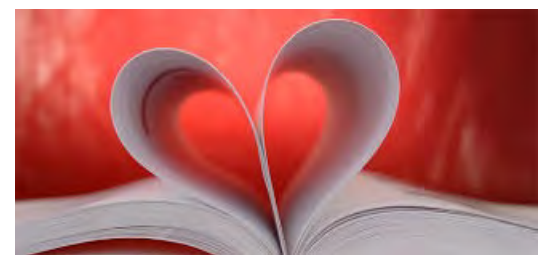
In the case of the Community Center, the County required a specific rain garden—an engineered assembly that is intended to regulate post-renovation storm water runoff from impervious surfaces. The County required such a rain garden after determining that the LPCC's total post-renovation storm water runoff volume from new surfaces was greater than its predevelopment storm water runoff volume.



The Lyon Park Garden Group

The Lyon Park Garden Group will meet in the CC at 7:30 on the third Tuesdays of March and April. In May, members will be busy preparing for the Plant Sale at the Spring Fair on May 21, which has been a fundraiser for the Community Center for many years. All neighborhood gardeners are invited to the meetings and to participate in the plant sale by donating plants and time to this fun event.

The Garden Group will need tremendous community support to replant the garden beds around the new CC.



The Lyon Park Book Club

The Lyon Park Book Club celebrated its 16th anniversary in January, 2016. The club meets on the fourth Sunday of each month in members' homes and discuss books, usually fiction, that members suggest. They try to keep selections to under 500 pages each and choose titles that are available in paperback. We welcome new members.

Contact at deborah.barber@gmail.com for more information.



Find pictures at www.facebook.com/groups/LPgardengroup/

10th Street Flats Demolition and Construction Update

Aaron Schuetz, VP Development, LPCA



Demolition and construction have finally begun on what will be the longest structure in the Lyon Park neighborhood. 10th Street Flats is a project that consolidates many smaller sites along 10th street, including a small retail and office building, Jay's Saloon, and a few car dealerships. Coming in at about 400 feet in length (longer than a football field), this new building will be five stories tall, include 135 apartments, 8 live/work units on the ground floor, 3600 square feet of retail, and a new 4700 square foot home for Bridges to Independence (formerly known as AACH). For comparison, the Garfield Park complex is of similar overall size, but has about six times as much retail square footage. The 2201 Pershing project has about 50 more apartments, and about 10 times the retail square footage (daycare being the dominant form of retail).

The development process for 10th Street Flats has been going on for several years, during which time Clark Realty has modified the project several times based on feedback from the neighborhood as well as the County. Some of this is how the County rewards companies for building what the County likes. The site plan process includes concessions for both sides. The result is a very large building that Arlington believes fits into its long range plan. It will have a handful of affordable dwelling units, meet LEED Gold certification, and help that block to be more attractive and pedestrian-friendly.

One of the great benefits that came from the negotiation process was the eventual teaming up of AACH with Clark. The AACH "bunker," just at the edge of this project on 10th street, was eventually folded into the design. The building grew to include this site, and in exchange this nonprofit will receive a brand new space within the building that is about twice the size of their previous space. Bridges to Independence (bridges2.org) is a great organization to have in Lyon Park, working to provide aid and support for families to help them move towards self-sufficiency. They are very excited about the ways in which the partnership with Clark will help them focus on and expand their mission, instead of worrying about the cost and effort of rebuilding themselves.

There are a few remaining neighborhood concerns with the 10th Street Flats building. The County refused to limit traffic from the complex into the alley and onto 9th Road, in spite of support from the developer. The developer worked through many variations of the rooftop design (placement of AC units, partial walls, lighting, etc.) but still wanted to create a rooftop amenity space. Lyon Parkers are concerned this will result in noise drifting into our neighborhood.

If you walk, bike, or drive past, you've probably noticed that fences have been up for a while, and demolition has begun. If you are lucky enough to live that close to Clarendon, you're probably also unlucky enough to have some hassles with the 18 month process. The construction plan and restrictions have all been negotiated with Arlington County. You can expect the excavation to last a few months, during which time trucks will be entering and exiting the site by turning from 10th street onto Highland, and then back out the same way. Concrete work will likely begin in April, and the wood framing in August. Their goal is to be completed by summer 2017. During different phases, they'll have different crews working with them. The construction schedule is 7 AM to 6:30 PM weekdays, and 10 AM-6:30 PM weekends and holidays. Indoor work is allowed until midnight. Crews are encouraged to park in garages, but of course are allowed to park where zone restrictions don't prohibit parking.

Want more updates? More information? Make sure you are on the Big Tent e-mail list (see page 1 for enrollment information), and are specifically set up to receive "Development" updates. Contact me with questions or concerns at ajschuetz@yahoo.com.





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.

MAKE A RESERVATION TODAY!

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



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