

# Lyon Park Citizen

October 2017

## President's Message

Fall is here and Lyon Park is a perfect place to enjoy it. We just had our fall neighborhood afternoon out event and it was a great success. Watching all the kids play in the park, people dancing to the music, and neighbors catching up with one another, I was reminded how grateful I am to raise my family here in Lyon Park.

At our September meeting, we held elections and all the members of the executive committee were reelected. In some exciting news, Annemarie Selvitelli will be joining me in the role of co-president. We look forward to working together to represent the needs of our community.

Our first order of business will set the agenda for the October 11 meeting—making decisions about the newsletter and listserv as a means of neighborhood communication. We have been very lucky that Jeannette Wick has been willing to see that the newsletter arrives every month, and she will continue to do so through June 2018, but past that we need a new slate of volunteers to make the newsletter happen. More importantly, we need to decide as a community if that is something that we want to make happen. There have been some calls for the newsletter to go fully digital and some impassioned pleas to keep it as is. If you have an opinion, or are willing to help, please attend the October meeting to give input.

We also hear frequent complaints about the listserv but do not currently have the volunteer bandwidth to make a change. Can you help? Please attend the meeting so that we can talk about what our community needs are and what different options are available. We will be crowdsourcing this—please bring your research and we can discuss.

On Wednesday, October 11, our monthly meeting will be at the community house. Doors open at 7 PM for social time and our meeting will begin promptly at 7:30. Looking forward to seeing everyone there!

*Christa Abbott*  
*LPCA President*



## Book the Community Center Early!

**We're not kidding!**

Rentals have been brisk, and we are renting well into early 2018.

Book those big parties early!!!

[www.lyonpark.info/calendar](http://www.lyonpark.info/calendar)

## Are you on the Listserv?

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

- Chat about foxes with mange
- Find a licensed roofer
- Clear up confusion (Is Saturday the 17<sup>th</sup>? Yes? No? NO!!!)
- Be amazed, amused, articulate

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>



## Please pay your 2017-2018 LPCA dues!

-See page 2-

\$10 annually, \$250 for life

## Next meeting:

Wednesday,

October 11, 2017, 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. Red Cross 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](mailto:sirenajbpearl@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](mailto:johnausink@earthlink.net)

Toby Kant, 14, dog walker, pet sitter (guinea pig and turtle specialist), plant sitter. Call or email to schedule: 626-6725 or [zoekant@yahoo.com](mailto: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

Jordan Mosley, 14, Red Cross certified and mature. Babysitter or mother's helper (no infants), dog walker or pet sitter. To schedule, please e-mail [jtmosley13@gmail.com](mailto:jtmosley13@gmail.com) or call 623-8217

Jessica Byers, 15, experienced and available for pet sitting, [lyonparkpetsitting@gmail.com](mailto:lyonparkpetsitting@gmail.com) or 527-9510

Max Kiriakou, 12, lawn mowing, has own lawn mower. 862-3597

Anne Bell, 16, Babysitter. Red Cross Babysitting certified, First Aid, CPR, and Automated External Defibrillator certification. Please text to schedule: 623-3507

Adalie Wilson, 15, babysitter, mother's helper, pet/plant sitter. Experience as a camp counselor, with children with disabilities. Red Cross babysitter certification. E-mail [aawilson54321@gmail.com](mailto:aawilson54321@gmail.com) or call/text 855-8279.

Kerik Hayes, 15, odd jobs, (mowing, raking, shoveling snow, etc.), owns lawnmower, [legokerik@gmail.com](mailto:legokerik@gmail.com), (571) 232-4366.

Maggie Hayes, 13, Petsitter, and Red Cross certified Babysitter/Mother's Helper. Call or Text: 571-309-5103. Email: [hmaggie119@gmail.com](mailto:hmaggie119@gmail.com).

Ella Bomberger, 12, mother's helper and babysitter. Text or call 298-3233 email [melbomberger@gmail.com](mailto:melbomberger@gmail.com) to schedule.

## Please Pay Your LPCA Dues:

**\$10/year, \$20/two years, \$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):

☐ Neighborhood Conservation

☐ Spring Fair

☐ Community Center and Park

☐ Traffic issues

☐ Development issues

☐ Newsletter

☐ Social Events (Holiday Party, Halloween)

☐ Trees/Conservation

☐ Homes and Gardens Tour

☐ All-purpose volunteer

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

## LPCA EXECUTIVE COMMITTEE

### President

Christa Abbott and Annemarie Selvitelli  
[president@lyonparkcitizens.org](mailto:president@lyonparkcitizens.org)

### Vice-President/Neighborhood Conservation

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

### Vice-President/Development

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

### Treasurer

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

### Secretary/Historian

Vicky Hush  
[vhush@yahoo.com](mailto:vhush@yahoo.com)

### Membership Chair

Amit Bhatnagar  
[amit116@hotmail.com](mailto:amit116@hotmail.com)

### Sargeant at Arms

John Goldener  
[goldener@gmail.com](mailto:goldener@gmail.com)

### Members at Large

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

## COMMUNITY CENTER

### BOARD OF GOVERNORS

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

## IMPORTANT CONTACTS

### Police Liaison

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

### Community Center Rental Agent

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

### Clarendon Alliance Representative

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

### Listserv

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

### Civic Federation Reps

Steve Geiger (703) 522-0026

Erik Gutshall (703) 276-0809

Larry Juneer (703) 525-8921

Michael O'Connor (703) 525-3469

Natalie Roy (703) 819-4915

Jim Turpin (703) 248-6988

### Doorways for Women and Families Liaison

Erik Gutshall (703) 276-0809

### Newsletter Editor

Daniel Holland  
Jeannette Wick

### Submissions

Send photos and articles to  
[lyonparkeditor@gmail.com](mailto:lyonparkeditor@gmail.com)

### Distribution

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





# Halloween in Lyon Park

There's no place like Lyon Park!

## •Parade of Costumes, Saturday, October 28

- ☐ Goblins, witches, fairies, and fruitcakes should appear in the park before 10 AM; parade starts at 10 AM promptly
- ☐ If you can bring treats (cookies, fruit, etc) to share, please contact Lori Rizzi at [lori.m.rizzi@gmail.com](mailto:lori.m.rizzi@gmail.com) or Jessica Thibodeau at [jesssthibodeau@gmail.com](mailto:jesssthibodeau@gmail.com)
- ☐ Rain date: Sunday, October 29

## •Bonfire, Tuesday, October 31, sunset until 9 PM

- ☐ YOO HOO! Can you donate well cured/dried fire wood no more than eight inches in diameter? No "leafy" branches/debris please. If help with transport is needed\* please contact Chuck Phillips at: [ctphillips61@gmail.com](mailto:ctphillips61@gmail.com).
- ☐ Can you donate an hour or two to help prepare donuts and cider, monitor the crowd, or help clean afterward? Contact Elizabeth Wray at [ejswray@yahoo.com](mailto:ejswray@yahoo.com) or (703) 522-1263

\* Wood can be left on the mulched area adjacent to N. 4th Street at N. Garfield Street.



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##### *Citizen's Association Representatives*

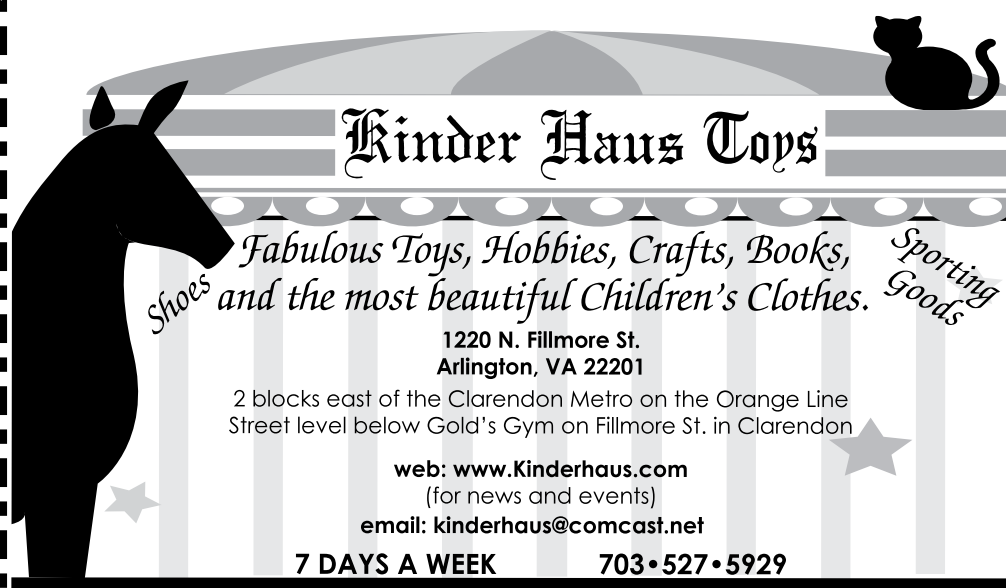
Bill Anhut (Treasurer)  
 John Goldener (Vice Chair)  
 Ron Cathell  
 Aaron Schuetz  
 Annemarie Selvitelli (Secretary)

##### *Not-just-for-Woman;s Club Representatives*

Kit Putnam  
 Tagrid Wahba  
 Shelya White  
 Jeannette Wick (Chair)  
 Elizabeth Wray

### Save the Date:

- Lyon Park Civic Association meeting, October 11, 7 PM
- 2<sup>nd</sup> and 4<sup>th</sup> Sundays, 2 PM to 6 PM: Capital Area Bluegrass and Old-Time Music Association. Come join in or just sit and listen!
- Lyon Park not-just-for-Woman's Club potluck lunch. Thursday, October 19, noon. Hope to see many new faces!



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web: [www.Kinderhaus.com](http://www.Kinderhaus.com)  
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## Cool Stews for Cooler Weather

The recent spate of warm, humid weather may have many of us thinking that this will be an autumn-less year. The weather man, however, predicts otherwise. When the cool air eventually arrives, so will soup and stew season.

Many of us have a favorite stew, perhaps a savory beef stew or a chicken dish we simmer for hours. Those stews are delicious and easy to make, but they don't quite meet the definition of "cool." Let's talk about a few exceptional, easy, extremely tasty stews.

We'll begin with the coolest of the three: Dovi Peanut Stew. This stew allegedly has African origins. As you'll see from the ingredients, it's a chicken stew that's chock-full of delicious vegetables and gently flavored with peanut butter. Try it. Your family will like it. Use the recommended amount of peanut butter in the first round and when you make it again (and you will) you may want to increase it.

### Dovi Peanut Stew

- 2 tablespoons butter
- 2 medium onions chopped roughly
- 2 cloves garlic crushed
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 jalapeno or chili peppers seeded and minced
- 4 pounds chicken cut in pieces
- 1 green Bell pepper, cord/seeded/chopped (I omit this)
- 28 ounce can of chopped tomatoes
- 2 cups chicken bouillon
- 6 tablespoons smooth peanut butter
- 1/2 pound spinach



Sauté the onions in butter until golden brown. Add the garlic, salt, pepper and hot pepper. Stirfry for two or three minutes. Add the chicken and bell peppers. Fry for a few minutes until the chicken browns. Dump everything except the spinach into a crockpot and let it cook for 4 to 6 hours. Add the rinsed spinach and cook it for a few minutes until the spinach wilts. Serve as is or with rice. Our wine advisor, Jessica Outer from Screwtop, says she would pair this with a partially oaked, dry chardonnay or dry Sauvignon Blanc.

### And Two More

If you love turkey, don't relegate the big bird to Thanksgiving. This is a wonderful protein, and again, with the help of a crockpot it can be easy to fix. This recipe uses a vegetable unfamiliar to many: hominy. Find it in the canned vegetables section on the bottom shelf below the corn.

The Turnip and Pork Pie may look daunting, but it's quite easy. A trick is to look for country style pork ribs, and cut them into pieces. It, too, cooks well in a crockpot or a pressure cooker.

And Jessica has recommendations for these dishes too. Pair the Mexican Turkey Crockpot Dish with a Rioja or Albariño, and pour an Oaky Chardonnay or Pinot Noir with the Turnip and Pork Pie.

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# screwtop

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### Turkey Crockpot Thing

- 1 boneless turkey breast
  - 1 15 ounce can golden hominy
  - 2 15 ounce cans black beans, drained and rinsed
  - 1 28 ounce can diced tomatoes
  - 1/2 cup water
  - 1 onion, diced
  - 1 tablespoon parsley, 1 tablespoon chopped garlic, 1 teaspoon cumin, 1 teaspoon oregano
- Dump all in the crockpot and cook on high for 2 to 3 hours or on low for 5 to 6 hours. Serve with rice.



### Turnip and Pork Pie

- 1 ½ pounds turnips, peeled and cut into ½ inch cubes
- 8 slices Canadian bacon, cut in squares
- 1 ½ pound pork with some fat, diced
- 2 medium onions, chopped
- 2 garlic cloves, chopped fine
- ½ cup sliced celery
- 2 tablespoons flour
- 2 cups boiling chicken broth
- Salt and pepper
- 1 teaspoon dried chervil or savory
- ¼ teaspoon mace
- 2 bay leaves



Sautee bacon and pork over low heat long enough to melt the fat, drain all but two tablespoons, then stir in the onions, garlic and celery. Cook for 3 minutes. Stir in the turnips, and work the flour into the mixture. Gradually add the hot broth and stir until the sauce thickens. Season lightly with salt and pepper and the remaining seasonings. Cover and simmer for 30 minutes. Remove the bay leaves and turn the stew into a shallow casserole. Bake in a pre-heated 400-degree oven for 20 minutes with or without crust.\*

\*This dish is spectacular with a top crust on it, turning the stew into a *tourtière* (or a pot pie for us mortals!).

### Cornmeal pie crust:

- 2/3 cup flour
- 1/3 cup cornmeal
- ¼ teaspoon salt
- 4 tablespoons shortening
- 3 tablespoons ice water

Toss dry ingredients together. Cut in the shortening until mixture resembles coarse bread crumbs. Stir in water gradually. Roll a shape about ½ inch larger than casserole's top. Drape dough over the dish, crimp edges. Make several slits in the surface.

## Advertise in The Lyon Park Citizen

The Lyon Park Citizen is hand delivered to 1,900 homes around the 10th of the month from September through June (10 issues), with artwork and copy due the 20th of the previous month. These are our advertising rates:

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

We offer a 5% discount for residents who have paid their LPCA dues, and an additional 10% discount for advertisers who commit to three or more months in a row. A designer will draft artwork for an extra 10% charge. Contact [lyonparkeditor@gmail.com](mailto:lyonparkeditor@gmail.com) to reserve space.

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# 100TH ANNIVERSARY CELEBRATION

**Saturday, October 21 | Noon to 3:00 pm | Columbia Gardens Cemetery Grounds**

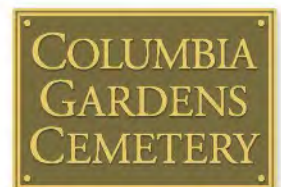


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Help us celebrate at a special event to mark our 100 years in the Arlington community. There will be fun activities for children and adults. Learn about flowers, find out how honey is made, take a nature walk, enjoy delicious refreshments and more.

**Let us know if you will come. Call 703.527.1235  
or email [info@columbiagardenscemetery.org](mailto:info@columbiagardenscemetery.org)**

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## Community House Rental Rates

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

### Monday – Thursday (8 AM–5 PM, 4 hour minimum)

<50 guests, \$35/hour resident; \$100/hour non-resident

>50 guests, \$70/hour resident; \$100/hour non-resident

### Monday – Thursday evening (6–10 PM)

<50 guests, \$35/hour resident; \$100/hour non-resident

>50 guests, \$70/hour resident; \$100/hour non-resident

### Friday, Saturday, Sunday, Holidays

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

\$350 resident; \$900 non-resident

#### WHOLE DAY (8 AM–10 PM):

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

**Children's Birthday Rates for children 10 and under, maximum 40 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; \$400 non-resident

### Grounds preservation fees:

- \$30/inflatable (can only be rented from Arlington TEAM)
- \$100/floored tent, \$30/pole tent
- \$30 grounds fee for ponies and petting zoos

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](http://www.lyonpark.info)



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



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### Food Box by Pierre Bleu

Wilson Hardware  
2915 Wilson Blvd  
Dinner & Drinks for 2: \$53

In my younger and more vulnerable years my father gave me some advice that I've been turning over in my mind ever since: "If you can't say something nice, don't say nothin' at all." In that spirit, all future restaurant reviews will be positive! Even the worst restaurant must have some redeeming qualities, I suppose.

Wilson Hardware replaces Ri Ra in the space between Mexicali Blues and Faccia Luna. One thing that is important to know is that Wilson Hardware is a restaurant/bar, not a hardware store. Apparently there used to be a hardware store in that location a decade ago. As a result, Arlnow commenters are having a field day with puns involving tools, screwdrivers, hammers, etc.

That area has seen many new restaurant arrivals recently, including the previously reviewed Baba/Ambar and Heritage Brewing Co. Wilson Hardware's layout is interesting. When you first enter, it appears to be a small chic bar area, but the dining and drinking options continue upstairs, in the back, outside on the patio, and on the roof. Music plays everywhere, but it was not too loud at 6 PM.

Wilson Hardware offers a focused menu of eclectic bar food. Much of the menu is dedicated to "shareables" (AKA appetizers) with a few entrees, sandwiches, salads, and sides to round things out. Some of the delicious items on offer are:

- Panzerotti: Fried pizza dough with cheese. The dough is thin and crispy and the flavor is heavy on the gorgonzola.
- Hardware Fritters: Fried balls of corn and cheese that taste somewhat like a crab cake or a samosa
- Crispy Calamari: Fried squid
- Roasted Root Vegetables: You might expect the carrots, but the fennel and leeks are the real surprise

Happy Hour included \$5 options for beer, wine, and cocktails and all of the sharables were \$3 off. The result was a reasonably priced full meal. It was good!



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### Music at the Food Truck Festival!

Music filled the air at the September 17 Food Truck Festival – "The Voyage," a George Mason University group, played jazz, and two Arlington Philharmonic ensembles played classical and polka music.

The Arlington Philharmonic also invited festival goers to use an actual baton and lead the "orchestra." Look at those talented young conductors!



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Sunday, September 17, 2017: Food Truck Festival



All photos:  
Jennifer Hart







## Treasurer's Report

*Bill Anhut*

The Lyon Park Community's fiscal year ended June 30, 2017 and we successfully completed the first full year of the newly renovated Community Center's operations. Our \$87,600 rental revenue surpassed the highest pre-renovation amount of \$51,400 by more than \$36,000. It was also \$30,000 higher than the projected 2017 revenue in the community's Business Plan used to obtain the construction financing. The Lyon Park Fair, Neighborhood Night Out, Pancake Breakfast, Spaghetti Dinner, Craft Fair, Chili Dinner, Yard Sale, and other fundraising events contributed a record \$10,700. Those revenue sources minus expenses of maintaining the Community Center and grounds produced Operating Income of \$24,700, compared to the \$10,500 projected in the Business Plan.

However, the most significant contributor to 2017's results was the \$161,700 received from the transfer of its historic tax credits. The Lyon Park Community decided to redevelop the community house in a manner sensitive to its historic heritage. Despite the additional costs required to "do the job right," we were rewarded with the award of the tax credits. Special thanks go to Jeannette Wick who spearheaded the time-consuming effort to obtain the tax credit and raise an additional \$51,000 in donations. In 2017 we were able to reduce our construction loan balance by nearly \$177,000 to end the year at \$233,000. We make monthly principal and interest payments of \$6,200, which will reduce the loan balance to \$170,000 at June 30, 2018 and completely repay the loan by July 2021.

The Lyon Park Citizens Association ("LPCA") ended the year with a cash balance of \$16,200, a \$4,500 decrease primarily due to the net expense of publishing the newsletters in 2017. Advertising revenue was level with the prior year amount, but below historic levels.

Our financial statements appear on page 12.



## Decide. Commit. Succeed.

On September 22, summer left us as we still enjoyed the 80° weather it left behind. As we head into the fall months, the Lyon Park Community Center will gear up for its end-of-the-year fundraising.

Please decide to donate to the December end-of-the-year fundraising. Commit to being an amazing neighbor who offers a fantastic incentive such as a cooked or baked dish, or a dinner redolent with the taste of your heritage. Here's how you might help:

- Bake some fabulous goodies
- Provide lessons for activities such as tennis, art, etc.
- Donate some tutoring
- Be crafty and knit, crochet, or sew something
- Offer matching funds

Can you donate an incentive? If so, please email Annemarie at [lyonparkfundraising@gmail.com](mailto:lyonparkfundraising@gmail.com) or Jeannette at [jywickrph@aol.com](mailto:jywickrph@aol.com)

Did you know that the Lyon Park Community Center is a charitable organization, a 501(c)(3) under the U.S. Tax Code? Your donations qualify as tax-deductible contributions. Your 2017 donation to the center will be used how you want it to be used, not how Uncle Sam wants to use it. That's SUCCESS!

Electronic donations can be made online at <http://lyonpark.info/donate/>.

If you would like to donate using securities, bequests and retirement plan assets, please contact Bill Anhut at [billanhut@yahoo.com](mailto:billanhut@yahoo.com).

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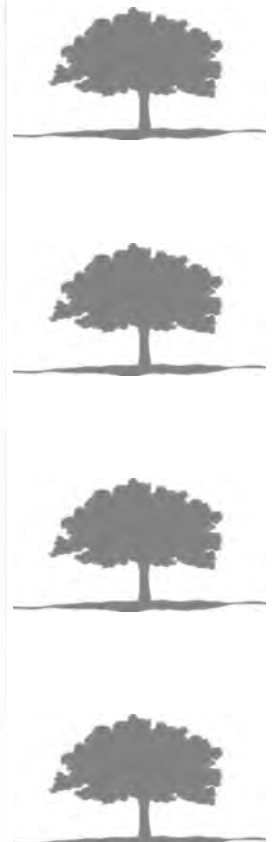
**Not-just-for-Woman's Club:**  
Thursday October 19, 12 noon at the Lyon Park community house. Potluck lunch. Bring a dish to share, a friend or two, and a healthy appetite. Hope to see many new faces!!!

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**Lyon Park Citizens Association**  
**Statement of Operations and Changes in Cash Balances**  
**Fiscal Years July 1, to June 30**

	2017	2016	2015
<b>Revenue</b>			
Dues	\$ 3,132	\$ 5,035	\$ 3,940
Advertising	6,892	6,783	10,829
Donations:			
Newsletter Donations	80	80	120
Other Income	249	135	55
<b>Total Revenue</b>	<b>\$ 10,353</b>	<b>\$ 12,033</b>	<b>\$ 14,944</b>
<b>Expenses</b>			
Newsletter Production	14,130	18,432	11,683
Communication	452	394	281
Dues:			
Civic Federation	50	50	50
Tree Giveaway/Tree Grant Programs			100
Events:			
Community Center Grand Opening		974	-
New Member Socials	185	748	-
Other	29	-	40
<b>Total Expenses</b>	<b>14,846</b>	<b>20,598</b>	<b>12,154</b>
<b>Increase (Decrease) in Cash Balances</b>	<b>\$ (4,493)</b>	<b>\$ (8,565)</b>	<b>\$ 2,790</b>
Community Center Transfer	-	-	(50,000)
Beginning Cash Balances	20,698	29,263	76,473
<b>Ending Cash Balances</b>	<b>\$ 16,205</b>	<b>\$ 20,698</b>	<b>\$ 26,263</b>
<b>Bank Account Balances-Yearend</b>			
Checking	\$ 5,237	\$ 9,736	\$ 16,306
Savings (CDs & MMF)	10,968	10,962	10,357
<b>Total Ending Cash Balances</b>	<b>\$ 16,205</b>	<b>\$ 20,698</b>	<b>\$ 26,263</b>

The LPCA committed \$50,000 of its 2015 cash balances for renovating the Lyon Park Community Center



**Lyon Park Community Center**  
**Statement of Operations, Development and Changes in Cash Balances**  
**Fiscal Years July 1, to June 30,**

	2017	2016	2015
<b>Operations</b>			
Revenue:			
Community Center Rental Income	\$ 87,805	\$ 42,855	\$ 6,848
Lyon Park Fair	3,965	1,961	4,719
Interest	164	211	228
Other Fundraisers and Donations	6,733	3,190	2,811
Total Operating Revenue	<u>\$ 98,467</u>	<u>\$ 48,216</u>	<u>\$ 14,606</u>
Operating Expenditures:			
Community Center Operation and Maintenance:			
Rental Agent	\$ (21,048)	\$ (8,778)	\$ (3,800)
Utilities	(6,723)	(2,968)	(1,999)
Maintenance and Administration	<u>(40,396)</u>	<u>(30,638)</u>	<u>(16,028)</u>
Total Comnty Center Operation & Maintenance	<u>(68,167)</u>	<u>(42,384)</u>	<u>(21,827)</u>
Park Grounds, Trees, Playground	(4,340)	(3,710)	(4,205)
Community Events	(1,257)	(2,132)	(968)
Total Operating Expenditures	<u>(73,764)</u>	<u>(48,225)</u>	<u>(27,000)</u>
<b>Net Operating (Loss) Income</b>	<b>\$ 24,703</b>	<b>\$ (9)</b>	<b>\$ (12,394)</b>
<b>Development Revenue &amp; Expenditures</b>			
Donations and Fundraising Revenue	\$ 51,156	\$ 111,033	\$ 145,850
Fundraising Expenses	-	(2,540)	(709)
Architect and Engineer	-	(18,989)	(18,321)
Building Permits & Fees	-	(575)	(13,385)
Project Management	-	(12,500)	(8,750)
Construction Costs	(21,816)	(603,687)	(366,791)
Equipment	-	(11,993)	-
Legal Fees	-	(5,722)	(19,919)
Historic Tax Credit, net	161,754	-	-
Interest & Construction line costs	(17,914)	(15,558)	(3,071)
Construction Loan Draws (Repayments)	(176,934)	409,855	-
Total Development Related Expenditures, net	<u>(54,710)</u>	<u>(261,709)</u>	<u>(430,944)</u>
<b>Net Development (Cost) Income</b>	<b>\$ (3,554)</b>	<b>\$ (150,676)</b>	<b>\$ (285,094)</b>
<b>(Decrease) Increase in Cash Balances</b>	<b>\$ 21,149</b>	<b>\$ (150,685)</b>	<b>\$ (297,488)</b>
Lyon Park Citizens Assn Transfer	-	-	50,000
Security Deposits	11,899	18,729	-
Beginning Cash Balance	<u>46,423</u>	<u>178,379</u>	<u>425,867</u>
<b>Ending Cash Balance</b>	<b>\$ 79,471</b>	<b>\$ 46,423</b>	<b>\$ 178,379</b>
<b>Construction Loan Payable, net of escrow</b>	<b>\$ 232,921</b>	<b>\$ 409,855</b>	<b>\$ -</b>

Rental operations were suspended 9/30/14 to 11/30/15 for renovation of the Community Center. Rental income reported for 2016 reflects seven months of operation.



## Medical Marijuana: Blunt Facts

*Danielle McPherson, Zach McPherson,  
and Doug Buckheit*


Virginia is moving toward establishing a legal medical marijuana program, but has none at this time. Medical marijuana is legal in all states in the Northeast region of the country, north of Virginia. Additionally, 29 states and the District of Columbia have legalized medical marijuana. These states provide guidance and influence Virginia's continual effort to promote the service statewide. However, many states south of Virginia have opted out of medical marijuana legalization. Without an accepted program, residents of Virginia who suffer from chronic illnesses may look to other states or illegal means to acquire medical marijuana's benefits and relief. The state of Connecticut is at the forefront of the medical marijuana movement and advocates stringent laws regulating its use and its continual success.

### Marijuana: Types and Strains

Marijuana, a plant, produces chemicals called cannabinoids that exert effects on the human body when ingested. These effects vary depending on the type and strain of marijuana—sativa or indica (see Table 1).

Each type of marijuana exerts various effects on the body. Marijuana is also grown as a hybrid to produce a mix of both types in one strain. Table 2 displays general information about the most commonly used and diverse forms of medical marijuana in Connecticut.

Lawmakers and advocates herald Connecticut's medical marijuana program as a prototype for other states. In Connecticut, patients are only eligible for a medical marijuana

 **Table 1. Effects of Marijuana Strains**

Sativa	Indica
Mind dominant	Body dominant
Anti-anxiety	Sedating
Antidepressant	Muscle relaxant
Increase alertness	Reduce nausea

registration certificate if they have a “Debilitating Medical Condition,” as defined by the Connecticut General Statutes. The Connecticut Board of Physicians, which meets twice a year, may add conditions to the list. Medical marijuana's most common indications include:

- Cancer
- HIV
- Parkinson's Disease
- Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's disease)

### Process is Progressive

A physician or advanced practice registered nurse (APRN) must declare that medical marijuana's potential benefits outweigh its risks for a patient to receive eligibility status. They file this declaration with the CT Department of Consumer Protection (DCP), who issues the patient's registration certificate, colloquially known as a “medical marijuana card.” At the time of registration, the patient must select one dispensary to use. By law, dispensaries must be owned and operated by registered

*(continued, next page)*



 **Table 2. Commonly Used Forms of Medical Marijuana**

Form of marijuana	Information and effects	How it works	Cost of product
<b>Vaporizing</b>	Vaporizing is similar to smoking but the marijuana is not burned so the smoke is less harsh on the lungs. Patients feel the effects immediately.	Patients heat dried, cured plant to the point where the medicine all components vaporize, then inhale the smoke	\$10-\$15 per gram of medicinal marijuana, \$100-\$400 for vaporizers
<b>Edibles</b>	This is the most popular method for children and the elderly. The effects last multiple hours and the dose is very precise	Medical marijuana is infused into butter that is used to bake marijuana edibles	\$2-\$5 per dose (gummy bears, chocolate bars, cookies, wafers, lollipops, brownies, etc.)
<b>Tinctures or sublingual sprays</b>	Patients feel the effects within 10 or 15 minutes. They can place additional drops under the tongue until they achieve the desired effect.	Cannabinoids are extracted from the plant and added to coconut oil or a glycerin solution.	\$15-\$50 per bottle depending on the concentration
<b>Smoking</b>	Smoking provides instant symptom relief. This method is also inexpensive and minimally processed.	Dried, cured plant is burned using a lighter and patients inhale the smoke.	\$10-\$15 per gram. Glass paraphernalia can cost between five dollars and more than \$100 per piece.
<b>Oil</b>	Concentrates provide immediate relief and are very potent forms of medical marijuana. It is also the most cost-effective way to consume marijuana.	Patients vaporize oils using glass "oil rigs" and inhale the smoke	Sold in half gram and gram quantities for \$20-\$60 per gram. Oil rigs cost between \$30 and more than \$100 (and up to \$1000 depending on style).
<b>Topical lotions</b>	Topical lotions do not produce marijuana's psychoactive effect, but provide pain relief on the skin surface.	Extracted cannabinoids are added to skin lotions, which then can be applied to an area of the skin for local effects.	\$25 for a jar containing 1 ounce

## Sad News: Michael O'Connor

Our treasured neighbor Michael O'Connor passed away on Thursday, September 18. It's difficult to find the best word to describe Michael, but the feeling of emptiness that this leaves is a good indication of how important he was to our community. Everybody knew of him, many of us knew him personally, and a few of us had the good fortune to know him quite well.

Michael moved to Lyon Park after his mother, a long time Woman's Club member, passed away. Within months he was an integral part of our community. Those of us who worked with him knew he could be counted on to help, to take on tasks that require detail and attention, and to complete his tasks on time. If you didn't know him, think again – you did. He was the man behind the Halloween bonfire for many years, working with his friend Chuck to ensure it was big, bright, and above all, safe. He was the man behind the camera, taking pictures throughout our renovation and ensuring that they were published in the newsletter. He was the man behind the end of the year letters, printing, collating, arranging envelope stuffing, and dropping the huge pile of correspondence in the post box. He was the man behind the snow blower at the park after a storm dumped a foot of snow. He was also the man who hung signs for every event at the community center.



He cultivated perhaps the most prolific sourdough starter in the history of Lyon Park. No, no, that sourdough starter was probably the most prolific in the history of northern Virginia. His sourdough bread – which he made often and donated to every big sale and fundraiser – was tender, savory, chewy, and all the things that a good sourdough bread needs to be. You, his friends and neighbors, would arrive early to be certain that one of those loaves was going home with you. Every time the last loaf of that bread went out the door, Michael would look at his fellow volunteers with a satisfied, grateful smile.

Despite his intense involvement in this community, Michael was a very private person and he'd retreat to his home to refuel and relax. He was a good cook and he loved film and television. Often, he'd punctuate his conversation with references to old movies, old television shows, and old comedy routines. If he recommended a movie for you to watch on any subject, he gave you the gift of several hours of excellent entertainment.

And that was Michael. After all this, I guess we know what the correct word to describe Michael is. He was a giver. He gave generously and freely to this community, asking for nothing back. He will be missed in ways we have yet to even imagine. Our condolences to his family, of whom he was very proud.

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## Medical Marijuana: Blunt Facts *(continued from page 13)*

pharmacists. Patients may not enter any other dispensary unless DCP approves a switch in advance. Nine licensed dispensary facilities operate across Connecticut, a state that is roughly 120 miles wide and 90 miles tall. The facilities employ extremely strict security measures and only allow their own registered patients to enter.

Normally, physician or APRNs prescribe prescription medications, and a pharmacist dispenses the medication according to the physician's instructions. For medical marijuana, the extent of physician's involvement is declaring that a patient is a candidate for medical marijuana. Once a patient is registered with the DCP, dispensary pharmacists help patients decide which marijuana product they will purchase. This decision depends on each patient's specific needs, and the pharmacist's expertise and recommendations. Ultimately, the final decision lies with the patient.

### Conclusion

Due to federal banking regulations, the medical marijuana industry cannot use banks openly and operate primarily in cash. This creates several problems for the establishment of safe, organized, and conventional businesses. They can be targets for crime, especially since patients must pay cash for product; have difficulties with business methods and profit tracking; use complicated tax collection processes; and have challenging employee payment systems. Without Federal approval, the marijuana industry must operate behind closed doors. This hinders the industry's growth and puts unwelcome pressure on business owners.



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