

Lyon Park Citizen

November 2017

President's Message

What a crazy fall it has been here in Lyon Park. The weather has been warm, the flowers are still blooming, and life has been busy for many. We are also once again in election season as we head to the polls on November 7.

Last month, we had a great discussion about upcoming initiatives with the schools. The school board is making an unprecedented number of decisions this year. Right now, they are working on redistricting middle schools and establishing new high school programs and in the spring they will be working on elementary boundaries, just to name a few. The best place to keep up to date on what is happening is our listserv and at apsva.us/engage/. Many of the changes will directly impact students in Lyon Park so it is a good time to pay attention.

With our schools discussion in October, we needed to delay the discussion about the newsletter and listerv to our November 8 meeting. We have to make decisions about the newsletter and we need volunteers if we want it to continue. Please come to the meeting if you can help or have an opinion about how we should proceed with the newsletter.

Bill Anhut, the treasurer for the LPCA and Board of Governors, will also be there to present financials. The Board of Governors is the group responsible for managing the operations of the park and community center. If you would like to discuss the financials and drill into some of the details, please come on November 8.

On Wednesday, November 8, doors will open at 7 PM and the meeting will begin promptly at 7:30. We will look forward to seeing our neighbors there!

*Christa Abbott and
Annemarie Selvitelli*

LPCA Co-Presidents

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

Are you on the Listserv?

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

- Chat about parking issues
- Hear about upcoming events
- Ask about weird noises
- Opine, overhear, but don't offend!

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,

November 8, 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

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, 14, 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

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 or call 623-8217

Jessica Byers, 15, experienced and available for pet sitting, 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 or call/text 855-8279.

Kerik Hayes, 15, odd jobs, (mowing, raking, shoveling snow, etc.), owns lawnmower, 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.

Ella Bomberger, 12, mother's helper and babysitter. Text or call 298-3233 email 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

Vice-President/Neighborhood Conservation

Thora Colot and Bess Zelle
besszelle@gmail.com

Vice-President/Development

Aaron Schuetz
ajschuetz@yahoo.com

Treasurer

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

Secretary/Historian

Vicky Hush
vhush@yahoo.com

Membership Chair

Amit Bhatnagar
amit116@hotmail.com

Sargeant at Arms

John Goldener
goldener@gmail.com

Members at Large

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

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



26th Annual

Not-just-a-Craft Fair

The not-just-for-Woman's Club will offer *Parmesan Reggiano* at slightly less than market price. Pick-up is November 18 at The Community Center.

This is restaurant quality cheese, freshly cut from the wheel.

Please pre-order, as we need to plan ahead—We've had difficulty getting an adequate supply recently, so we are stalking the supplier!

To order, please contact Jeannette Wick at jywickrph@aol.com. We provide pieces of about one pound. If you order more than one pound, please indicate if you prefer multiple one-pound pieces, or larger pieces.

Saturday

November 18, 2017

*Lyon Park Community Center
414 N Fillmore Street, 22201*

Market Hours 9 a.m. to 3 p.m.

Please plan to join in the festivities at our Annual Holiday Party!

**Lyon Park Community Center
Friday, December 15th from 6:30 to 8:30 PM**

Mark your calendars now before they fill up with all those seasonal plans! Enjoy live music, treats and crafts with your friends and neighbors at our annual children's holiday party.

This magical evening for our young children will also include a special visit from a nice, jolly man in a red suit (don't forget your cameras!). The festivities will begin promptly at 6:30 PM. Arrive a few minutes early, so that each child can say a personal hello to Santa Claus and Mrs. Claus.

Call for donations: As we did last year, we are also asking that you bring a canned or non-perishable food donation to help keep the Arlington Food Assistance Center (AFAC) replenished for families in need.

What can you do to help?

- Bring a treat - cookies or other dessert, a healthy snack, or drink to share.
- Set up and clean up - come early or stay late to assist.
- Share your family's holiday traditions and treats!

Please contact Erin Mascarella at emascarella@gmail.com or (301) 520-0635 if you can help organize or contribute to this event.



Jeff and Ron are hopeful...



...but Bill wins the 50-50



Mary and Jeff Lewis Win Golf Tourney
\$2,640 Raised for Community Center

A record 32 players participated in the 2017 Lyon Park/Ashton Heights Golf Tourney at South Riding Golf Club on Sunday October 8, 2017. Lyon Parkers, Mary and Jeff Lewis, with teammates Tim Currie and Lee Green claimed the championship trophy by scoring an amazing 18 under par, to best Ron Cathell's second place team (with Tim Anderson, Derek Blain and Sabino Molina) by seven strokes! Bill and Dale Anhut, Adam Rasmussen, and Kelly McGowan finished third, at 10 under par, but eight strokes behind the winners.


Individual prizes of \$50 gift certificates donated by our sponsors were awarded to closest to pin and long drive winners, Ron Cathell, Craig Bond, Leslie LaPlace, Sabino Molina, Terry Green Jr and Kelly McGowan. Tim Currie and Jerome Newsome won the putting contest and Bill Anhut won \$195 in the 50/50 raffle. The Lewis' were also presented with a bouquet of Lyon Park wild flowers arranged by our gardener Deborah Barber.


This year's golf tourney raised a record \$2,640 which will be used to repay the renovated Lyon Park Community Center's construction loan. The golf tourney has raised \$13,850 over its seven-year history.

The Lyon Park and Ashton Heights communities are grateful for the generosity of tourney participants and our Clarendon Merchants who donated gift certificate prizes: Lyon Hall, Liberty Tavern, Green Pig Bistro, Texas Jack's, Screwtop Wine Bar, Four Sisters Grill and Delhi Club. Please support our generous merchant sponsors!

Save the Date:

- Lyon Park Civic Association meeting, November 8, 7 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!
- Lyon Park not-just-for-Woman's Club potluck lunch. Thursday, November 16, noon. Hope to see many new faces!





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

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Debunking Flu Shot Myths

Danielle McPherson

MYTH: Anyone who received the flu shot last year doesn't need one.

Flu viruses adapt rapidly so the flu shot you received last year may not protect you from this year's flu strain. Additionally, your immune response to any vaccination declines over time, so you need a new vaccine every year to protect yourself during each flu season.

MYTH: The flu shot gives you the flu.

A recent study showed that 35% of CVS pharmacy patients actually believe that the flu shot causes the flu. However, the vaccine is made from an inactivated virus that cannot transmit the flu. Adults who get the flu shot might experience soreness, redness, or swelling at the injection site.

MYTH: If you hate shots, you can get the nasal spray vaccination instead.

In recent years, the intranasal spray vaccine was a very popular alternative to the intramuscular flu vaccination (the shot), especially in children. This vaccination contains a live but weakened flu virus that scientists thought would provide greater protection. In the current 2017 to 2018 season, this vaccine is no longer an option because clinical studies show that it has little to no protective benefit.

MYTH: The flu shot is too expensive.

For anyone who has health insurance most vaccines are covered. However, if you do not have health insurance and want to pay out-of-pocket, the cost of the flu vaccine ranges from \$25 to \$50. Drug store pharmacist and technicians are very good at working with you to make sure you receive vaccinations when it is necessary.

MYTH: Pregnant women should not be vaccinated.

The flu vaccination is recommended for any pregnant or breastfeeding women. It is safe during any trimester of pregnancy, all the way up until your due date. Being vaccinated helps to protect both the mother and child from getting the flu.

And a QUESTION: What flu shots are available this flu season?

Several vaccines are available this 2017-2018 influenza season. Talk to your pharmacist about the various types, and ask if you should receive the trivalent (which includes three kinds of inactivated flu viruses) or the quadrivalent (which includes four kinds of inactivated flu viruses).

For more information, visit:

<https://www.cdc.gov/flu/protect/keyfacts.htm>



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Christmas Tree & Wreath Sale to Fight Hunger

Clarendon United Methodist Church parking lot
606 N. Irving Street, Arlington, VA 22201

Dates:

November 25 through

December 10

Hours:

Sunday 12-6 pm

Saturday 11-7 pm

Monday-Friday 6-9 pm

Cash or check payment only

More info found at www.clarendonumc.org

Proceeds from 1 tree provide 5 children with backpacks full of food for the weekend, or 12 homeless Arlington residents with a hot meal

Proceeds from 1 wreath give 35 emergency meals to victims of natural disasters worldwide



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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 to reserve space.

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where people in the Lyon Park neighborhood enjoy walking. Our rose garden and towering trees provide a soothing environment for reflection and contemplation.

We understand the needs of your family at this very important time, and are here to guide and support your choices in creating a lasting memorial for loved ones. We are a trusted resource for advance planning arrangements, which greatly reduce the burden on family left behind. Many beautiful burial locations and options are available throughout the 38-acre grounds, including our new

cremation garden. For a tour of Columbia Gardens, or simply to discuss your ideas, contact Daun Thomas Frankland (great-granddaughter of the founder).



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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



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



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Just a quick note on the 2017 Parade of Costumes. Organized by Lori Rizzi and Jessica Thibodeau (thank you, ladies!), it attracted a broad assortment of beauties and beasts. We wish we had more room for pictures, because Jennifer Hart took some winners. See them on our Facebook page.

2017 Parade of Costumes



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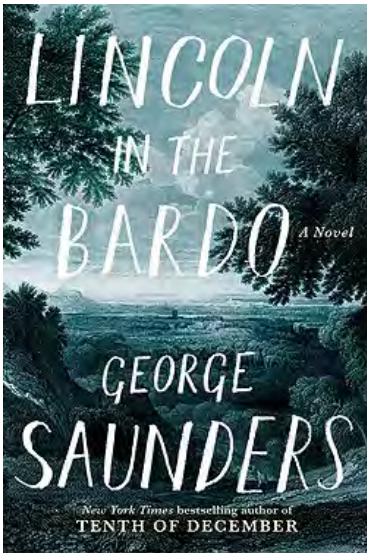


Long & Foster
1355 Beverly Rd, Suite 109
McLean, VA 22101



Lincoln in the Bardo

Margaret Dean



Bardo is a strangely fascinating story, built at the intersection of this world and the next, of death and new life, of atonement, punishment, and rebirth. Buried internally is an almost painful recreation of Lincoln's despair and his bottomless sadness over the death of his son Willie and over his realization that with the serious prosecution of the Civil War, he is himself sending a nation's sons, to death.

Readers may need clues to unlock the meanings Saunders has hidden in his unique format. One hint is that in Tibetan Buddhism, "bardo" is a state of existence between death and rebirth. Time in the bardo varies according to a person's conduct in life, age at time of death, and manner of death.

A second clue is that the voices of the dead intermix with historical bits from Lincoln's time (newspapers, memoirs, etc.). And yet a third point is that the dead do not realize they are dead, but think themselves only "sick." Nor do they realize that time has passed and that they are several presidents out of date.

There is mid-book a discussion of free will. The woman who killed Elmer excuses herself by saying she was "just made that way." She could not be other than she was made, much like Judas' explanation, plaint in Jesus Christ Superstar. The baby killers excuse themselves the same way. Only when people understand and repent their deeds do they have a chance to move on and be reborn.

Saunders addresses slavery through different speakers, including a black man, Thomas Havens. Thomas initially emphasizes the goodness with which he and his family had been treated by their white masters. Slowly however he realizes that, as well as he has been treated, he has never been free. Ironically he is the one soul that merges with Lincoln. He vows that as painful as Lincoln's suffering is for him to share "I resolved nevertheless to stay."

Lincoln in the Bardo, A Novel by George Saunders. Random House, NY, NY. ISBN 978-08-12995343. \$28. Hard back pp. 343

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To avoid raccoon problems, make life uncomfortable for them:

Raccoons dislike bright lights, loud noises or strong odors:

- Place lights, play a radio, or place mothballs or towels soaked in ammonia where they seem to congregate. (Your neighbors are going to love this, aren't they?)
- Take in pet food and water.
- Secure all trash can lids.
- Clear wood and brush piles.
- Trim overhanging branches and remove wires or vines that raccoons could use as ladders to access attics.
- Sprinkle commercial products containing coyote urine.

© Can Stock Photo / konstantinks



Nosey Neighbors: Raccoons

Aren't raccoons cute? Ha! Every year, wildlife control agencies receive more nuisance calls for problems with raccoons, one of the most intelligent of wild animals, than for any other animal. They get into everything.

IMPORTANT NOTE: The Animal Welfare League (AWL) of Arlington recently captured two rabid raccoons, one in the 2000 block of Military Road in Cherrydale, and the second in the 2000 block of 6th Street S. in Penrose. If you or your pets may have had contact with any raccoon in that vicinity should call AWL at (703) 931-9241.

If you have a concern about wildlife in your backyard, call the Wildlife Hotline at (703) 440-0800.

The word raccoon is Algonquin for "he scratches with his hands." Native to the Americas, raccoons can be found from southern Canada to northern Argentina. They prefer lower elevations, milder climates, and hardwood forests near water.

Raccoons have adapted well to urban sprawl. They use the storm drain system as a personal highway system, covet your uncovered garbage can, and raid your vegetable garden—but not until you're just about ready to pick those vegetables!

The average raccoon is two to three feet long, weighs 10 to 30 pounds, and can be expected to live 16 years. Raccoons are unusual among wildlife mammals, because their paws include a thumb. Their thumbs are not opposable, like human's are, but they still give raccoons tremendous dexterity. They climb easily, and can unlock doors. Raccoons are omnivorous. Have you heard that raccoons wash their food? What looks like washing is actually manipulating or "softening" whatever they pick up. They are fastidious, however, and establish a common latrine for their families.

Female raccoons have one three-to-five kit litter annually, usually in May or June. Males roam areas of 3 to 20 square miles, depending on availability of females and food sources. Females stay closer to home—a six square mile range is usual.

Unsecured trash cans, overfilled bird feeders and outdoor pet bowls are potential food sources for raccoons. They consider chimneys, porches, decks and attics perfect dens. Since raccoons are primarily nocturnal, the only evidence of their presence may be noises in the wall or their distinctive tracks (see below).



The Washington Balalaika Society Fall Concert



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balalaika virtuoso

Peter Omelchenko
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Saturday, Nov 18, 2017, 8:00 pm
F. Scott Fitzgerald Theatre
603 Edmonston Drive
Rockville, Maryland

Sunday, Nov. 19, 2017, 3:00 pm
Kenmore Performing Arts Center
200 South Carlin Springs Road
Arlington, Virginia

Purchase tickets online via www.balalaika.org

Tickets for Fitzgerald Theatre may also be ordered by calling the box office directly at 240-314-8690

Tickets for Kenmore may also be ordered by mailing check to: WBS, 4910 Gadsen Dr., Fairfax VA 22032

TICKETS: Adults \$25, Seniors \$20, Students \$15
Children 12 and under free. Free parking.


Information and group orders (10 or more): 703-536-5785

The Washington Balalaika Society gratefully acknowledges financial support from the Virginia Commission for the Arts and the National Endowment for the Arts; from Arlington County by the Arlington Cultural Affairs Division of Arlington Economic Development and the Arlington Commission for the Arts; from the Alexandria Commission for the Arts; and from the Arts Council of Fairfax County, supported by Fairfax County.



Photo Credit: Chuck Phillips

The annual Yard Sale was held October 8. With a forecast of heavy rain and lightening, we moved most (but not all) of it inside. Many thanks to the members of the not-just-for-Woman's Club who took responsibility for cleaning.



Not-just-for-Woman's Club:
 Thursday November 16, 12 noon at
 the Lyon Park community house.
 Potluck lunch. Bring a dish to share,
 friend or two, and a healthy appetite.
 Hope to see many new faces!!!



End of year is almost here!

Time to join the Lyon Park listserv (directions appear on the cover). Lyon Park's listserv fundraising begins December 1.

What is this fundraising stuff? A fun end of year event that takes place on the listserv. Neighbors offer items to be "auctioned" to the community. All funds raised support the Lyon Park Community Center. Interested in what might be offered? In prior years we've seen skills such a furniture repair, assistance to finish that scrapbook, transferring old photos to digital copy, scrumptious fruit pies, warm comfort food pot pies, dinners, cupcakes, CSA produce shares, matching funds, babysitting, snow removal, and just about anything you can think of.

Do you have something or a skill to donate? Please send an email to Jeannette at jywickrph@aol.com or Annemarie at lyonparkfundraising@gmail.com.

FYI - the Lyon Park Community Center is a charitable organization, a 501(c)(3) under the U.S. Tax Code. Monetary donations can be made online at <http://lyonpark.info/donate/>.

To donate using securities, bequests and retirement plan assets, please contact Bill Anhut at billanhut@yahoo.com.

Tree Canopy Fund Opens

The 2017-2018 Arlington County Tree Canopy Fund program invites you to apply for the program. Applications are now online and the deadline is December 15. Our resident Tree Steward, Bill Anhut, can help you choose the perfect tree for your yard. Apply through this link: <https://www.surveymonkey.com/r/ArlingtonTrees>. Please note that if you wish to apply for more than one tree, fill out the application separately for every tree.

Limited numbers of these species are available:

- Eastern hophornbeam
- American hornbeam
- American beech
- Black gum
- Bald cypress
- Sweetgum
- White oak
- Scarlet oak
- Willow oak
- Red oak
- Basswood
- Sassafras

The program tries to accommodate your first or second choice of species, but will use a lottery for selection if necessary.

All trees will be planted March-May of 2018.



A mature willow oak in full leaf, and Lyon Park's award-winning willow oak in the buff.

For more information, contact Bill Anhut at (301) 908-8204.
 Find program guidelines for 2017-2018 at www.arlingtonenvironment.org/trees.

Is your kitchen ready for the holidays?



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