

Lyon Park Citizen

March 2018

President's Message

Talking to each other: A grassroots movement

People often ask me, "Why do you bother with the LPCA?" To them I say: I blame my parents. They were busy and "screen time" was not yet the devil. They were also too cheap to pay for cable. Raised on such public television fare as Sesame Street and Mr. Roger's Neighborhood, I just don't seem to be able to shake the gut feeling that we are supposed to, well, help our neighbors. I actually believe that "we are all just walking each other home."

I tell you this only to prove that I have good intentions. You'll need to believe this particularly in light of what I write next: When confronted with another person's painful story I frequently have no idea what to say and often respond in a way that makes it worse. What I have come to realize, however, is that our go-to responses may be well intentioned but it's very hard to get it right when it comes to the other person feeling respected and heard.

This gets in the way of our ability to have important community conversations. Whether it is a discussion of school boundaries or the gun shop, I have heard from members of our community that they feel they can't participate in the discussion. The risk of being invalidated, ignored, or feeling written off is simply too high.

Luckily, listening compassionately is a skill that can be learned. On Wednesday, March 14, we'll welcome Cheryl Bozarth. She is the Director of Project Peace, an Arlington County initiative that, among other goals, aims to improve response to interpersonal violence. As people learn how to share their stories, we need to learn how to receive these stories. What do we do when someone we love shares a traumatic experience we never knew about? What if we barely know the person? With the #metoo movement swirling, we need tools to respond. Cheryl can help us with this.

As a society, we talk (a lot) about the need to have meaningful discussions. Consider this meeting step 1 in that process: learning to listen to one another in a way that feels affirming and not dismissive.

It takes a certain amount of bravery to admit that we need to learn these skills to move forward. I don't know for sure, but I think it is easier to be brave if we do it together. Annemarie and I will be there, taking notes, and I hope you will join us. I hope you will share our commitment to working on this process at the community level.

We are inviting Ashton Heights residents since we frequently hold community discussions with them. Doors open at 7 PM on March 14 and the meeting will begin promptly at 7:30. Also, please join us on Friday, March 16, for Lyon Park Game Night (see page 3).

Christa Abbott
LPCA Co-President

Book the Community Center Early!

We're not kidding!

Rentals have been brisk, and we are renting well into 2019.

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

- Find a vet for a sick gecko!
- Hear about upcoming events
- Hear about tickets up for grabs
- Ask, answer, announce but don't argue!

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 4-

\$10 annually, \$250 for life

Next meeting:

Wednesday,

March 14, 2018, 7:00 PM

Lyon Park Community Center



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

Kalki Ausink, 15, experienced babysitter and dog walker. Red Cross certified and a mature honor roll student. 209-3183

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, 16, 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.

Natalia Paley Whitman, 17, babysitter. Red Cross babysitting, CPR, and first aid certified. Text 571-533-5253. Email nataliapaleywhitman@gmail.com.

Connor Salazar and Will Montgomery, 17, household maintenance and yard work. Text 587-3102. Email connor.salazar40@gmail.com.

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

LPCA EXECUTIVE COMMITTEE

President

Christa Abbott and Annemarie Selvitelli
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ajschuetz@yahoo.com

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billanhut@yahoo.com

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amit116@hotmail.com

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Members at Large

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

COMMUNITY CENTER

BOARD OF GOVERNORS

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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

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lcmaus@comcast.net

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Steve Geiger (703) 522-0026
Erik Gutshall (703) 276-0809

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Not-just-for-Woman's Club:

The Lyon Park not for women only club will meet on Wednesday, March 21 at 12 noon for a potluck luncheon. Bring a dish to share and a healthy appetite.

Lyon Park Game Night!

Friday, March 16, 6-9:30 PM
Lyon Park Community Center



6-7:15- Family Game Time

Bring your kids AND their favorite game
Pizza slices and juice will be available for purchase (please bring cash)

7:15- Story time

We will read the little angels a good night story and then kick them out so we can break out the fun games (that are soooo not kid friendly)

7:30-9:30- Adult game time/beer swap

Bring your favorite game and a six-pack to swap
You don't have to bring the best beer or the best game ...but we will give the winner in each category a crown to wear for the night (competition for the crown will be fierce—be sure to bring CASH to bribe the judges*)

**All bribes will be donated to the LPCC Renovation Fund*



Lyon Park Fellowship's Annual Easter Egg Hunt at Lyon Park

Saturday, March 31, 2018

11:00 am

100's of candy filled eggs
(Lunch served after the hunt)

Walking thru Age 10

A Fun, Family Friendly Event!

www.lyonpark.org • March 2018

CUPCAKE SALE

March 31, 2018

8 AM to 1 PM

at the
Community Center

Watch listserv
for flavors
To order ahead,
email
jywickrph@aol.com

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Page 3

When is the best time to trim trees? *Bill Anhut*



The best time to prune trees is now, during the winter, when trees are dormant. If you have a large tree that hasn't been pruned for several years, chances are the tree could use a trim. Contrary to what you may think, professional tree service companies can look at a tree with no leaves, and spot the dead branches that need to be pruned.

Winter is also a great time to detect branches that cross and rub up against each other (one should be pruned). Because seasonal demand is lower, winter is also a good time to hire tree service companies.

When people ask me for recommendations for tree service companies, I usually recommend several companies we use to maintain the Lyon Park trees.

- Northern Woods Tree Service, proprietor Robert Blakely is a Lyon Park resident (703) 528-2056.
- JL Tree Service, proprietor John Lewett has been great to us for many years (703)-359-4444.
- The Care of Trees, arborist Steve Nagy has cared for the park's White Ash Trees and several of the stressed white oak trees (703) 661-1700.

Many other reputable tree service companies work in the neighborhood. For any large job, I recommend you obtain proposals from at least three companies. You'll be surprised at the variety of estimates you receive. Reputable companies send one of their staff arborists to assess your needs and prepare the proposal. Upon acceptance of the proposal, the company usually sends a team of experienced pruners which may or may not include the arborist. If the job is straight-forward, the presence of the arborist is not necessary.

Weekly, I receive a very well written email from RTECTree Care giving tree care tips. I highly recommend subscribing to their service at <https://tinyurl.com/RTECTree>.

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 listsevr? ☐ Yes ☐ No

Community Volunteer Interests (Check all that apply):

- ☐ Neighborhood Conservation
- ☐ Community Center and Park
- ☐ Development issues
- ☐ Social Events (Holiday Party, Halloween)
- ☐ Homes and Gardens Tour
- ☐ Spring Fair
- ☐ Traffic issues
- ☐ Newsletter
- ☐ Trees/Conservation
- ☐ All-purpose volunteer



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Save the Date:

- Lyon Park Civic Association meeting, March 14, 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. Wednesday, March 21, noon. Hope to see many new faces!



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Garden Group Plans Busy Spring Schedule, Invites You Along



Wednesday March 21 at 7:30 PM the Lyon Park Garden Group will have its PLANNING MEETING for the 2018 Spring Fair PLANT SALE. All neighbors are welcome to come whether they are currently members of the Garden Group or not since we need new energy and ideas to make the event a big success. The Fair Plant Sale is one of the most happily anticipated events of the year and is a great fundraiser for our Community Center. RSVP to organizer Margaret Fibel at mfibel002@gmail.com to get directions to the meeting location.

Wednesday April 11, 7:30 PM, Lyon Park Community Center. At the April LPCA meeting, see a slideshow about the butterflies and other pollinators that are coming in to the native plant garden since its establishment in 2016. You'll also learn about how you can enhance your own garden's value for butterflies and how to use some exciting new technologies to identify wildlife in your garden and neighborhood.

Sunday April 29, at 3 PM, Participate in the iNaturalist DC Area City Nature Challenge! Join your neighbors on a wildlife safari in and around Lyon Park, photograph local wildlife, and submit observations to iNaturalist, a citizen science program. Bring a camera or smartphone and a curious spirit! Deborah Barber will share tips on spotting and photography. This is part of a global citizen science event taking place in dozens of cities around the world. RSVP to deborah.barber@gmail.com or at facebook.com/lyonparkgarden under "events." For more information, see citynaturechallenge.org.

CHILI COOK OFF!

Saturday, April 7, 2018

5:30 - 7:30 PM

Adults: \$12

Kids ≤ 10: \$5

Kids ≤ 3: \$3

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

Or BYOB! (A 3-Buck Chuck is perfect!)

We're at the Community House!

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

Chili contestants receive one free adult dinner.

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

*Chili cook-off proceeds help retire
the community house's construction loan*

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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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)

<75 guests, \$50/hour resident; \$100/hour non-resident

≥75 guests, \$75/hour resident; \$100/hour non-resident

Monday – Thursday evening (6–10 PM)

<75 guests, \$200 resident; \$400 non-resident

>75 guests, \$300 resident; \$400 non-resident

Friday, Saturday, Sunday, Holidays

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

\$400 resident; \$900 non-resident

WHOLE DAY (8 AM–10 PM):

\$750 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
- \$100 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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County Presents Clay Park Redesign Options

Toby McIntosh

County park planners presented many ideas for renovating Clay Park at a February 28 meeting with residents, including four kids. The drawings probably will be on the web page (see below) by the time you read this.

Their two options include moving and updating the two play areas, improving the field (like all grass), redoing the basketball court, creating better circulation patterns, adding a larger gazebo (maybe two), and more.

<https://projects.arlingtonva.us/projects/henry-clay-park-renovation/>

Small Space, Big Thanks

Many thanks to the endless stream of volunteers who helped at the pancake breakfast, cupcake sale, and in the park since 2018 made its appearance. We are grateful that you donated time and expertise to make this a wonderful neighborhood.

Please visit our Facebook page

(<https://www.facebook.com/lyonparkcommunitycenter/>) to see pictures and read about events.

Page 8



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Bill Anhut Reading Event

Don't miss neighborhood dad. Bill Anhut, who will read wonderful picture books to children 4 to 8 years.

Please come in and join the fun.

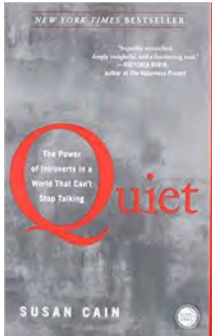
Saturday, April 7, 2018 • 11 to 11:40 am

Kinder Haus Toys, 1220 N Fillmore St

Quiet, the Power of Introverts in a World That Can't Stop Talking

Margaret Dean

Using Rosa Parks as an example of quiet determination, Susan Cain stresses that we are shaped as much by personality as by gender or race, where she defines personality as where we stand on the introversion-extroversion continuum. Extroversion, in the U.S., is generally considered to be the ideal; extroverts are considered more popular, smarter, more engaging. Offices encourage teamwork, where extroverts generally dominate, even when they are wrong. Cain reminds us $E=mc^2$ was not discovered by a team; Jane Eyre was not written by a team. Rather these were created in the kind of thoughtful contemplation where introverts excel.



For Cain, extroversion has become a cult of self-promotion. She indicates introverts have their own strengths, especially with anything that requires deep concentration. Being a strong introvert herself, Cain describes Harvard Business School students as being so team-oriented that she would not be surprised if they go to the bathroom in teams. Some evidence indicates that people working in teams, without the proper leadership, perform worse than when working alone. Similarly, open work areas can be seriously counter-productive.

Quiet people are often discounted by loud, confident, assertive people independent of the quality of their ideas. Studies show pundits (who earn a living by making social, political, cultural, economic predictions) make poorer predictions than would random chance. Cain finds that many corporate CEOs of mega-companies are characterized by their employees as 'quiet,' humble, modest, reserved, gracious, self-effacing, or understated.

Managers need to draw on the strengths of individuals in both groups, making sure to call on the introverts at the table to ensure their ideas and points of view are heard. Introverts' disinclination to charge ahead is not only a hedge against risk, but it pays off in their ability to attend to complex problems that demand time and concentration. Equally most extroverts do better under time or social pressure. Managers need to realize that introverts are constitutionally programmed to downplay rewards and to look at proposals critically, as they seek to ensure a quality product.

While some believe extroversion/introversion is relatively fixed over a lifetime, many others believe in situational behavior, especially as young people learn new skills. Warren Buffett is a good example; he spends hours alone looking at complex economic and financial issues but he draws on learned skills as he renders a stellar performance at the annual meeting of Berkshire Hathaway. Plus some people, while introverts, are only mildly so and consequently find it easier to operate temporarily as extroverts.

Quiet, the Power of Introverts in a World That Can't Stop Talking, by Susan Cain, Broadway Books, New York, New York, 2012 I, ISBN: 978-0-307-35215-6, 270 pages, \$15.

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Lyon Park Tree Canopy Shrinks, New Report Says

Toby McIntoah

Lyon Park has experienced the second biggest tree canopy decline of any neighborhood in Arlington, according to a new County-funded study. Trees shade 34% of our neighborhood, but unfortunately that's 11% less "tree canopy" than existed in 2011 and 23% less than in 2008. The overall news is better. Arlington's canopy expanded 2.7%, to 38%.

A County staff member said that was a relief after concerns that the overall canopy might shrink. The 2008 Urban Forest Master Plan A included a goal of 40%. Coverage varies around the County. The Ashton Heights canopy diminished 1% and covers 40%. A few neighborhoods north along the river have the densest canopies (above 70%) and Crystal City has the least green (14%).

Measurement is done using high resolution aerial photos. Impervious surfaces (such as roads and buildings) cover 38% of the County and pervious surfaces (grass and shrubs) account for 23%. See the map at <https://tinyurl.com/yahkgun3>.

The report doesn't analyze the reasons for canopy loss, but development and the associated removal of mature trees is considered the leading cause. Builders of new homes are supposed to plant trees that will provide 20% canopy coverage after 20 years.

The greatest opportunity to grow the canopy exists in single-family areas, according to the report, with theoretical coverage for Lyon Park rated at 59%. Residents have access to several sources for free trees.

The Tree Canopy Fund (<https://www.arlingtonenvironment.org/community-programs/trees/>) has provided Lyon Park residents with more than 50 trees since the program commenced nearly 10 years ago. Arlingtonians for a Clean Environment (ACE), a non-profit group, administers the free program in which a contractor plants good-sized trees are planted. About 1,700 trees have been planted through the Fund. ACE will announce the next application deadline (for autumn planting) soon.

Last Fall, the Fund received fewer applications than usual, 175, and approved virtually all of them. About 40% go to multi-family residences and 60% to single-family homes. The Tree Canopy Fund is flush, going into 2017 with more than \$500,000. At an average cost of \$400 per tree (\$70,000 for the latest group), the Fund continues to have a large surplus, something it hasn't always had.

The explanation isn't entirely good news. Developers who ask for additional density, or other concessions, pay \$2,400 per tree not replanted on their site. So as trees disappear, the replenishment fund grows. ACE president Elenor Hodges said the surplus will stimulate discussion on future priorities, including both Spring and Fall distributions and more community outreach to boost applications.

Another source for free trees is the County-sponsored distribution of "whips," 2-4 foot trees, held in October. Volunteer tree stewards help staff the program and have planted more than 100 trees in our neighborhood.

Also, the Lyon Park Civic Association (LPCA) will provide \$50 to any member who plants a canopy tree. This requires prior approval. LPCA has awarded approximately 15 tree grants in the past several years. For information on this and the tree steward program, contact Bill Anhut, billanhut@yahoo.com.

The report summarizes the case for more trees including higher property values, more consumer spending in business districts, lower levels of cardiovascular and pulmonary disease, reduced road repair costs, and less stormwater runoff.

On public land, the County has planted around 800 trees annually in the last few years.

Planting native trees has special value. An oak tree will support more than 600 species of animals that can live nowhere else. More than 300 of those are caterpillars that serve as food for 97% of Arlington's birds and all the bats.

Final fact: another report estimated that Arlington has 755,400 trees valued at \$1.41 billion.

Find the complete study at <https://tinyurl.com/yahkgun3>

Arlington Bunny Hop 5K Charity Fun Run/Walk

...Running to help others...



Clarendon United Methodist Church is sponsoring a 5K Fun Run/Walk to raise money for Bridges to Independence, an Arlington charity that leads local individuals and families out of homelessness and into stable, independent futures.

The race takes place

Saturday, April 14 at 8 a.m.

Clarendon UMC, 606 N. Irving St., Arlington.

This first-annual Arlington Bunny Hop welcomes all neighbors to this family-friendly event!

Registration

Register online at www.ArlingtonBunnyHop.org before **March 26** to be guaranteed a shirt and before **April 11** at 8 p.m. for the best rate.

- Adults \$35,
- Youth (ages 6-17) \$20
- Children 5 and younger are free

Registration will be capped at 1500 so register early!

The Course

- The chip-timed 5k course starts at Clarendon UMC and winds through the historic Ashton Heights neighborhood and dips into Columbia Gardens Cemetery before finishing at the church.
- Course information is available on the church's website.
- Dogs and strollers are welcome.
- Parking will be restricted only in the immediate start/finish area.
- The course will be closed to moving vehicular traffic from 7:30 a.m. until approximately 9:30 a.m.

Awards and Celebration

- Medals will be awarded to top male and female finishers and age group winners.
- Costumes are welcome and encouraged for this fun, family event. Medals will also be awarded to three finishers with the best costumes.
- Stick around for a family-friendly community party with live music, face painting and inflatables.

Volunteers are welcome and may apply to the Race Director: ArlingtonBunnyHop@gmail.com.

For more information, please call the church office or visit our web site: 703-527-8574; www.ClarendonUMC.org.

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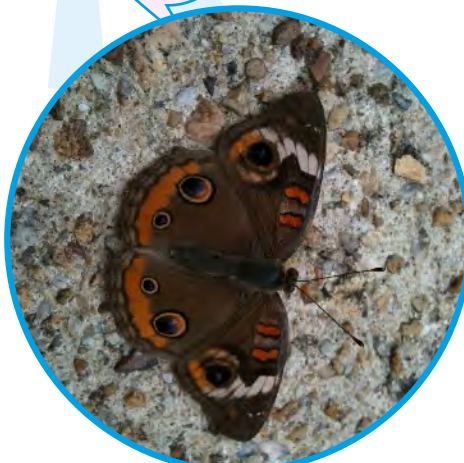
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- 1 At the February pancake breakfast, members of the Lyon Park Garden Group led young neighbors in a winter seed planting project.
- 2 The project used plastic containers as mini greenhouses and seeds from the Lyon Park native plant garden surrounding the community center.
- 3 Neighbors who planted swamp milkweed will host monarch caterpillars this year and get beautiful fragrant blooms like this in year 2.
- 4 Monarch butterflies will drink nectar from many flowers but only lay their eggs on milkweed. We were excited to have caterpillars on the swamp milkweed in the Lyon Park garden after less than one year!
- 5 Some of our young planters chose seeds from this blue lobelia, which attracted hummingbirds to our park last year...
- 6 ...and some planted blue vervain, which hosts caterpillars for the buckeye butterfly.
- 7 Buckeye butterfly in Lyon Park neighborhood.

Multi-Tasking at the 2018 Pancake Breakfast

LYON PARK

== SPRING FAIR ==

May 19, 2018 ★ 10 am to 4 pm

A family-centered event with carnival games, pony rides, moon bounces, cake walk, face painting, cotton candy and more. Concessions, a bake sale and a plant sale are also part of the event. Bring the family and have some old school fun!

Special events like this must be planned not only for the whole community, but also by the whole community. We are looking for a few creative and enthusiastic individuals to serve on the Planning Committee. This small group will meet twice a month leading up to the event. If you are interested, please contact Darcy Rosenbaum at darcy@developbedrock.com.

Lyon Park & Ashton Heights Earth Day Activity

Bill Anhut

Each year, Earth Day—April 22—marks the anniversary of the birth of the modern environmental movement. On April 22, 1970, 20 million Americans took to streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city dwellers and farmers, industrialists and labor leaders. By the end of that year, the first Earth Day had led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts.

Earth Day has reached its current status as the largest secular observance in the world, celebrated by more than a billion people every year as a day of action to change human behavior and support environmental policy change.

Lyon Park observes Earth Day by hosting its Annual Mulch Party, where Lyon Park and Ashton Heights' neighbors provide four hours of service to spread mulch around each of the 60 trees in Lyon Park. This year's party occurs on Saturday April 7, from 8:00 AM to noon. Needed are wheelbarrows, hard rakes and pitch forks. Plan to bring your children to commemorate Earth Day and help care for our park and indirectly our planet!



© Can Stock Photo / Yatsenko

*Join neighbors on
Saturday, April 7, 2018
to celebrate Earth Day*

"God is love, and he who abides in love abides in God, and God abides in him." ~ 1 John 4:16

Christ Church of Arlington Invites You This Easter

Our church family welcomes you to join us Easter Sunday as we apply "all of God's Word for all of God's World." No matter where you are in your relationship with Jesus Christ, even if you have never been to church, we welcome you to meet our church family and enjoy our hospitality. Christ Church of Arlington welcomes all who seek the Lord, regardless of age, gender, race, ethnicity, or social status. We find great joy in being part of the Lyon Park community and would love for you to visit us this Easter — or any Sunday — and see what is happening at Christ Church of Arlington.



We hope to see you April 1st!



A congregation of the Presbyterian Church in America

3020 N. Pershing Drive
(Corner of Pershing and Highland)

www.ccapca.org

703.527.0420

Good Friday Tenebrae Service: March 30 at 7:00 pm

Easter Sunday Worship Service: April 1 at 10:30 a.m.

Christ Church of Arlington is a family of Christians dedicated to glorifying God in all of life and in all of the world. Through the preaching of the Word and our worship of Him, we grow in our relationship with Christ and are empowered by the Holy Spirit to minister to each other and to the world. As followers of Christ, we seek to bless our neighbors, reach the nations with the Gospel, and shape the next generation with a vision for faithfulness.

March 2018 Community Engagement Opportunities, Arlington Public Schools

Provide Capital Improvement Plan Feedback through March 16 here: <https://www.surveymonkey.com/r/CIPInsights2018>. Arlington County Government and Arlington Public Schools are in the process of developing the 10-year Capital Improvement Plans (CIP). Take 5 minutes to tell us what upgrades or improvements to County and/or School facilities are most important to you.

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| Thursday, March 8 9 AM - 2:30 PM | GMU hosts Symposium on Strengthening the Pipeline from School to Work George Mason University, Founders Hall Auditorium, 3351 Fairfax Dr. 22201 http://psc.gmu.edu/wp-content/uploads/Web-Outline-Speakers-2.pdf |
| Saturday, March 10 8 AM - 2:30 PM | APS hosts The Color of Leadership: Boys Conference. Must register at your middle school. Arlington Career Center, 816 S. Walter Reed Dr. 22204 |
| Tuesday, March 13 7 PM - 8:30 PM. | Community Read: Mexican WhiteBoy, brought by APS, Arlington Public Library, Wakefield & Yorktown High School PTAs. Arlington Central Library, 1015 N. Quincy St. 22201 |
| Saturday, March 17 8:30 AM-12:30 PM | Child Development Resource Fair: Parents & Caregivers of Infants & Preschoolers Kenmore Middle School, 200 S. Carlin Springs Rd. 22204 Register here.: https://docs.google.com/forms/d/e/1FAIpQLSdTFCfm0JnkTxMN5aPBIL31s24GqITSi0kz55Zwsr8BxGc1iw/viewform |
| Monday, March 19 9:30 AM-12:30 PM | Community Engagement Forum on Aging, hosted by DHS Arlington Commission on Aging 2100 Washington Blvd. Arlington, VA 22204 |
| Monday, March 19 6:00 PM | Career Center Working Group meeting Arlington Career Center, 816 S. Walter Reed Dr. 22204 |
| Thursday, March 22 6:00 PM | School Board meeting / Public Hearing on Superintendent's Proposed FY 2019 Budget Education Center, School Board Meeting Room, 1426 N. Quincy St. 22207 *Watch School Board meetings via Livestream, or on Comcast Channel 70 or Verizon Channel 41. |

Visit www.apsva.us/Engage to stay up-to-date on engagement opportunities.



Blerina Mukallari

Albania, a country whose history dates to the Illyrian Empire 2000 BC, preserves its culture through language, folktale, music and most importantly its traditional cuisine. Sitting on the western part of the Balkan Peninsula, this Mediterranean country, with a fertile climate and access to the sea, provides a versatile and delicious cuisine.

The best part of growing up Albanian-American is coming home after a long day of classes to nena's (grandma's) home-cooked traditional meals.

Meze/Appetizers

Most Albanian appetizers are based on meat, cheese, and vegetables. My personal favorite, qofte (meatballs), is made with ground meat, bread, parmesan cheese, eggs, olive oil and condiments such as mint leaves, salt, and pepper. Whether fried or grilled they are sure to impart a delicious smell on top of their mouth-watering taste.



Each year gjyshi (grandpa) collects grape leaves from the small vines he cultivates in our backyard and throughout the year we enjoy nena's dollma (stuffed grape leaves). She fills them with rice stuffing and serves them cold with a drizzle of lemon juice and olive oil.

Kackavall, salce kosi (strained yogurt cheese), and gjize (curd cheese) add a dairy component to the meze.

Pjata kryesore/ Main course

Gjelle (stews), byrek, and different types of meat and fish platters are the most common entrees cooked in Albanian households. Gjelle is anything that you cook in a pot, but most consist of some type of stew made with meat, vegetables, and spices. Whatever the type of gjelle, they are refreshing and hearty, often served with homemade bread.

When describing byrek to my American friends, I refer to it as "Albanian pizza," but the only resemblance between the two is their round shape. Byrek consists of thin flaky phyllo dough filled with anything from ground meat and onions, spinach and cheese, or tomato and onions.

Meat and fish platters can be cooked in many ways depending on the region of Albania from which they originate. A classic is tave-kosi, made with lamb, rice, plain yogurt, eggs, and the additional aromatic ingredients like garlic, oregano, mint, and black pepper.



Embelsire/Desert

Making bakllava is an all-day event. Preparing and rolling phyllo dough from scratch is no joke and it takes a master to bake it to perfection. After letting the bakllava drench in sugar syrup for a couple of days, this flaky desert is a real treat that melts in your mouth.

Sultjash (rice pudding) is a simple and light desert consisting of rice, milk, sugar, and cornstarch. I prefer mine with a little cinnamon powder on top to give it a fresh smell and taste.

Pije/Drinks

Kafe turke brings some of my most found memories to mind. This coffee, resembling an espresso, brings my family together as they sit and enjoy it with conversation. The major drink in Albania is Raki (grape brandy). It is often home brewed and very powerful, so prepare yourself before taking even a small sip.

Pictured above left, Gjelle mishi me bizele dhe patate (Beef stew with peas and potatoes), and above right Byrek me djath (Byrek with ricota cheese)

Sultjash

4 cups of milk
1 cup of rice
½ cup sugar
cinnamon

In a nonstick pan add ½ cup of water and 1 cup of rice. Boil the rice until all the water is gone

Add 4 cups of milk to the pan. Let the milk boil with the rice until it becomes a creamy mixture. Stir occasionally to prevent the milk and rice from sticking.

Once the milk and rice have become a creamy mixture, add the ½ cup of sugar and let it boil for 5 minutes

Pour the sultjash into the desired dishware and sprinkle cinnamon on top

"I love Lyon Park in the springtime!"



Home in Arlington, Virginia



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