

The Lyon Park listserv  
has relaunched!

Sign up now so you  
don't miss anything!

We've moved to NextDoor and you're invited!

Nextdoor.com is a secure, private social network for neighborhood communities. It's the easiest way for neighbors to connect and share information, and it's free.

Lyon Park neighbors use this app and/or website to:

- Quickly get the word out about break-ins or suspicious activity
- Find a babysitter
- Get recommendations for a plumber
- Post lost dog alerts
- Give away furniture
- Finally call that nice man down the street by his first name

Find out about Lyon Park news and events, and help us build a stronger, safer community.

Sign up now so you don't miss anything!

[www.nextdoor.com/join](http://www.nextdoor.com/join)  
Code: SBCFNC

Please volunteer to help with  
Lyon Park's Centennial Celebration!  
<https://tinyurl.com/y8bqassz>

## President's Message

As we move forward with plans for celebrating Lyon Park's centennial—more on that in a moment—residents have an exceptional opportunity to begin shaping how our community will evolve over the next 100 years. At the next Lyon Park Citizens Association meeting on March 13, you will be able to vote on our new Neighborhood Conservation Plan (NCP). The NCP is a vital vehicle for guiding Arlington County's decisions on what improvements to make in Lyon Park and what needs to be preserved. We strongly encourage you to come out and let your voice be heard.

It has been nearly 50 years since Lyon Park last submitted a plan to the county's Neighborhood Conservation Advisory Committee (NCAC), so the new plan addresses many changes to our community. An overview of the new plan was presented at the LPCA's February meeting—hats off to Thora Colot and Christa Abbott. Tim McIntosh, the county's Neighborhood Conservation Program Manager, and his staff also joined us. We deeply appreciated them taking time to share their expertise and insight into how the NCAC functions and how NCPs shape its decision-making.

Don't worry if you missed that meeting. You can still make an informed decision because the new NCP will be posted online at [www.lyonpark.org](http://www.lyonpark.org) in advance of the March meeting. (Check NextDoor for the exact date.) While you are logged in to our web site, take time to volunteer to help plan our centennial celebration. A number of exciting ideas for how to mark this occasion in appropriate style were discussed at a recent meeting of volunteers. Bringing them to fruition will require many more dedicated volunteers. Be one of them!

We look forward to seeing you on the 13<sup>th</sup>.

*Darcy Rosenbaum and Peter Zirnite*  
LPCA Co-Presidents

Next meeting:  
Wednesday,  
March 13, 7:00 PM  
Lyon Park Community Center

Please pay  
your annual  
dues.  
See page 2

# 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

Anne Bell, 17, Babysitter. Red Cross Babysitting certified, First Aid, CPR, and Automated External Defibrillator certification. Please text to schedule: 623-3507

Toby Kant, 15, babysitter, dog walker/ sitter (guinea pig and turtle specialist), house/plant sitter. Call or email to schedule: 626-6725 or [zoekant@yahoo.com](mailto:zoekant@yahoo.com)

Logan Rowland, 16, babysitter, mother's helper, pet and plant sitter, Girl Scout certified, CPR, First Aid, AED certification, and medicine administration, experience with disabilities, (703) 915-2073 or [loganashley@verizon.net](mailto:loganashley@verizon.net)

Ella Bomberger, 13, mother's helper and babysitter. Red Cross certified. Text/call 571-775-9205 or email [turtleflips10@gmail.com](mailto:turtleflips10@gmail.com)

Mae Seward, 12, babysitter and mother's helper, Red Cross certified. Available weekends. Please call or text 473-3378.

Kenna Geary, 15: babysitter and mother's helper - Red Cross Babysitting Certified, pet and plant sitter, too! Please text 571-353-9259 or email [kennageary8@gmail.com](mailto:kennageary8@gmail.com)

Lilly Loughney, 16, odd jobs including (but not limited to) pet sitting, dog walking, house/yard work, and babysitting/mother's helper. 298-9701 or [lillyloughney12@gmail.com](mailto:lillyloughney12@gmail.com)

Luka Mota-Clem, 15, babysitter/helper/plant-sitter/dog-sitter/lawn-mower. CPR certified and nut-free. Email [lukamotaclem@icloud.com](mailto:lukamotaclem@icloud.com) or text (202) 294-9392.

Sarah Eichorn, 12, babysitter, mother's helper, petsitter. Call/text 202-364-5874 or email [lauramaz22@gmail.com](mailto:lauramaz22@gmail.com)

Adalie Wilson, 17, babysitter or mother's helper. Worked as a camp counselor at Arlington County camps. Has experience working with children with disabilities and has Red Cross babysitter certification. Also available to pet and plant sit. E-mail [aawilson54321@gmail.com](mailto:aawilson54321@gmail.com) or call/text 855-8279.

Max Kiriakou, age 14, lawn mowing, raking, snow shoveling. Has own equipment. 862-3597

Kate Kiriakou, age 12 1/2, babysitter or mother's helper. American Red Cross certified. 587-9277.

### 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 listserve? ☐ Yes ☐ No

Community Volunteer Interests (Check all that apply):

- |   |  |
|---|--|
| <input type="checkbox"/> Neighborhood Conservation                | <input type="checkbox"/> Spring Fair           |
| <input type="checkbox"/> Community Center and Park                | <input type="checkbox"/> Traffic issues        |
| <input type="checkbox"/> Development issues                       | <input type="checkbox"/> Newsletter            |
| <input type="checkbox"/> Social Events (Holiday Party, Halloween) | <input type="checkbox"/> Trees/Conservation    |
| <input type="checkbox"/> Homes and Gardens Tour                   | <input type="checkbox"/> All-purpose volunteer |



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

## LPCA EXECUTIVE COMMITTEE

### President

Darcy Rosenbaum and Peter Zirnite  
[LyonParkPresident@gmail.com](mailto:LyonParkPresident@gmail.com)

### Vice-President/Neighborhood Conservation

Thora Colot  
[thora.colot@gmail.com](mailto:thora.colot@gmail.com)

### Vice-President/Development

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

### Vice President, Communications/Social Media

Sky Adler  
[sky.x.adler@gmail.com](mailto:sky.x.adler@gmail.com)

### Treasurer

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

### Secretary/Historian

Annemaries Selvitelli  
[astanz10@hotmail.com](mailto:astanz10@hotmail.com)

### Membership Chair

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

### Sargeant at Arms

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

### Members at Large

Christa Abbott  
[christalpca@gmail.com](mailto:christalpca@gmail.com)

## COMMUNITY CENTER

### BOARD OF GOVERNORS

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

## IMPORTANT CONTACTS

### 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)

### Civic Federation Reps

Steve Geiger (703) 522-0026  
Erik Gutshall (703) 276-0809  
Larry Juneer (703) 525-8921  
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)



*It'll be a cold day in March without a little Chili.*

## **CHILI COOK-OFF MARCH 23, 2019**

Time to enter your chili!

Contact Betty Perfall (bperfall@yahoo.com) or Arshia Arvandi (arvandi@yahoo.com) to volunteer.

### **VOLUNTEER TO DO WHAT, YOU ASK?**

- Donate a pot of your spectacular chili
- Bake a tray or two of cornbread
- Set up, serve, or clean up

**MARK YOUR CALENDARS!**

**FUN STARTS AT 5:30 PM**

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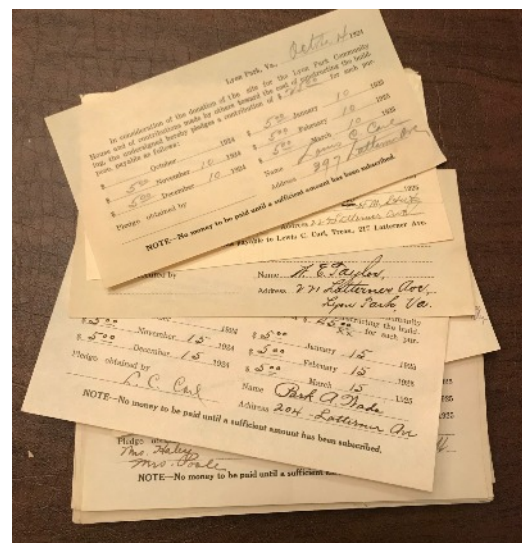
## **Lyon Park's Centennial – Chapter Two**

Following the platting of Lyon Park in 1919, Frank Lyon's vision began taking shape, as modest bungalows—many of them using Sears House Kits—were built and families settled into the neighborhood. The promotional literature put out by Lyon & Fitch featured a leafy park, along with picnic tables and a proposed community center.

Lyon & Fitch donated \$500 toward the construction of a community house, with the remaining cost to be incurred by the community itself. The Lyon Park Citizens Association oversaw the initial process, which required raising funds for the remaining construction costs, not to exceed \$2,000. Funds were raised by selling "shares" to Lyon Park neighbors. Individuals who donated \$25 or more became lifetime members of the Lyon Park Community Center Committee. Pledges were often paid in \$5 increments each quarter. By the winter of 1924, construction had begun but was halted because of rising construction costs. A fair (the first in a long tradition of fairs in Lyon Park), held in the summer of 1925, raised the \$800 needed for the completion of the building.

The Lyon Park Community Center's mission in its original constitution was to support "A social, civic and recreative center; so democratic as to attract the humblest; so wholesome as to appeal to the exclusive; so broad in scope as to bring youth, maturity and old age into closer companionship to the benefit of all." That vision was a cornerstone of the guiding principles during our renovation process a few years back, and it continues to inform the decisions of the Board of Governors, who are the custodians of the Lyon Park Community House today.

*Next month: Community Center Activities through the Ages*



***A \$25 share in 1919 is worth \$380.66 in 2019. Have you paid your fair "share"?***



## My Beef Stew

James Lu

Across the world, there are many varieties of beef stews. My version has been refined over the years due to my slowly-improving cooking skills and spontaneous “ingenuity.” Although the latter occasionally causes a few unpleasant consequences, humbleness and adventurousness must be kept at all time. A few years ago, I obtained a pork rib recipe from my mom. However, certain steps can be changed to make beef stew, which is more suitable for Northeastern America due to the abundance of available chopped stew beef in supermarkets.

Cooking is like pharmaceutical compounding in a sterile clean room. The first thing to obtain is the required “active pharmaceutical ingredient” (API), which is one to two pounds of stew beef with excellent texture and tenderness.

A drug has not only API but also excipients (substances added to a prescription to provide suitable consistency). Similar to how the drug has excipient, beef stew needs more than beef. Carrots, potatoes, onions, scallions, leeks, garlic, chili powder, star anise, bay leaves, cumin powder, rice cooking wine, soy sauce, ginger, black pepper, sugar, starch, and salt are everything I need.

To be more organized, I divide the cooking into two phases. The first phase includes a few exciting steps that prepare the meat for stewing. First, mix the beef with starch and rice wine. The mixing sounds boring, but it anticipates a great feast that is coming soon. Second, place the stew beef into a pot of cold water and then heat it till it boils. My mom said this step would get rid of the unpleasant bloody taste embedded in the meat and tenderize it. It’s inexplicable magic.

Next, I remove the meat from the hot water and set up another pan (preferably with a lid) for browning the beef with sugar. In the pan, I will mix cooking oil and sugar in the ratio of 1:3, and then slowly heat them till the sugar caramelizes. Timing is of utmost importance; if I burn it, then I need to spend the rest of my day cleaning the mess.

After caramelizing the sugar at the right temperature, now it’s time to add the beef for browning. I stir the meat vigorously to ensure maximal coverage. If this step proceeds well, a surface of savory, caramelized sugar will coat the beef. During the cooking, I always put a lid on the pan if there is too much oil splash, which can trigger the fire alarm in kitchen if it produces smoke. Therefore, one can avoid unnecessary interaction with the fire department by not overcooking, as I did once before.

Also, don’t forget to put in “excipients” that provide great flavors. During the browning step mentioned above, sliced onion, sliced ginger, garlic, leeks, black peppers, cumin powder, and salt are great friends to the beef. Mix them well while you stir-fry the beef using the lowest heat possible. At this point, I usually add in some soy sauce, and then I stir with passion because greatness awaits! After a couple of minutes, the second phase of beef stewing begins.

In the second phase, first I will move the contents from the pan to another pot. Next, I will prepare three cups of boiled water and carefully pour it into the pot. I close the lid and let it simmer for 40 minutes. During the wait, I cut potatoes and carrots in uniform sizes. After the “beef soup” reduces to a thicker beef stew, I put in everything including the vegetables and other herbs and start stirring again. Once most water is evaporated after simmering for an hour, the stew is almost complete. The last step is to chop scallions and spray them over the stew. The little green dots on a golden brownish stew look splendid, and they provide a little extra spiciness and freshness to the overall savory flavor.

Enjoy!





## Cupcake Sale Quietly Celebrates 10 Years!

Visiting a Lyon Park cupcake sale is wonderful experience. Working at a cupcake sale is many things: educational, exhausting, exhilarating, and sometimes, utterly enlightening. (Who knew that coconut cupcakes need to be baked in special pans?) If you've never been behind the scenes of a cupcake sale, consider volunteering to work in the kitchen at one of the next events. But please take a vitamin before you come! You're going to need some energy!

At the last cupcake sale, conversation between the bakers and the photographer (Jennifer Hart, a person who you rarely see because she's always on the other side of the lens) was brisk as we hurried to bake 120 additional cupcakes at 9 o'clock on Saturday morning. The need, precipitated by a complete sellout of the Peach Melba and the Double Chocolate, was urgent. We had to recruit Jennifer to help with the actual baking and boxing. As we talked, the subject turned to our first cupcake sale. None of us could remember precisely when we had that sale, but as is often the case, we could turn to photographs to try to determine the date.

Jennifer indicates she took the first photographs of a cupcake sale at Easter, 2009. That would be about right. After approximately 15 years of discussing community center renovation, it looked like renovation could be a reality in the next year or so. In actuality, renovation began in 2014. In the interim, the not-just-for-Woman's Club stepped up its fundraising activities. The cupcake sale became an annual event.

No one ever called the cupcake sale, "the first annual" or "the second" or "the third." In this club, the decision to hold or cancel must be made before each and every event. Numerous things have to be considered, not the least of which is availability of volunteers to help. Shopping, baking, frosting, and boxing cupcakes involves significant heavy lifting. What the community sees – some cheerful and cleanly dressed volunteers coaching them at the sale – is only the sale's veneer. In the days and hours before, our volunteers are more likely to have wildly uncontrolled hair, eyes that dart from oven to sink to frosting bowls, and smudges of flour, sugar, and frosting everywhere.

We've included a few pictures from the earliest cupcake sale above. To the right, the sidebar includes some facts about the Lyon Park Cupcake Sale then and now. We estimate we've made approximately 1600 cupcakes a year on average, meaning we've infused 16,000 cupcakes into north Arlington. That's about 4,800,000 calories. Sorry! (Not sorry!)

*The Woman's Club is neither just for women, nor just for Lyon Park residents. Our purpose is having fun, developing companionship, laughing, and supporting the park and community center. Oh, and food. We love food. If you're interested in joining us, contact Elizabeth Wray at (703) 522-1263. And for the several of you who said you keep considering joining, but.....stop hesitating! Join us soon!*

## Cupcake Sale Trivia

### First cupcake sale: Spring, 2009

# flavors then: Approximately eight

# flavors now: Approximately 16

### Cupcake sales by the numbers

2009: Roughly 400

2019: More than 800

### Neighborhood favorites (adults)

2009: Red Velvet Chip

2014: Tiramisu

2019: Red Velvet Chip & Tiramisu & Peach Melba

### Neighborhood favorites (kids)

2009: Ice cream cone

2014: Puppy faced & Oreo

2019: Oreo & Chocolate

### Significant Challenges

2009: Adjusting to baking large quantities

2012: Changes to packaging sizes of some of our primary ingredients; cupcakes were not rising!!!

2019: Several of our best bakers were unable to help

### Size of a typical baking crew:

2009: Six hardy souls

2019: Seven to eight less hardy but more enthusiastic souls

### Job least likely to be desired:

Dish washer

### Greatest need:

2009: Good frosters

2019: Good frosters

### Things we miss:

The old Garland stove

The floor in the old kitchen (easier on the legs)

Michael O'Connor



## 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	\$450/month color \$400/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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## 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](http://www.lyonpark.info)



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

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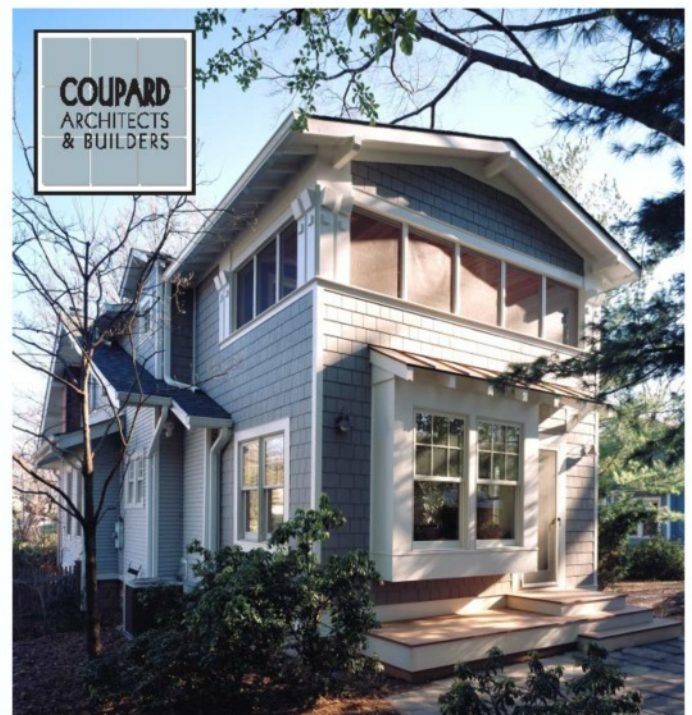
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## Doris Jean Boblett

*Longtime, Active Woman's Club Member*



Doris Jean Boblett passed away on Friday, February 1, 2019 at the age of 83 in Lincoln, Vermont. She was born in Slagle, West Virginia, to Thomas Turner Oney and Emily Susan (Brant) Oney. She married Edgar F. Boblett, Msgt. USAF, in Fairlea, WV. They were stationed in Peru, Indiana; Madrid, Spain; Springfield, Massachusetts; and at the Pentagon in Arlington, Virginia, where they settled to raise their two children. Doris was active in the PTA, Cub scouts and Girl Scouts, and various Church activities. As her children grew older Doris went back to community college for secretarial skills and eventually started working for the Social Security Administration. Doris worked her way up in SSA and her last job before retiring was as a Judicial Administrative Assistant.

Doris was widowed in 1979 when Edgar died of multiple myeloma at the age of 50. After retiring from SSA Doris devoted much of her free time to being with her children and grandchildren. She eventually moved to Lincoln, Vermont to be closer to her grandchildren where she was always attending their school and sports events. Doris was a resident of Lincoln until 2015 when she moved to EastView, in Middlebury, VT.

Doris loved to travel with her family, read, crochet, and listen to music; she was always involved in her local church and a member of the Lyon Park Women's Club in Arlington, and for many years held a number of offices in that organization. Doris always had a smile for everyone she met, and she specialized in making fresh chocolate chip cookies for her grandchildren and anyone else lucky enough to get one.

Doris leaves behind her son Benjamin Boblett, her daughter Mary (Boblett) Wood, Mary's husband Paul Wood, and three grandchildren: Emily, Sean, and Christopher Wood; a sister, Freda Mae Williams, of Essex, MD, and a brother, Thomas Oney, of Fairlea, West VA, along with many nieces, nephews, great nieces and great nephews and cousins.

In lieu of flowers, gifts in Doris's honor may be made to your favorite charity or to the Christian Appalachian Project, 485 Ponderosa Drive, P. O. Box 1768, Paintsville, KY 41240 <http://www.christianapp.org/about-us/contact-us>

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## County Expands Number of Permanent Drug Take-Back Boxes

In the first calendar year of Arlington County's Permanent Drug Take-Back Box program, residents safely disposed of 1008 pounds of unused, unwanted, or expired prescription medications. Due to the program's success, the County installed an additional permanent drug take-back box at Arlington County Fire Station #5. This expansion brings the total number of drop-off locations in Arlington County to four. Permanent drug take-back boxes are located at

- Arlington County Fire Station #2 – 4805 Wilson Boulevard
- Arlington County Fire Station #5 – 1750 South Hayes Street
- Arlington County Fire Station #9 – 1900 S. Walter Reed Drive
- Arlington County Police Department – 2000 block of 14th Street N.

Items accepted at the drug take-back boxes are prescriptions, vitamins, prescription ointments, pet medications, prescription patches and over-the-counter medications. Items not accepted are needles, inhalers, aerosol cans, thermometers, lotions or liquids and hydrogen peroxide.

## Things We Don't Talk About...Until We Do!!

If you dug up Arlington's sanitary sewer system and stretched it in a straight line, it would reach Mystic, CT!!! It's 465 miles of pipe supported by 13 lift stations. Annually, Arlington County relines approximately 1.5% of the system, or about seven miles of pipe. The County uses cured-in-place pipe (CIPP), a trenchless rehabilitation process. It repairs existing vitrified clay and concrete pipes using a resin (styrene) saturated felt tube. This process is less expensive—and less disruptive to neighborhoods and businesses—than replacing pipes.

Although the system works primary on gravity, it's impossible to have a continuously downward gradient. That's why the County installed lift stations. These stations are located above collection pits where the lift does just that—lifts wastewater so it can begin another stage of its downward journey to the Water Pollution Control Plant located at 530 31<sup>st</sup> St S. The lift stations are round, brick, one-story buildings.

Arlington processes 30 million gallons of waste water every day, and up to 150 million gallons daily during periods of heavy precipitation. Arlington serves parts of Alexandria, Fairfax, and Falls Church, too.

Arlington reminds residents that tree roots and grease in the pipelines are the most common causes of blockage (or the dread "back up"). Early signs are slow-flushing toilets or drains that are slow to empty.

Arlington has numerous videos on the sewage treatment process on its web site.



## Eight Small Changes to Live a Healthier Lifestyle

What better date to start making healthier decisions than the first day of spring: March 20. It takes two to eight months before a new behavior becomes automatic—in other words, to form a habit. Here are eight simple ways to start living a healthier lifestyle, whether it is through changing your diet, incorporating exercise, or finding moments for yourself.

**1** For each hour you spend sitting, get up and walk for five minutes. If you work at a desk job for eight hours a day, ensuring you follow this rule will add 40 additional minutes of exercise per day.



**2** Find work friends who will take walks with you during lunch.



- Split your lunch in half.
- Spend half of the time walking and the other half eating – this way you incorporate exercise while also ensuring you do not overeat simply because you have “extra” time.

**3** If you feel drowsy during the day- add more sleep time in 10-minute increments.



- Adding additional hours to your sleep schedule is not feasible in our hectic world. Instead, add ten extra minutes every night to gradually alter your sleep schedule and get the sleep you need.

**4** Buy yourself that nice water bottle!

- Many of us forget to drink water throughout the day often because we don't have a water bottle we are proud we invested in.
- So, splurge a little and find the perfect one. This way, you will be more inclined to carry it, drink from it, and continuously refill it!

**5** Plate your meals in reverse order.



- Most of us reach for the protein and carbs before the vegetables.
- Try to plate your meals by adding vegetables first; aim for about 2½ cups of these healthy calories.

**6** Drink your coffee black. A great way to save both calories and sugar is to stay away from adding extra additives to your coffee (and to jump start your day in a healthier way).

**7** Start a subscription for a weekly or monthly produce delivery.

- ☐ Community Supported Agriculture (CSA): <https://www.localharvest.org/csa/>

✓ Start a subscription to receive a box of vegetables on a regular basis throughout the growing season and to also support local businesses.

- ☐ Groundworks Farm: <http://www.groundworksfarm.com/>

✓ A local favorite with delivery at the Arlington Arts Center on Wednesdays



**8** Prep ahead.

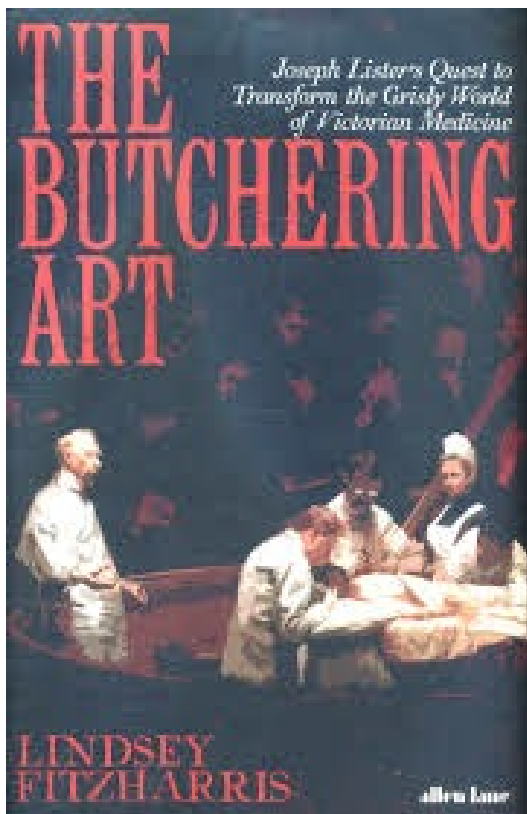
- Use Sundays to your advantage.
- Find recipes on Pinterest that excite you and food that you want to eat; having meals ready to “grab” when you are hungry will decrease the chances of you reaching for the chips or cookies when you are starving and in a hurry.



**R**esearchers say, “Missing one opportunity to perform a habit did not materially affect the habit formation process.” So don’t beat yourself up if you miss a few days. Focus on the successful days rather than those you may lose sight of your goals. After all, the process is about building a better, healthier version of yourself, which has no room for self-criticism. Happy Spring!

## The Butchering Art

Margaret Dean



Grisly does not begin to capture the scenes in the Prologue (The Age of Agony) and the first chapters of *The Butchering Art*, all unfortunately traumatizing real life accounts. The accolades in the opening pages say “vivid,” “gory,” “morbid detail,” “visceral imagery,” “unimaginable horrors of surgery and post-operative infection,” all descriptively accurate.

The drama of Lister’s life-long effort to convince his surgical colleagues that invisible agents (microbes) were responsible for the perilously high death rate among surgical patients pales by comparison. Yet the results of his efforts to persuade older surgeons and train new young doctors in antiseptic techniques reversed the death rate precipitously. Injured young men, wounded warriors, newborn babies and birth-giving mothers had a real chance of surviving their hospital stay with Lister’s techniques in place.

Joseph Lister, born April 5, 1827, a Scot and a Quaker, had the somber dedication necessary to persist over decades to ensure that his antiseptic techniques were implemented correctly. Starting with his childhood fascination with microscopes, Lister was dedicated to saving people’s lives. Jealousies, feuds, rumors and gossip accompanied the investiture of an entirely new concept, but Lister persisted in laying the foundation of understanding inflammation, fever, sepsis and death.

Listerine was one result; Johnson and Johnson, created to meet the demand for sterile products, is another. Together with Louis Pasteur, Lister was a leader in improving the ratio of life and death, pain and recovery. As interesting as this biography is, this book is not for the squeamish.

*The Butchering Art: Joseph Lister’s Quest to Transform the Grisly World of Victorian Medicine* by Lindsey Fitzharris. Scientific American, Farrar, Straus and Giroux, New York. 2017. ISBN: 978-0-374-53796, Paperback, 234 pp. Gift.

## Community Engagement Opportunities, Arlington Public Schools

Arlington Public Schools has several events coming up that may be of interest to you!

Tuesday, Mar 12 6 PM	School Board FY 2020 Budget Work Session #2** Syphax Education Center, 2nd FL S, 2110 Washington Blvd. 22204
Wednesday, Mar 13 1 - 6 PM	Susan Strasser: A White Historian Confronts Residential Segregation H-B Woodlawn Music Room, 4100 N. Vacation Lane, 22207
Thursday, Mar 14 7 PM	School Board meeting*. Agenda posted one week prior. Syphax Education Center, 2nd FL School Board Room, 2110 Washington Blvd. 22204
Tuesday, Mar 19 7 PM	School Board FY 2020 Budget Work Session #3** Syphax Education Center, 2nd FL, 2110 Washington Blvd. 22204
Tuesday, Mar 26 7 PM	School Board FY 2020 Budget Work Session #4** Syphax Education Center, 2nd FL, 2110 Washington Blvd. 22204
Thursday, Mar 28 7 PM	School Board Meeting*. Public Hearing on Superintendent’s Proposed FY2020 Budget. Full agenda posted one week prior. Syphax Education Center, 2nd FL School Board Room, 2110 Washington Blvd. 22204
Tuesday, Apr 2 7:30 PM	School Board FY 2020 Budget Work Session #5** Syphax Education Center, 2nd FL, 2110 Washington Blvd. 22204
Tuesday, Apr 9 7 PM	School Board FY 2020 Budget Work Session #5** Syphax Education Center, 2nd FL, 2110 Washington Blvd. 22204

\*View Board meetings live online or on Comcast Channel 70 or Verizon Channel 41.

\*\* Watch Work Sessions live online at <https://www.apsva.us/school-board-meetings/school-board-work-sessions-meetings/>.

Work sessions are opened to the public but no public comments are accepted.

Visit [www.apsva.us/Engage](http://www.apsva.us/Engage) to stay up-to-date on engagement opportunities.





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## A Decades Old Tradition Keeps Pups Barking!!!

As you stroll through Lyon Park, you may have noticed one of several little free libraries. They come in many shapes and sizes but mostly look like a small wooden box of books. Have you seen the mailbox for good dogs? Yes, you read it correctly. Lyon Park has a mailbox for dog treats! A long time Lyon Parker started this due to her love of dogs. When the homeowner passed away several years ago, the home was put on the market and the dog loving neighbors in Lyon Park kept this active during the new home construction. It now rests on the current fence post. If you are walking your dog along 9<sup>th</sup> Street N, look for the mailbox to reward your dog. Moreover, if you notice it running low, please feel free to fill it up. Thank you to all the fabulous neighbors who continue to fill the mailbox with dog bones!

## H<sub>2</sub>O REMINDER

Every spring for approximately six weeks, the Washington Aqueduct switches disinfectants from chloramine to chlorine to flush the water distribution system and improve water quality. Biofilm—a normal but undesired accumulation of bacteria—can become accustomed to the chloramine disinfectant they use routinely. Flushing fire hydrants and changing the disinfectant controls the biofilm.

Smell the chlorine in your water? Just run the tap for a few minutes.



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*Piedmont bedstraw*



*Eastern red-backed salamander*



*Tuliptree*

## The City Nature Challenge

*Deborah Barber  
(iNaturalist handle dbarber)*

What wildlife can you spot at 00:01 on a rainy spring night? That's what DC-area nature-lovers were wondering in the wee hours of Friday, April 27 last year. Competition to be the first person in metropolitan Washington DC to post a wildlife photo to iNaturalist and become the first observer in the 2018 Washington DC City Nature Challenge was stiff! The City Nature Challenge is a fun, friendly competition among metropolitan areas worldwide to see which city can spot the most wild species and engage the most observers using the powerful iNaturalist citizen science platform to document finds. Nearly 70 cities participated, with 130 expected this year!

Before the competition, I had agreed to lead some walks for my work at The Nature Conservancy plus one in Lyon Park. To practice using the mobile iNaturalist app, I uploaded old smartphone photos from field work and vacations. I was amazed at how the iNaturalist system organized them onto a map and a life list, developing a breadcrumb trail for years of my forays into nature. And, by using computer vision and connecting me to a worldwide community of observers, it helped me identify many plants and animals whose names I hadn't known before. This was too exciting to keep to myself, so I helped organize a web site listing events sponsored by local parks, conservation organizations and master naturalist groups, including the amazing Arlington Master Naturalists. I figured that plus my walks would be the extent of my participation.

I'm not normally a competitive person...but when the race started at midnight I was bitten by the bug. Someone else made the first observation at one minute past midnight, so I went outside and made three. I soon found myself writing blog entries each midnight summarizing the day's results and egging our community on to more discoveries. When I wasn't leading walks, I went out in the neighborhood to catch more shots of weeds or garden bugs. After dark, I scrolled through local observations to confirm identifications. When it all wrapped up on Monday night, DC ranked 5<sup>th</sup> for number of observations, 8<sup>th</sup> for number of species, and 4<sup>th</sup> for number of observers. (San Francisco, the home of iNaturalist, won in all three categories, with Houston, Hong Kong, and Klang Valley, Malaysia also making excellent showings.)

So, what DID DC iNaturalists record in the moments past midnight? Photos of a flashlight-illuminated ichneumonid wasp, a shield lichen, raccoon tracks on a trash can, a kitchen pantry moth; an audio file of a mockingbird singing its late-night song...1,773 species documented, building a beautiful picture of the diversity of life around the Beltway. Here in Arlington, iNaturalists spotted spring peepers, downy woodpeckers, and others that you can see at [bit.ly/arlcnc2018](http://bit.ly/arlcnc2018).

Thanks to the global community of citizen scientists and all the DC-area participants for a long weekend of adrenaline-charged fun! This year's City Nature Challenge is April 26 – 29. Find out more at [citynaturechallengedc.org](http://citynaturechallengedc.org).



*A Robin's egg*



*Common lichen  
on tree trunk*





## Cupcakes, February 9, 2019



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