



Lyon Park Citizen

December 2020

Lyon Park's listserv, located on NextDoor, is a secure, private social network and an easy way for neighbors to connect and share information. It's free.

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

- Find a plasterer
- Comment on raking vs. blowing
- Locate a lost pet
- Chat about local restaurants that have made you happy!

=

Join here:

www.nextdoor.com/join

Code: SBCFNC

December Meeting

December 11, 2020

Virtual Holiday party

<https://zoom.us/join>
Meeting ID: 820 9375 5726
Passcode: volunteer

Log in at 7 PM to make sure your system works, and engage in some small talk.

President's Message

As 2020 draws to a close, I am sure many of you are thinking, "Good riddance." It certainly has been a trying year, one in which we had to forgo most of the activities and events that bring out the best in our community and make Lyon Park such a vibrant place to live. Fortunately, not all has been lost thanks to the deep dedication of residents committed to ensuring that our community stays strong despite the coronavirus pandemic.

Some have done that by working diligently to make sure not all of our traditional community events fall victim to COVID-19. One of the most popular events is the community holiday party, which is held in lieu of the Lyon Park Community Association's December meeting. Paul Showalter and Darcy Rosenbaum are spearheading efforts to stage a virtual party this year, with the date set for Friday, December 11. They are also working their North Pole connections to have Santa make a pre-Christmas visit to Lyon Park. Volunteers are needed to bring these plans to fruition. (See page 3)

Others have been working to strengthen our community by reinforcing our ties to greater Arlington. Christa Abbott, for example, has been promoting Dialogues on Race and Equality, a program aimed at addressing racial equality in Arlington and reducing disparities. LPCA is a community partner in this county-run initiative, and Christa is our coordinator. This month, she will facilitate two interactive, virtual dialogues for Lyon Park residents to learn about and directly address local racial equity issues. For more details, see her article on page 5.

Perhaps the most important thing people have been doing is providing direct assistance to those most in need these trying times. There are many individuals and organizations engaged in this, and, in this season of giving, you may be wondering how to join them. One way you can do that is by donating to Clothesline Arlington, a non-profit organization dedicated to helping low-income families keep their children warm. Learn more at <https://clotheslinearlington.networkforgood.com>.

Best wishes for a happy and healthy holiday season.

Peter Zirnite, LPCA President

P.S. I want to offer a special thanks to Paul Showalter and Troy's Italian Kitchen for helping to keep Lyon Park in the Halloween spirit this year.

**Please pay your
LPCA dues!
The form is on page 14.**

Classified Ads

GET SOMEONE'S ATTENTION! The *Citizen* is hand delivered to 1,900 households every issue.

TEEN SERVICES

Interested in including your free teen ad? Visit www.lyonpark.org/library to share your information!

- **Abby Kant**, 15, babysitter, dog walker/sitter, odd jobs, plant sitter. **Text:** (703) 626-4531
- **Max Kiriakou**, 15, yard work, shoveling, lawn mowing, trimming, yard work. I have my own equipment! **Phone/Text:** (571) 244-8982
- **Kate Kiriakou**, 14, Babysitter, mother's helper, odd jobs, plant sitter. Red Cross certified. **Phone/Text:** (703) 587-9277
- **Delaney Loughney**, 13, Babysitter, odd jobs, plant sitter, dog walker, pet sitting.. **Text:** (571) 458-0512
- **Finn Loughney**, 16, Odd jobs, dog walker, plant sitter, shoveling. **Text:** (571) 289-4823 **Email:** finnloughney@gmail.com
- **Mae Seward**, 13, babysitter, mother's helper. Red Cross certified. Available Fridays after 3 PM and Saturdays and Sundays after 12 PM. Phone/text (703) 473-3378.
- **Sylvia Goldener**, 13, babysitter, mother's helper, plant sitter, odd jobs. Text/Email: (703) 401-7234 sylviagoldener@icloud.com, Red Cross certified
- **Ella Bomberger**, 15, babysitter, mother's helper, dog walker, plant sitter. Text: (571) 775-9205. Red Cross babysitting certification
- **Morgan Thomas**, 12, experienced dog walker, plant sitter. Text: (240) 810-4834.

Free Trees, But Lyon Park Coordinator is Busy

EcoAction Arlington and the Arlington County Urban Forestry Commission (UFC) administer the Tree Canopy Fund (TCF). The TCF's purpose is to arrest the decrease in tree cover in Arlington County in recent decades and increase the canopy over time.

The TCF is providing free 7' and 8' trees to homeowners and will plant them in spring 2021 at no charge. Groups eligible to receive TCF grants include civic and homeowner associations, community nonprofit organizations, civic service clubs, church or school-related groups, and **ad hoc neighborhood groups**. Ordinarily, Bill Anhut coordinates our efforts but he has a scheduling conflict this year. Elaine Simmons is willing to coordinate Lyon Park's efforts, but will need help. Might you be able to help? Contact Elaine at elainersimmons@earthlink.net.

The TCF strongly encourages individuals not affiliated with a group to recruit at least one or two additional neighbors to apply together. Individual applicants not affiliated with a neighborhood group will be grouped together for the purposes of management. This would be a good time for neighbors with an interest in tree canopy to work together and use the listserv to recruit others.

Applications are due by midnight, Friday, January 8, 2021. The application form and instructions are available online at www.ecoactionarlington.org. Photos and maps should be uploaded online as well, but if you have difficulty, email trees@ecoactionarlington.org.

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

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FROM THE NORTH POLE

Dear Lyon Park Family,

As has been the case with so many aspects of our lives, the upcoming holiday season will also be affected. I am sad to report that Mrs. Claus and I will not be able to take in-person photos with you this year. However, we are very excited about the opportunities your community has organized below.

Thank you for working so hard to be good this year!

Love,

Santa Claus



.....

VIRTUAL HOLIDAY PARTY

FRIDAY, DECEMBER 11TH - 7 PM

Join us for music, prizes and festive cheer. BYOB!

.....

Here Comes Santa Claus

SATURDAY, DECEMBER 12TH - 2:30 PM

Be on the lookout for Santa as he makes his way through the neighborhood.
Route will be posted on the Lyon Park website.

.....

VIRTUAL VISIT WITH

Santa Claus

Limited slots available. \$25/ visit. Proceeds to benefit the Lyon Park Community Center,

VISIT LYONPARK.ORG FOR MORE INFORMATION & TO REGISTER!

Small Businesses in Arlington; Interview with Cary Kelly of The Cookery in Shirlington

Elaine Simmons

Why did you start a small business in Arlington and what is your niche?

Ten years ago, I discovered high quality, really fresh olive oil. The flavor of fresh olive oil in cooking is incomparable to grocery store oil, which was typically adulterated or rancid. Five years ago, I diversified the store portfolio because good olive oil became more accessible, and customers were interested in new flavors from different cuisines they accessed via Instagram or travel. My passion is to help customers put delicious food on their table, especially now when people are cooking more. We achieve that through high quality seasoning products and artisan-made cookware and tools that last a lifetime.

I was attracted to Shirlington because it has the feel of an old-fashioned neighborhood of storefronts with a diverse clientele. With the pandemic we expanded our on-line presence.

What are your favorite products?

My passion is flavor. In our drive for convenience, we have overprocessed products, but humans want to experience the joy and euphoria of *flavor*. My pantry products are selected with this in mind. Good salt is crucial because it chemically changes food to enhance flavor, but grocery store salt can be processed with cyanide. We sell Maldon salt from the UK that I love. We also sell truffle products for exciting new flavors. For cookware, my favorite is Smithey cast iron; nothing else cooks like this. Customers also tell me they love the store for affordable, hand-crafted gifts.



What's it like being a small business in a sea of chain stores?

There is great risk in operating a small business. You can't get a corporate loan, so when you sign a lease you must put your own assets on the line, such as your home. But I love my customers and small businesses are good for the community. Almost 70% of what is spent in local businesses stays in the community because we are based here instead of a distant corporate headquarters. I also specialize in supporting small brands, many of which are women, minority, and/or locally owned.

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We Can Do Something about Food Waste!

Elaine Simmons

According to FoodPrint, America wastes roughly 40% of its food. We spend a staggering \$218 billion to grow, process, transport and dispose of food that never gets eaten. Reducing waste by just 15% could feed more than 25 million people annually—about the number in the US who are food insecure.

Food waste is an environmental disaster. Uneaten food is the single largest component of municipal solid waste. In landfills, food gradually breaks down to form methane, a greenhouse gas that's up to 86 times more powerful than carbon dioxide. A UK report indicates removing food from landfills would result in a greenhouse gas reduction equal to 20% fewer cars on the road.

While waste occurs on farms, fishing boats, and in the supply chain, households are responsible for the largest portion. Estimates indicate an average person wastes 21% of food purchased, costing each of us \$1,800 per year. In terms of total mass, fresh fruits and vegetables account for the largest losses by consumers, followed by dairy, meat, and seafood.

Why are we wasting so much?

FoodPrint lists reasons for household food waste:

- **Food Spoilage:** This occurs due to improper storage, lack of visibility in refrigerators and pantries, partially used ingredients, and misjudged food needs.
- **Over-Preparing:** Portions have increased over time, we can't finish our meals, we forget to eat (then throw away) leftovers. Some people have a wasteful aversion to leftovers.
- **Date Label Confusion:** Many people prematurely discard food due to confusion over the meaning of date labels (e.g., "sell by," "expires by"). These dates are not federally regulated and are only manufacturer suggestions for peak quality.
- **Overbuying:** Deals on products that encourage impulse and bulk purchases often result in food going to waste.
- **Poor Planning:** Without meal plans and shopping lists, consumers often estimate their weekly food needs inaccurately.

How Can We Do Better?

- Plan ahead; assess what is in your fridge and pantry and plan meals around what you have.
- Make a list before you shop. Grocery apps help (even simpler, I use the notes section of my iPhone).
- Be realistic about your food needs. If your kids have moved out, stop cooking for them!
- Shop small; avoid large monthly shopping trips and be realistic about what you actually *need* when you walk into beguiling bulk stores like COSTCO.
- Freeze edible food that you are not going to eat right away.
- Take charge of your fridge, freezer, and pantry: clean them out often and know what you've got in there!
- Take leftovers home from restaurants. I bring my own containers to avoid amassing unwanted plastic.
- COMPOST, COMPOST, COMPOST your fruits and vegetables that are going bad. Composting is super satisfying and generates lovely loam for your yard.



Let's Talk About Race and Equity

Christa Abbott

In September 2019, the Arlington County Board adopted an Equity Resolution. It was both an acknowledgement of systemic racism in Arlington and a call to establish systemic equity as our future. As part of this work, the County partnered with Challenging Racism, an Arlington based nonprofit, to hold community dialogues on race and equity (DRE). The Lyon Park Citizens Association is a community partner in this effort and we will host virtual conversations to explore issues related to race and equity in our community. The goal of these conversations is to provide a safe place for neighbors to explore topics relating to race, to learn without judgment, and to process without fear.

About a year ago, the LPCA hosted a community conversation as part of our centennial observance. Many of us learned eye opening information about the use of racial covenants at the founding of our neighborhood. We began to build an understanding how our neighborhood was initially created as an exclusively white space and how that legacy plays out today. I learned about some of the explicit tools segregationists used to create structures that divide our county.

Through training for the DRE program, I heard the phrase "systemic equity" and something shifted in me. Just as the segregationists before us were analytical and calculating about how to establish and maintain the power of one group over others, we can systematically look for ways to establish equity in our community and throughout the County. One of the ways we do that is to establish a common understanding of how racism functions and its relevant terminology. In December, the LPCA will host conversations that explore privilege and bias and provide an overview of how race has historically operated in Arlington. Each conversation will be two hours and limited to ten participants. Participant information will be kept confidential; I will report data back to the County and Challenging Racism without identifying details.

Please contact me at christalpca@gmail.com if you would like to participate. Conversations are scheduled for Tuesday, December 15, 10 AM - 12 PM and Thursday, December 17, 7 - 9 PM. However, even if you can't make one of these times, please e-mail me as we can schedule additional conversations if there is demand. All conversations will be held via Zoom.

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 to reserve space.

Help Make Everyone's Visit to Our Park a Success

Lyon Park's lush green lawn is an oasis for friends and neighbors during warm weather. Please remember:

- If you plan to have a large party at the park, you must contact the rental agent and rent the area.
- We have limited trash receptacles. Please take large quantities of trash home with you, or bring it to the trash corral on Fillmore Street.
- Please advise your caregivers to bring dirty diapers home to your own trash receptacles, and follow this rule yourself. Trash cans heating in the sun + dirty diapers = horrible odor.
- Consider emptying overflowing trash cans and taking the bags to the trash corral. We leave extra bags at the bottom of the cans.



Wreaths Across America Day

DECEMBER 19TH

Columbia Gardens Cemetery is proud to participate in our 2nd Wreaths Across America Day! Last year, more than 100 volunteers from scouting troops, DAR, military members, veterans, neighbors and community members participated in our wreath-laying ceremony to honor veterans.

Please support Wreaths Across America Day. We invite you to join us in placing wreaths at the gravesites of more than 750 veterans at Columbia Gardens Cemetery on December 19.



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For details, call us at 703.527.1235 or visit columbiagardenscemetery.org

Columbia Gardens Cemetery | 3411 Arlington Blvd. | Arlington, VA 22201



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:

Four consecutive hours ending before 2 PM, small kitchen use only– *Includes the time you will need to set up and clean up.*

\$200 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>



Don't Miss December's Meteor Shower

The Geminids meteor showers are active from December 4 through December 17, but will peak during the night of December 13 to 14. The Geminids are one of the most spectacular meteor showers of the year, with the possibility of sighting around 120 meteors per hour at its peak. The moon will be less than 1% full, so if the sky is clear and you can find a spot with little light pollution, the show will be spectacular.

The shower's name is based on the constellation Gemini because the meteors seem to emerge from this constellation in the sky. The 2nd century AD astronomer Ptolemy described the Gemini constellation and 47 others, and it is one of 88 recognized constellations today. Its name is Latin for twins, and it is associated with the twins Castor and Pollux in Greek mythology. Here's the story: Castor and Pollux—children of Leda, Argonauts, and Zeus (paternity was complicated among the Gods)—were mythologically associated with St. Elmo's fire and protectors of sailors. Castor was mortal, and when he died, Pollux begged Zeus to give Castor immortality. Zeus granted the request by uniting them together in the heavens.

Most meteor showers are associated with comets. The Geminids are not; they are associated with the asteroid 3200 Phaethon. The asteroid takes about 1.4 years to orbit the Sun. It's unique in that it approaches the Sun more closely than any other asteroid.



The National Zoo and Conservation Biology Institute's 3-month-old giant panda cub received his name recently. Xiao Qi Ji (SHIAU-chi-ji) translates to "Little Miracle." Spy on the pandas using the Zoo's panda cam:

<https://nationalzoo.si.edu/webcams/panda-cam>



Stressed Wite Oaks-Circled tree will be removed soon



2018 Red Maple

When the Bough Breaks

Bill Anhut

Lyon Park has just over 60 trees, two of which are Co-Champion White Ash trees (the largest two ash trees in Arlington County) and another is a Notable tree, Arlington's 4th largest Willow Oak. In the last three years we have planted several new trees: two sycamores, a red maple, a pin oak, a sweet gum, and this spring, a swamp white oak. During Lyon Park's Centennial Celebration in 2019, we planted two disease resistant American Chestnut seedlings. All of the young trees are healthy and thriving.

Unfortunately, all ash trees in Virginia are endangered by the infestation of the Emerald Ash Boer (EAB), a pest introduced to the U.S. from China years ago. For the past 10 years, Lyon Park has hired arborists to advise and treat our White Ash trees to fend off the EAB. During the Spring of 2020, our arborist treated the white ash trees to protect them against EAB, pruned all deadwood, and mulched the trees.

On November 5, a limb of one of the white ash trees broke from the trunk and fell. The limb appeared healthy, but its weight and high winds brought the limb down. Had the limb exhibited any symptoms that it would break from the tree, the arborist would have removed the limb during his spring pruning. While it is rare that large, apparently healthy limbs fall from trees, it can happen. By carefully inspecting trees annually, an arborist can minimize falling limbs or trees. Within the past year, Lyon Park has paid to have one of its tulip trees removed because it posed a threat to fall. Additionally, we have paid to have several trees pruned of their deadwood.



*White Ash that Lost a Limb -
circle marks the break*



2017 Sweet Gum

Lyon Park has four white oak trees that are severely stressed due in large part to construction activity during the renovation of the Community Center. Our arborist, Robert Blakely of Northern Woods, (ISA Certified Arborist), is of the belief that three of the white oaks can be saved with some intensive care. For the past four years, Robert has been injecting fertilizer into the soil around the trees and into the cambium at the base of the trees. His company has also pruned all dead wood from the trees. Robert inspected the trees on November 12 and commented that the white oaks have been further impacted by recent dramatic climate changes, particularly last year's drought in August and September as well as severe temperature spikes. Even though each tree has dead wood (will be pruned this winter), Robert remains optimistic that three of the trees have sufficient healthy branching, that they can be nurtured for the foreseeable future. The fourth white oak exhibits signs of an opportunistic fungus, Hypoxlyn Canker. That tree will be removed this winter when the other white oaks are pruned.

Lyon Park has applied for and received approval from the Tree Canopy Fund to plant two new trees, a Sugarberry and a Linden tree, in the vicinity of the white oaks. The new trees were planted during the final week of November. The Lyon Park Board of Governors is charged with caring for our park and community center. The members of the Board care dearly for the preservation and maintenance of our trees. We will selectively continue to plant new trees and prune or remove any trees that pose a danger to our park users. Lyon Park is proud of our Co-Champion White Ash trees and our Notable Willow Oak. We will continue to consult with our arborist and follow his direction for the care of our trees.



Notable Willow Oak

Girls Can Mountain Bike *Natalie Melvin*

When the pandemic hit and college classes went online, I stood in my garage staring aimlessly for something to do. My 2007 Christmas present—a shiny red bike—hung on the wall with three inches of dust on every spoke. Granted, it had hung there since before high school, but I, a senior in college, insisted my dad inflate the tires and tighten the brakes. I was having a Tour de France vision.

I started with 10-mile rides around my neighborhood; this was good enough considering I'm a 21-year-old girl riding a teenage boy sized mountain bike on pavement. I'm sure you can picture it. I wore my Hawaiian flower helmet that suited my eight-year-old pink phase and my knees nearly hit the handle bars with every pedal. All jokes aside, I was glad to be exercising. What better time to pick up biking?

I thought this would be a one-week high that would quickly revert back to home workouts from my computer. But I was surprised to find myself accompanying my boyfriend and his cousins as they mountain biked Huntington State Park in Redding, Connecticut. I upgraded my bike, thankfully, and got a new helmet. I started on basic trails that were wide and well-groomed. I worked my way to some beginner single-track trails accompanied by plenty of frustration and hard falls. But it was unbelievably fun. We found ourselves lost in the park's 1000 acres more often than not.

When I became more confident on the uneven trails, I finally started clipping in. For those who don't know, clips are special shoes that bind your foot to the pedals. What a scary step, let me tell you. There's technique to unclipping and being able to time the motion to avoid falling. So it was overwhelming and a huge adjustment being connected to the bike. But, when I got the hang of it, there was no going back to plain sneakers and flailing feet after hitting every rock.

I love mountain biking, and I can't say I would have gotten into it if it weren't for the pandemic and riding with a great group of people.



FIVE FOOLPROOF STARTERS

- 1 Get comfortable riding on flat, clean, rock-free, root-free trails first.** It's important to get the feel of trail riding.
- 2 Start in sneakers.** You want to be able to step on and off the bike at your leisure because falls are inevitable. Once you feel most comfortable, trade up to clips.
- 3 Go in a group.** I learned best from the people around me and it makes the activity even more enjoyable.
- 4 Make sure your helmet fits.** If it is too tight or too loose, it may be uncomfortable and provide improper protection.
- 5 Track your rides on a smart watch or app.** You'll have a record of great routes and be able to show your ride credentials.





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What's Happening with the Community Center?

Longtime newsletter fans may be accustomed to opening the newsletter to page 3 every month to see what's happening at the Lyon Park Community Center (LPCC) in the near future. Thanks to a few-a very few-stalwart community volunteers, the Holiday Party and visits with the fat guy will occur in a manner of speaking.

Everything else we have come to treasure? Not happening.

Community events serve two purposes. The first-and most important-is to build community and have fun. Current safety measures have curtailed our ability to hold events safely, so we've canceled them. The second is to support and maintain the LPCC. A cadre of dedicated volunteers run community events that generate a significant amount of income for the LPCC. Consider this: canceling the Chili Dinner, a cupcake sale, the Spring Fair, a Food Truck event, the Bonfire, and the not-just-a-craft Fair reduced our income since March by \$8,000 estimating conservatively.

In addition, our rentals are understandably down. LPCC's cash balance dipped to \$15,000 at yearend on June 30, 2020, due to COVID related rental cancellations. Finally, we have seen more wear and tear in the park as neighbors seek an outside oasis to play, visit, and exercise. Sadly, we have also seen an increase in vandalism.

Much like homeowners have expenses even if they lose their employment, LPCC still incurs operating expense, although they are somewhat reduced.

Many of you are supporting a number of worthy and important causes. We commend you for your willingness to help those in need. Please continue!

If you have used or enjoyed the park and Community House, and you are able to help support our community treasure, please consider a tax deductible donation.

Donating is easy. You can set up a recurring payment or donate a lump sum online at <http://lyonpark.info/donate/> by Paypal or credit card. Prefer to send a check? Mail your donation to Lyon Park Community Center, P.O. Box 100191, Arlington, Virginia 22201.

Secret Santa

2020 has seen more Arlington households in financial crisis than ever before. You can help these families by donating to the Secret Santa Program. Gift cards are distributed to clients in Department of Human Services safety net programs and other programs for low-income residents, including COVID-impacted households, children in foster care, people with disabilities, seniors with low incomes, and teen parents.

This year, the Secret Santa Program can accept gift cards and checks by mail, or online donations via secure credit card payments, any time before December 18.

<https://publicassistance.arlingtonva.us/secret-santa/>

Arlington Election

Despite record-setting early and mail-in voting, the final 2020 general election turnout in Arlington slightly underperformed that of 2016. It set a local record in terms of votes cast, but a rise in population and voter registration meant that the final turnout figure was a few points below the 82% turnout from 2016.

In all, 131,518 voters, or about 79% of registered voters, cast ballots on November 3. More than 108,394 Arlingtonians (65.1% turnout) cast their ballots by mail, drop box, or in person before Election Day. Only 23,124 people voted in person!

Prohibited: Bikes on Natural Trails

Heavy use of trails, erosion, and direct impacts to roots can severely impact the trees and other natural resources in our parks. Damage to roots often creates pathways to infection, which show themselves years after the damage is done. Foot pressure and walking traffic rarely cause the sufficient damage to kill trees, but grinding wheels from mountain biking have caused major decline in trees. Damaged trees become a risk to all trail users. Removal and maintenance of trees in heavily wooded areas is very costly, and deferring this work can lead to increased risk to all users and the park itself.

For information on: "Where can I ride in Arlington?"

<http://www.bikearlington.com/maps-and-routes/>

Arlington's Trails

<https://parks.arlingtonva.us/off-street-trails/>



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Need a Quick Break WITH EXERCISE?

Walk Away the Pounds with Leslie Sansone:

- 1 mile: <https://www.youtube.com/watch?v=ECxnTuzZ614>
- 2 miles: <https://www.youtube.com/watch?v=vUQXg5V7y2Q>

Just Dance Unlimited—Holding Out for a Hero

- <https://www.youtube.com/watch?v=Deh-sd-uTOc>

12-minute cardiobalst (with laughter)

- <https://www.youtube.com/watch?v=yN3GgCUmmXw>

Remember FLASHDANCE? Just do what she does! (And send pictures!)

- <https://www.youtube.com/watch?v=bAXX73HEXXs>

Oh Bambi!

Jeannette Wick

Across the nation, deer have become a problem. In 1930, 300,000 whitetail deer (24/square mile) roamed the US. Today, 25 million deer (150/square mile) share our land. Experts indicate keeping populations at or below 20 deer/square mile is acceptable and sustainable.

White-tailed deer sightings in Arlington are increasingly common, and the County and Commonwealth are now taking note. Arlington has no deer management program, and master naturalists report that these lovely creatures are destroying natural habitats. They indicate that after they remove invasive species (which the deer don't like) and replace them with native plants, the deer often eat them before the plants establish themselves. These herbivores eat everything from the highest point they can reach on their back legs down to the ground—creating a defoliated area called the browse line that goes as high as 10 feet—consuming seven pounds every day.

That's 2,555 pounds annually! An acre of good natural habitat can produce 200 pounds per year, but only 100 pounds is available to deer without damaging the habitat. So deer will venture out to find food in urban environments.

Deer mate in autumn, and may conduct themselves oddly. Take, for example, a buck sighted on Williamsburg Boulevard on the morning of November 16. The poor fellow was looking for the love of this season, and seemed unaware of speeding cars and the threat to his life. Hormones will do that! And speaking of hormones, two deer will lead to a population of 35 deer in seven years. No predators? The population will double annually.

Deer love Arlington's suburban habitat. Like rabbits, they prefer an edge habitat to the forest, and rampant deforestation has created more grazing ground for them. Edge habitats include the edges of forests, highways, and newly planted lawns. In addition, many natural predators have become rare or extinct and native plant gardens are common and accessible.

Deer stay put. Once they find a great locale, they will starve rather than leave. When residents feed deer, they create three problems. First, feeding encourages congregation (the opposite of social distancing). Congregation promotes rapid disease transmission. Second, deer will eat food well-meaning humans provide and then eat everything nearby. They destroy the environment around feed sites. Third, feed for deer attracts other animals, especially racoons. Racoons pose a human health and safety hazard due to rabies and roundworms.

Deer live an average of 11 years, so management by "die-off" does not thin the herd. Trapping and relocating just moves the problem to someone else's area and creates stress for the deer. Contraception works, but is costly and very difficult to implement and maintain.

Experts recommend hiring professional sharpshooters and archers to thin the herd, and hosting occasional shotgun hunts with volunteer hunters.



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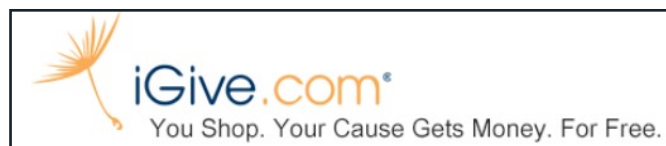
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Community Engagement Opportunities, Arlington Public Schools

At this time, all APS schools are closed until further notice. APS is working closely with the Arlington County Public Health Division to monitor coronavirus (COVID-19) developments and following the CDC's guidance to protect our school community.

Thursday, December 10 7 PM	Local Women Suffragists, hosted by the Arlington Historical Society (https://arlingtonhistoricalsociety.org/) Virtual program
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Thursday, December 17 7 PM	School Board Meeting: Superintendent presents School Year 2020-2021 Update Watch School Board Work Sessions live online or on Comcast Channel 70 or Verizon Channel 41
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December 21 to January 1, 2021	APS Winter Break for Students
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Thursday, January 7 7 PM	School Board Meeting: Superintendent presents School Year 2020-2021 Update. Watch School Board Work Sessions live online or on Comcast Channel 70 or Verizon Channel 41
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*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 to stay up-to-date on engagement opportunities.

Free flu shots. Call Arlington Public Health at 703-228-1200 for an appointment.

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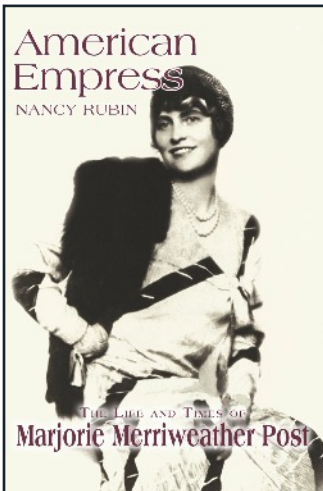
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E-mail _____
May we add you to the community listserv? ☐ Yes ☐ No

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

American Empress

Margaret Dean




While not a poor little rich girl story, the life of Marjorie Merriweather Post has an aura of hagiography (deliberate inclusion of only good things). Perhaps laudatory prose is hard to avoid when assembling the facts on the life of the richest woman in the United States. If she had not quietly given away so much of her money she might have been the richest person in the U.S.

Merriweather was not born into wealth but her father, C.D. Post, built the Post empire from scratch, rivaling the Kellogg fortunes, as he created what was to become General Foods. He invented Post bran flakes and an empire was born. As important for Marjorie's development, C.D. took his only child with him when he traveled. He explained the business to her. The book's opening chapters could stand alone as a history of commerce and society in the late 1800 and early 1900s, not dissimilar to events now: technology pushing the frontiers of discovery and invention; a changing, dynamic business universe with boom/bust cycles; the rich becoming fabulously wealthy; social concerns about the indigent; the immigrant inflow. These were turbulent times.

Marjorie grew from an inexperienced 18-year-old bride into a competent, organized manager of large household staffs (15 or so) and several mansion level residences. The biography captures the social milieu, not just of the weekly parties of 100 to 500 guests, but of her role in the Post business. After her father died, Marjorie was the company's largest shareholder but she, as a woman, was not allowed to sit on the board. Her second husband, E.F. Hutton, sat for her, representing Marjorie's wishes and executing them faithfully. She overrode his opposition to frozen food, recognizing the amount of work women traditionally did gardening, pickling, canning, etc. Frozen meals became a major component of General Foods. Marjorie moved from silent majority shareholder to the voice of the corporation.

Marjorie, like her father, was a Christian Scientist. Marjorie's concession to alcohol at her parties was a 15 to 20 minute 'cocktail' hour. She was personally generous, and gave millions away to schools, groups, buildings, museums, etc. She bought, designed and decorated, among other residences, her vacation home at Mar-a-lago, and Hillwood Gardens and Mansion in Washington, DC. Marjorie was devoted to each of her four husbands in turn but she was always seeking a man who could replace her father.

American Empress: The Life and Times of Marjorie Merriweather Post by Nancy Rubin. Willard Books, NY, NY. 1995. 30 Pages of footnotes; 22 pages of Bibliography. 382 pp. Hardback. Library resale \$2.00. (No ISBN #).

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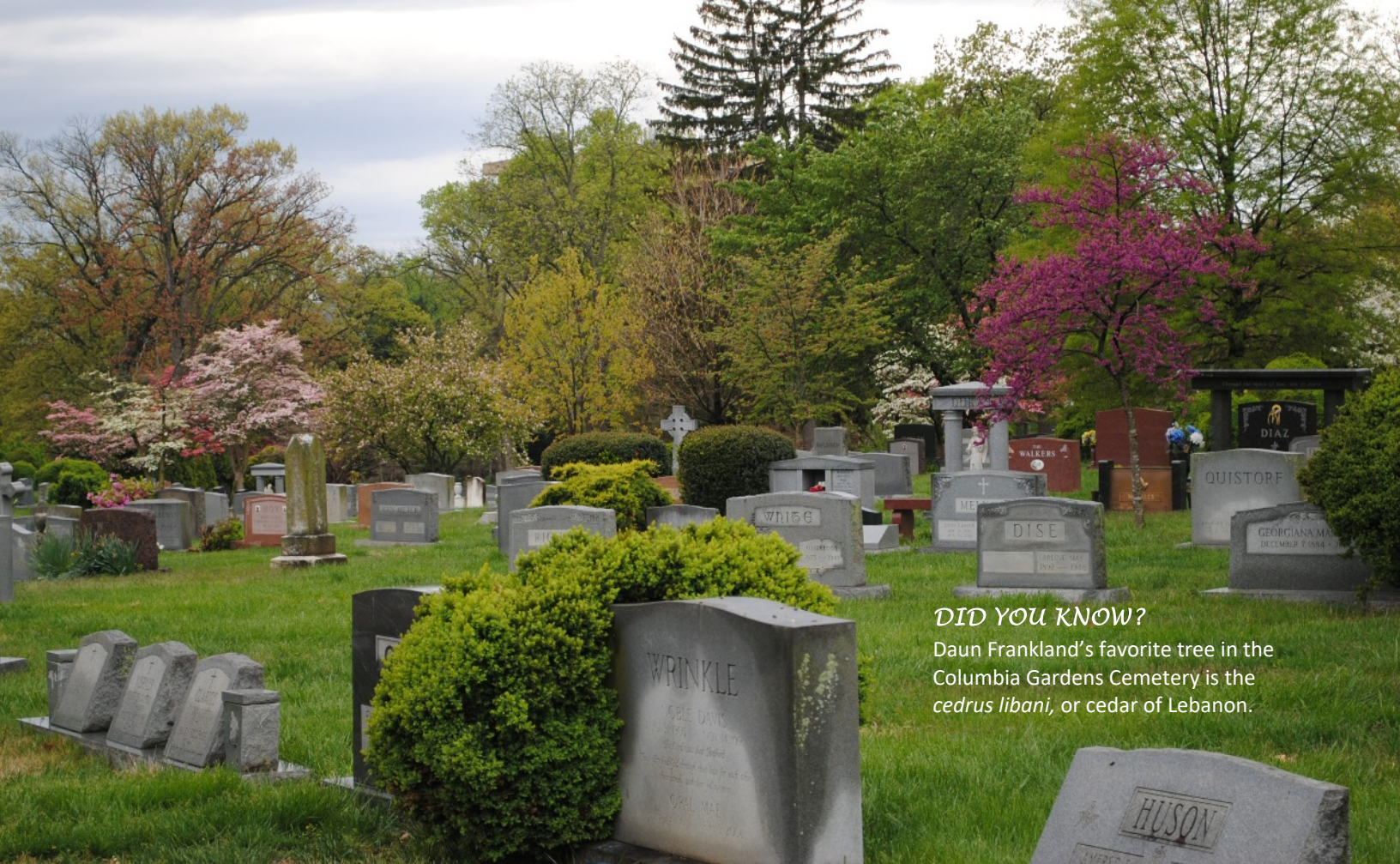
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REAL ESTATE



DID YOU KNOW?

Daun Frankland's favorite tree in the Columbia Gardens Cemetery is the *cedrus libani*, or cedar of Lebanon.

Increasing Tree Variety Advances Cemetery's Arboretum Status

Lindsey Wray

Lush green grass. Sunset vistas. Tall trees. Arlington's many parks and trails offer a respite for residents, especially during the COVID-19 pandemic. But parks aren't the only place for a stroll in nature.

With minimal car traffic and lots of greenery and wildlife, the Columbia Gardens Cemetery is a refuge from the adjacent Route 50. The cemetery's Facebook page described it as such in a post this summer: "Columbia Gardens is a park-like oasis in the middle of a highly urban setting."

The cemetery is about to become even more like a park: It has attained arboretum status and is well on the way to further accreditation. The level I designation from ArbNet signifies that the cemetery contains at least 25 different species of trees. Next for Columbia Gardens is level II (100 tree species).

"It's important that we flesh out the variety of trees," said Daun Frankland, president of the cemetery.

To achieve arboretum status, trees must be marked with identification signs. Eventually, signage will include QR codes that people can scan with mobile devices to get more information about particular trees.

Frankland first heard about cemeteries as arboretums at a conference and was excited to learn that Columbia Gardens

was well positioned to meet the requirements. "The arboretum status is something I wanted to do," she said. "It's amazing the interest it has generated."

Frankland works closely with the Tree Stewards of Arlington and Alexandria to ensure trees are labeled properly and to plant new trees. In fact, about 15 new trees will soon be added to the cemetery grounds. They'll help replace some of the older trees the cemetery lost this summer due to White Oak blight.

Volunteers from the Tree Stewards help identify and catalog trees for the arboretum, said Kurt Moser, a Tree Stewards volunteer. "Cemeteries play an important role in our urban tree canopy, especially where it comes to mature trees," Moser said. These trees are critical for providing habitats for birds and other wildlife, he said.

Keeping up with tree identification is a huge effort, Frankland said. But the collaboration with the community is a win-win situation because area volunteers receive training while helping the cemetery's trees—which in turn helps the area residents by providing a peaceful place to walk.

Volunteers and visitors alike can "identify and appreciate the tremendous biodiversity there," Moser said.

Frankland encourages people to stroll through the cemetery but reminds visitors to be respectful and choose alternate routes when funerals are in progress.