

# Lyon Park Citizen

The Newsletter of the Lyon Park Citizens Association

May 2010

## President's Message

April Flowers Brought May Flowers

Natalie U. Roy

And what do May flowers bring? Pilgrims of course!

But in all seriousness, May brings springtime, one of my favorite times of year. It is gorgeous here in Lyon Park right now. There are flowers blooming everywhere and trees are green with buds and new leaves. The temperature is not too hot and not too cold. It is as Goldilocks said, "Just right."

It is also the time of year when everyone seems to be incredibly busy; kids sports teams are going full steam with double headers every weekend, work schedules are intensifying, and every time you turn around there seems to be another school field trip permission slip you need to sign. Add Mother's Day and Memorial Day weekend and life in general seems to be a little more hectic in May. One reason for all of this frenetic activity could be that we all know summer is right around the corner.

Lyon Park is not immune from being on the go 24/7. Villas & Vistas (V2), Lyon Park's premier home and garden tour and evening reception took place on May 2; the Lyon Park Champion Award was presented to a longtime neighborhood activist at the V2 reception; the Spring fair, one of the neighborhood's signature events, takes place on the 15th of this month at Lyon Park (see page 3 and insert); the Lyon Park tree giveaway program is up and running (page 18); and the first ever planting of tulip bulbs in public spaces throughout Lyon Park will also begin (see page 3).

All of these events and activities are wonderful opportunities to connect with your neighbors in Lyon Park. They are also right here in your backyard. You do not have the stress of traveling to and fro which makes these excellent choices for busy Lyon Parkers this month. Each and every community member is welcome to attend and participate in any and all of these fun neighborhood sponsored activities. The more the better!

There has also been considerable time and energy spent the past several weeks on the Lyon Park Community Center renovation project. Building and Fundraising Committees have been set up and are moving full steam ahead in a number of areas. The fundraising committee is planning a number of events including a gala in the fall to be held at Lyon Park. If you are interested in helping on this committee please contact Committee Chairman John Fiske at [john.fiske@sap.com](mailto:john.fiske@sap.com).

Hope to see many of you at some or all of the neighborhood events in May. We will also hold a potluck dinner at our May monthly meeting which I hope many of you will attend. Thanks for everything you do to make this a great neighborhood.

**"You have to sow before you can reap.  
You have to give before you can get."**

-Robert Collier

The annual plant sale only earns income at the Fair if Lyon Park residents provide donations.

- We count on contributions of household and yard plants, bulbs, tubers, sets, etc.
- We also need hardware like pots, tools, plant books, garden stuff of all kinds, hoses, gloves...
- Get the idea? No donations, no income!
- Anything gardening related will be appreciated.

Our flats of annuals are a break-even at best. So dig up those extra plants! Scour your garden shed for anything of value that you don't need anymore. Share those publications and books that you have already read. Share. Share. Share.

**Call Gary at (703) 527-2266 if you need help digging up your extra plants, or would allow him to walk through your yard and identify plants that are overgrown and will sell.**

**Lyon Park monthly meeting:  
Wednesday**

**May 12, 7:30 PM**

**LPCC**

7:15 Introductions

Pot luck dinner

Please bring a dish

7:30 meeting start

- Treasurers report
- Police updates
- Neighborhood conservation:  
First priority project vote (action item)
- Zoning and development
- Report from Villas and Vistas
- Renovation/fundraising committee  
Updates

## The Lyon Park Citizen

The Lyon Park Citizens Association  
414 N. Fillmore St.  
Arlington, VA 22201

### LPCA Executive Committee

#### President

Natalie Roy (703) 524-4119  
nroyvilla@comcast.net

#### Vice-President-Development

Larry Mayer (703) 525-8921  
lmayer@mba1973.hbs.edu

#### VP-Neighborhood Conservation

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

#### Vice-President-Programs

Elizabeth Sheehy (703) 516-4910  
ElizabethSheehy@macys.com

#### Treasurer

Bill Anhut, Jr. (703) 528-3665  
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#### Secretary/Historian

Jay Stanley (703) 527-0033  
jcs2b@mindspring.com

#### Sergeant-at-Arms

Rich Robinson (703) 527-2724  
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#### Membership Chair

Melissa Bondi (703) 527-6379  
mmbondi@yahoo.com

#### Member at Large

Adam Parkhomenko (703) 864-7796  
Adam.j.Parkhomenko@gmail.com

### Community Center Board of Governors

Jeannette Wick, Chair (703) 524-8531  
jywickrph@aol.com

### Important Contacts

#### Police Liaison

Deborah Bash (703) 528-2274  
deborah.bash@longandfoster.com

#### Community Center Rental Agent

Shirley Larson (703) 527-9520  
rent@lyonpark.info

#### Clarendon Alliance Representative

Natalie Roy (703) 524-4119  
nroyvilla@comcast.net

#### Civic Federation Reps

Melissa Bondi (703) 527-6379

Steve Geiger (703) 522-0026

Erik Gutshall (703) 276-0809

Larry Mayer (703) 525-8921

Natalie Roy (703) 524-4119

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#### Doorways for Women and Families Liaison

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## LPCA General Meeting

April 14, 2010

LPCA President Natalie Roy opened the meeting.

 Police Officer and Lyon Park Liaison Micah Phelan and fellow Officer Ravinsky gave a community policing update to meeting attendees, including an update on the Pershing Drive homicide investigation. They answered people's questions about a wide range of issues including speeding issues, the recent rash of car break-ins, and general overall crime in the neighborhood.

 The LPCA, through the initiative of Elliott Mandel, applied to receive numerous tulip bulbs from the National Tulip Library. Our application was approved and we will now receive a truck load of tulips to be used in public spaces throughout Lyon Park.

 In recognition of Earth Day, Gary Putnam spoke about "green" programs at the County's excellent nature centers including Long Branch Nature Center.

 LPCA treasurer Bill Anhut reported on the association's finances. The LPCA has \$57k in cash, \$50k of which is pledged to the renovation. Anhut also gave an update on the program distributing free trees to homeowners.

 LPCA VP for Development Larry Mayer gave an update on the 2201 N. Pershing development (Lee Shopping Center). The property is changing hands, but no major changes can be made to the plan that was approved without a new site plan review. Nor can the new owner go back to the prior plan, although they could of course deviate from the plan if they build by right. He explained that County's approval of the current plan expires after three years, but that there are easy ways for a company to extend it.

Mayer said discussion is continuing on the subject of RVs. The Civic Federation will meet on code enforcement on May 4. Also, there is a new noise ordinance in the works, the courts having invalidated the existing ordinance.

 LPCA VP for Neighborhood Conservation Elliott Mandel said that the N. Cleveland Street improvement project is at the tail end, and that the Hudson Street project is about to begin. The proposed Daniel Street project is up for a vote in December. In the fall, the LPCA will need to take another vote for its priority project. Mandel also mentioned that Ashton Heights was holding a meeting on traffic calming.

 LPCA VP for Programs Elizabeth Sheehy reminded attendees that the Villas & Vistas tour would be on May 2 from 12:30 - 4:00. On the renovation, she reported that the Fundraising and Building committees were moving full steam ahead, and that all are welcome to be involved, and should contact Natalie if interested. A fundraising gala is in the works for September.

 Rich Bailey from Potomac Overlook Park gave a presentation on energy efficiency. Potomac Overlook, a 70-acre park in north Arlington, focuses on environmental education. He said it has a new display on energy and life, and explained some of the basics of the subject.

 Kristen Jolicoeur from Arlington County gave a presentation on conserving water and how homeowners could help. She said that Arlington has 28.5 miles of above-ground streams and 334 miles of storm sewer network. Most of Arlington drains into Four Mile Run, which drains into the Potomac and from there into the Chesapeake Bay. Sediment and nutrient pollution is a problem; what homeowners do on their property affects all these water bodies. A great deal of Arlington's land mass is "impervious cover" that cannot absorb water. Homeowners are responsible for 40% of the county's impervious surfaces, which prevent water from filtering into ground, leading it to run over the surface and pick up pollutants. Solutions that she discussed included green roofs, pervious pavement such as porous asphalt and pervious pavers, redirecting downspouts from storm drain to gardens, rain gardens (landscaped depressions designed to intercept water and let it filter into the ground) and rain barrels.

Ms. Roy closed the meeting.

Jay Stanley

## Pesto from Pest Plants

Gary Putnam made a pesto that used Garlic Mustard (*Alliaria petiolata*, pictured below), a local invasive that is choking out a lot of our native and decorative cultivars we use in our gardens. Its a pest of the worst kind because, unchecked, it will take over. Fortunately, its fairly easy to remove and you can eat it fresh in a salad, sauteed with spinach, onions, etc., and also substitute it for basil to make pesto.



Garlic Mustard Pesto  
3 cups, packed washed leaves  
2 cloves garlic  
1 cup walnuts (or pine nuts)  
1 cup olive oil  
1 cup parmesiano, grated  
1/4 cup romano, grated  
salt, pepper, lemon juice to taste  
Grind it fairly finely in a food processor, let it sit for a day to fully mature and toss with pasta, gnocchi or as a spread on crackers or bread rusks



## Time to Tiptoe...

[News flash from the Tiny Tim Fanclub!]

LPCA was recently selected to receive a bulk donation of tulip bulbs from the National Tulip Library! Thanks to Brett Thomson for bringing the application process to light. Within a month we expect to be notified to pickup the bulbs on a weekday morning in DC. We will store the bulbs in the Community Center until the fall planting season. The tulips will be used to beautify public space in our neighborhood. Stay tuned for more info! In the meantime, anyone who is interested in helping with transport and storage of the bulbs, please contact Elliott Mandel at (703) 927-9101 or edmandel@hotmail.com.



86th Annual

## Lyon Park Spring Fair

Saturday, May 15

11 AM- 3 PM

Lyon Park

414 North Fillmore

### Pre-Fair Checklist for Kids:

- Today: Remove flyer from middle of this newsletter and post it on the refrigerator
- Tomorrow: Tell all your friends at school
- Every day until May 14: Exercise so you are in great shape to compete and win prizes
- Week of May 13: Talk up the Fair with every one, including your parents
- Evening of May 14: Get to bed early and get a good night's sleep
- Morning of May 15: eat a light breakfast, and apply sunscreen before 10:30 AM
- May 15 at 10:50 AM: Walk, jog, or run to the Fair (and don't forget your parents)

### Pre-Fair Checklist for Adults:

- Today: E-mail LPSpringFair@aol.com or call Tracy Hopkins at (703) 528-3438 or Jeannette Wick at (703) 524-8531, and volunteer two hours of your time so these ladies can stop worrying about the roster of volunteers,  
or
- Call Elizabeth Wray at (703) 522-1263 and volunteer to bring something for the bake table,  
and
- Payday before the Fair: Pull out some cash so you'll be ready for games, food, and pony rides!
- Day before the Fair (Friday, May 14) : Go to the Community Center in the evening and see if anyone needs help.
- Day of the Fair: Arrive early (allegedly to help set up, but recall because the baked goods will be plentiful and good). And be sure to grab lunch at the large kitchen!

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Please consider joining [igive.com](http://www.iGive.com) and using its extensive network of stores—more than 600 of the best and most-used vendors—when you shop on line. The Community House earns \$5 when you join, and a small percentage of whatever you search or buy! Lately, we have earned around \$30 each month, and we only have a few dozen members. Let's aim for 100 robust shoppers using [igive.com](http://www.iGive.com) by the end of the month. We'd especially encourage you to join if you plan to make a large purchase on line (refrigerator, computer, couch, etc.).

Go to: <http://www.iGive.com/LyonPark> or <http://www.iSearchiGive.com/LyonPark>. Registration is very easy.

## Care to Advertise?

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Contact: Jeannette Wick at  
[jjwickrph@aol.com](mailto:jjwickrph@aol.com) or  
(703) 524-8531

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## Long Branch News

Erika Howder

Congratulations to our Division 1 Odyssey of the Mind team! The team traveled to the state competition in Newport News in late March and placed FIFTH in the state!! This outcome repeated Long Branch's wonderful 2009 result. This marks two years in a row that we've done well locally and sent at least one team to State. Great job, students! Huge thank yous to the parents who coach and judge and make this program possible.

Congratulations also to Sandra Sterne, Long Branch's librarian. She and co-author Lois Deringer recently had a book signing of their book, *The Forgotten Ride of Jack Jouett, Jr.* Lots of Long Branch students and alums showed up at Barnes and Noble to meet the authors and get personally autographed copies. We look forward to another book in the future!



This year, students in the third, fourth and fifth grade got a unique experience. Earth View happened to be in the area for a conference and was able to bring its program to Long Branch. What is Earth View? It's a two-story, 22 foot replica of Earth. Students were able to go inside the globe and view the topographical features of the planet from the inside out. They were mesmerized and it was a fabulous learning experience!

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ties

Thanks to the huge success of the recent auctions, the Long Branch PTA currently has money available for a one-me large purchase. This is in addition to sporting all of the regularly planned activities and programs. Currently, the most discussed option is the installation of a weather station at Long Branch. It is expected that other items will be discussed at the meeting on May 4, with a vote on June 2. If you would like to be involved in the decision, please make sure to attend the PTA meetings. Also, the PTA is still looking for volunteers for next year. The position of Treasurer is coming open! If you are interested in that position or any of the many less involved positions, please contact Maria DiGiulian at [mdigiulian@comcast.net](mailto:mdigiulian@comcast.net).

Also upcoming is the annual Spring Fair. Taking place on June 5 from 4-7, this is an opportunity for current, alumnae, and prospective students to play and socialize with teachers, parents and others from the Long Branch community. This year the theme is "Under the Sea." Join us for games, food, a cake walk, moon bounces and other fun activities. Got small stuffed animals or toys you'd like to donate? These can be dropped off in the lobby before and after school in the designated container. See you there!

## A Letter from Our County Board



April 16, 2010

Dear Lyon Park Residents:

Thank you for taking the time to share your views on proposed Zoning Ordinance amendments pertaining to recreational vehicles with the County Board, the County Manager and staff. Over the past several months, County staff has explored a range of modifications to the zoning ordinance and County Code that would apply to this situation.

After considering a number of options, and in recognition of the concerns expressed to date with each of the possible amendments, the County Manager has concluded that the current regulations are sufficient and that these amendments do not need to be brought forward at this time.

In light of this information and the cumulative views expressed by citizens, consideration of any Zoning Ordinance or County Code amendments which pertain to recreational vehicles will not be an agenda item before the Board in the foreseeable future.

Please be advised that the current regulations, as outlined below, will be in effect and enforced:

- RV's parked on private property shall be less than 30 feet by 8 feet in size and shall be placed behind the front line of the dwelling.
- There is a five-day limit for RVs of less than 12,000 pounds gross vehicle weight (GVW) to park on a street where the abutting property is zoned for residential use,
- After five consecutive days, the vehicle must be moved to a new location, such as a different block
- RVs that exceed 12,000 pounds GVW cannot be parked on streets where the abutting property is zoned for residential use.
- RVs of any size will continue to be able to park on streets in areas zoned for commercial and industrial use, and S3-A (parks and schools).

I appreciate your interest in this matter and the time you took to share your concerns with us.

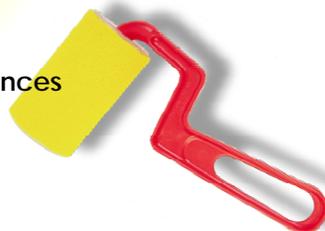
Sincerely,  
Jay Fiset, Chairman

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Dear Suzie:

'What have you learned from different cultures?' is a fascinating question. Travelers move from xenophobic localities to realize similarities: 'we are all the same.' In reality there are levels beyond that. 'The same' becomes different actions with different results. Everyone in every culture wants what is best for their family, but in one society 'best' dictates honor killings of disgraced daughters and sisters, while in another 'best' means helping your unwed sister through her pregnancy. In one culture best means helping your dad run his farm, being supportive, respecting traditions and values, while in another going away to school, making the most of yourself, makes the family proud.

In *The Geography of Thought*, Richard Nisbett analyzes many differences, noting for example that Westerners 'see' classifications while Asians 'see' relationships. When the two cultures look at a fish tank, the Westerners see big fish/little fish; the Japanese see fish in relationship to plants, the amount of water, etc. Nisbett says, "The individualist-collectivist split is one of the powerful differences between cultures." Understanding these differences helps reach win-win in cross-cultural negotiations.

Greek philosophers focused on the essence of something, in isolation. Something was either a bear or it was not a bear. Chinese thought, the Tao, Confucianism, Buddhism look at the world in relationships. This middle way carries into negotiations as an effort to satisfy the needs of all parties. Westerners see discrete issues unlinked to others; easterners see relationships that must be maintained over time. An Eastern view of time is a flow, not as discrete seconds, minutes, days. We literally see the world differently. Westerners use more nouns, objectifying the world. Asian colleagues use verbs, relating two or more entities. Asked to state the relationship between two of three items (monkey, dog, banana), westerners pick the two mammals; Asians will more likely pick the monkey and the banana because monkeys eat bananas.

Americans tend to rely on rule based justifications while Asians rely on compromise. Our world view tells us that if one person is right, any opposing view must be wrong. The difference may explain perceptions of human rights. For the West there is one relationship between the state and the individual. Moreover everyone has equal rights. For an Asian, the individual shares in the collective status and has a 'share' of the collective human rights. Asians acknowledge everyone is not equal. To grant individual human rights requires a shift in thinking, from being part of the whole to being an isolated member equal to others in society. In this context violence, sex, unionizing, etc., as expressions of personal freedom, violate society's human rights.

Meditatively yours,  
Peggy

*The Geography of Thought: How Asians and Westerners Think Differently...and Why.* Richard E. Nisbett, 2003, Free Press, \$15.00

Community House

- **Arlington Heritage Alliance:** Tuesday May 25, 7 PM, annual meeting at the Lyon Park Community House.
- **Spring Fair:** Saturday, May 15, 11 AM to 3 PM. See flyer insert.
- **Miscalled Simplicity,** May 21. 7: 30 PM
- **Woman's Club:** Tuesday May 25, 12 noon, potluck luncheon.
- **Fitness Pursuits:** Tuesdays and Thursdays, 4:30 PM– 5:30 PM. Catherine Ferguson, (703) 522-0301.
- **Duplicate Bridge:** Every Friday, 9:00 AM - 1:30 PM.
- **CABOMA** (Capital Area Bluegrass Old-time Music Association), 2nd and 4th Sundays of every month, 2:00 PM - 6:00 PM.
- **St. Hildegard's Old Catholic Church:** Sundays at 10 AM. Fr. Stan, (703) 528-1825 www.sthildegards.org.
- **1920 Lyon Park Sales Brochure.** Reproduction copy, 24 pp. Gary or Kit Putnam, (703) 527-2266. \$7 ea or 5/\$25. All proceeds benefit the Lyon Park Community Center.

# EVENTS

## WALKABOUT LYON PARK!

Tracy Hopkins

If you're looking for exercise, history, and architecture all in one adventure, take the walkabout through Lyon Park. The route is an easy 2.3 miles, and narrative is provided by Scott Sowers, a former Lyon Park resident who is now an actor in New York City. Colonial Revival, Tudor, Sears-Roebuck catalog, four-square, and Cape Cod homes are all part of the tour. You'll walk by Lyon Park, Clay Park, and Mrs. Allen's field, too.

Lyon Park is one of several neighborhoods, including Ashton Heights, featured in Walk Arlington. Simply look up the Web site, print out the map and narrative, put on your walking shoes, and walkabout!

<http://www.walkarlington.com/go/lyonpark.html>



CLASSIFIED ADS

**GET SOMEONE'S ATTENTION!** *The Citizen* is hand delivered to 1900 households each month. The Citizen's classified ads are free for industrious teens (babysitters, leaf rakers, snow shovelers) who need cash or have nagging parents. All others pay \$10.00 for 20 words. Use area code 703 unless otherwise noted.

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Sally Bornbusch, 17, Red Cross certified, 351-9360

Nick Bornbusch, 14, Red Cross certified, no infants, 351-9360

Bryan Burgess, 14, Red Cross certified, 527-3740

Carolyn Grahn, 14, Red Cross certified, 243-9212

Thad Jones, 15, 527-0929

Lauren Karpinski, Age 14, 524-1575

Katie Menoche, 16, Red Cross/CPR certified, 243-3823

Stephen Moran, 15, Red Cross certified, 351-7852

Katelyn Rowland, 13, Red Cross and Girl Scout Certified, Experienced with infants and children 1-9, and mother's helper, 525-9049

Riley Shepardson, 16, Red Cross/CPR certified, no infants, 525-6834

Susan Sabatier, 13, Red Cross/CPR certified, (662) 816-7070 (cell)

### Miscellaneous Services

#### Lawn Mowing, Gardening, Snow Shoveling

Clinton James, 18, references available, 525-7948

Matt Nice, 13, 522-6291

Robby Moore, 14, 528-1176

**Dog walking** - Thad Jones, 15, 527-0929, cell 350-5832

**Babysitting/Petsitting** - Ian Hall, 14, and Remy MacDonald, 13, 525-3328.

**Pet Sitter** extraordinaire Carolyn Grahn, 14, will take care of all of your pets! Experienced caring for dogs, cats, birds, and various rodents. 243-9212

**Pet sitting and dogwalking** - we love animals and we can care for and/or exercise your dogs, cats, rodents and/or fish! Sally, (17) or Nick (13) Bornbusch, 351-9360.

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## Christ Church of Arlington wants to be your Lyon Park community church!

We invite you to experience God's love with our church family. We are just like you; we are musicians and non-musicians, multi-generational, lawyers, doctors, architects, engineers, military and civilian, multi-ethnic, high income and low income, and married and single. Our building might look old on the outside, but we are vibrant and full of life and love on the inside. As a church family, we share one another's burdens, as we lovingly encourage and uplift one another when life becomes difficult. Please join us sometime soon. We love visitors!

Sunday School – 9:30 a.m.  
Worship Service – 10:30 a.m.

**Christ  
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Visit [www.ccaoca.org](http://www.ccaoca.org) for info.



**Isn't This Just Ducky?**

Another cupcake sale, another group of happy customers! The Woman's Club decided to go ahead with an Easter cupcake sale on April 3 despite the fact that school was out the previous week, many people were away, and we only had the Community Center from 8 AM to 11 AM. We had a great turn out, and the specialty cupcakes and cookies were a real draw. We appreciate the efforts of Pamela Marcon, who painted the sign, and John Waters, who hung it. Many thanks to Mary Ellen Kelley, Kit Putnam, Sheilya White and Susan Sabatier who ran the decorating table. Gary Putman, Shirley Larson, Elizabeth Wray and Jeannette Wick seemed to stay in the kitchen, and we thank them. At the end of sale, customers were still coming, and yes, that was Elizabeth selling cupcakes from out of the trunk of her car. Maybe next time we won't bother with the hall at all!

In other Woman's Club news, the Arlington Historical Society recently held a program on Women's Clubs in Arlington. Many of them have folded over the last few years as membership has dwindled, but the few that remain sent representatives to speak briefly. All of them report that they are more inclusive than Women's Clubs of the past. Michael O'Connor represented Lyon Park. Ours was the only club that has opened its doors—and successfully opened its doors—to men. Now, that's inclusive.

The Lyon Park Woman's Club meets on the fourth Tuesday of each month at noon, usually for a potluck luncheon at the Community Center. We've tried going out to lunch, but our potlucks are so good, we rarely find a restaurant that compares favorably. Since many members work, we also meet to bake or cook for sales. And we gab on the phone or e-mail, and share recipes. This club has no agenda except food, fun, and social interaction. All of our efforts are directed in support of the Community Center and the park. Won't you join us? The Woman's Club is open to men and women, and we have no residency requirement.

What's next for the Woman's Club? We have luncheons scheduled in April and May, and possibly June. We'll host the bake sale at the Spring Fair on May 15, and perhaps do another bake sale around the 4<sup>th</sup> of July. We do not meet formally in July or August.



*The decorating team had doubts that they could make these, but those doubts were unfounded!*



*It simply does not get any better than this.*



*The Children: Our Future*

## Lyme Disease

Recently, the listserv has had some chatter about deer sightings and the potential for Lyme disease in residents. In the late 1970s, doctors noticed a string of mostly children who developed arthritis in eastern Connecticut in the summer and early autumn. Many had a red, bulls-eye rash followed by swelling and pain in a few large joints, especially the knee. In short order, the doctors linked one type of tick, *Ixodes scapularis* (also called a deer tick or a blacklegged tick), and what came to be called Lyme disease. The disease is caused by a spirochete called *Borrelia burgdorferi*—a disease-causing bacteria that looks like a spiral under a microscope—unique to the tick.

These are Lyme disease's symptoms:

- A painless bulls-eye rash about two inches wide that appears a few days to a month after a tick bite and spreads from the place where the tick bites. It may stay for up to 8 weeks. But don't assume you don't have Lyme disease if you don't have a rash. You may not notice the rash.
- Some people experience flu-like symptoms (fatigue, headache) and joint pain.
- Later, patients report widespread aches and pain in the tendons and joints.
  - o The aches change one or two days, and the pain settles into one joint, usually the knee, ankle, or wrist.
  - o Lyme arthritis often comes and goes, with joint inflammation disappearing for no obvious reason after a few weeks to a few months.
- Sometimes, the nervous system becomes involved, causing a drooping face (a condition called Bell's palsy), numbness in the arms and legs, or swelling of the membranes surrounding the brain (called meningitis).
- Rarely, Lyme disease causes an irregular or slow heartbeat.

Every year, around 35,000 Americans develop Lyme arthritis. Whether or not you acquire Lyme disease after a tick bite varies based on many factors, including where you live, the type of tick that bit you, and how long the tick stays attached. Lyme disease is not just a "New England" problem. Migratory birds can carry infected ticks, so you don't necessarily have to live in or visit an infested area. Pets often visit places that host ticks and carry them home and into contact with people. Dogs can get Lyme disease and need to be treated by a veterinarian. For humans, the chance of getting Lyme disease is greatest in spring and early summer, when ticks are most active and very small (and difficult to see). In mild climates, like northern Virginia, infection can occur into late autumn. If you are bitten by a tick and remove it within 36 hours of attachment, it is unlikely that you will be infected with *Borrelia burgdorferi*.

If caught early cases, prompt treatment usually cures Lyme disease. If you have recently been infected with Lyme disease, your doctor will prescribe antibiotics for 14 days. Several types of antibiotics are effective. Left untreated, Lyme disease becomes a chronic, debilitating condition. If your Lyme disease is in a later stage, you may have to see an infectious disease specialist. Lyme disease is preventable (See Box Below).

### Preventing Lyme Disease

- If you walk or garden in areas where ticks generally live (wooded and grassy areas), wear long pants and long-sleeved shirts. Wear a bandana on your head while walking in the woods.
- Do not sit on the ground or logs in woody or brushy areas.
- Tuck your trousers into your socks so they cannot reach your bare skin.
- Wrap a ring of masking tape with the sticky side out around the tops of boots or shoes to prevent ticks from reaching your skin.
- Wear light-colored clothing so you can see and remove ticks more easily.
- Apply insect repellents that contain DEET (diethyltoluamide) to exposed skin or permethrin on clothing or according to the label instructions; repeat frequently if you stay outside for a long time.
- Carefully check for attached ticks when you return from your excursion.
- If you find an attached tick, grasp the tick's head and mouth parts with tweezers as close to the skin as possible, and pull slowly until the tick is removed. Do not to twist, rotate, or crush the tick during removal.
- After removing the tick, use soap and water to wash the area.
- Examine pets frequently attached ticks.
- If you develop any of Lyme disease's sign or symptoms, seek treatment immediately.

COMMUNITY INTERESTS: Check all that apply

- Neighborhood conservation
- Community Center and park
- Annual Craft Fair
- Development issues
- Social events (Holiday party, Halloween)
- Spring Fair
- Newsletter
- Traffic calming
- All purpose volunteer

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*Hint: Use a return address label here*

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**The LPCA Dues-year is September through August**

**Master Gardeners of Northern Virginia,  
Virginia Cooperative Extension,  
Offer Springtime Events:**

Container Gardening Made Easy, May 19 (Wednesday), 7:00 to 8:30 PM Master Gardener Nancy Burns will demonstrate and discuss how to grow a beautiful, prolific vegetable or flower garden in a limited space by planting in containers. Learn how to select the right pots and plants, prepare for planting, and keep your plants healthy and happy, whether growing indoors or out. Fairlington Community Center, Room 118, 3308 S. Stafford Street, Arlington. Free, but call (703) 228-6414 to register.



Spring Plant Sale, Saturday, May 15 (Saturday), 9:00 AM to 2:00 PM. Master Gardeners of Northern Virginia (MGNV), in cooperation with Virginia Cooperative Extension, will be one of the vendors at the annual Spring Garden Day at Green Spring Gardens Park. Visit Booth 13 for a wide selection of perennials, annuals, native plants and herbs, all grown by Master Gardeners. New this year is container collections for an instant garden on your patio or doorstep. Master Gardeners will be on hand to answer questions and help with plant selection. Proceeds support MGNV's horticultural education projects. Location: 4603 Green Spring Road, Alexandria, VA.

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**Yooo-Hoooo! Are You a Listserv Member?**



Residents, property owners and business/nonprofit interests located in Lyon Park are eligible to use the LPCA-created and maintained Lyon Park Community listserv. Increasingly, we use this mechanism to share information and late-breaking news. To subscribe, please visit <http://tinyurl.com/986vbv>.

**Where in the World is Jim Burke?**

Jim Burke seems to be checking in less and less often, which clearly means he has adjusted to life on the road and is enjoying himself. He visited many small towns in New South Wales Australia: Comma, Eden, Wagga Wagga, Griffith, Aubrey, Melbourne, and Adelaide. Most of these have one main street that runs about five to six blocks through the center of town. All of the shops and hotels tend to be located there, so getting around is pretty easy. He reports an infestation of moths in Wagga Wagga, and says they were everywhere!



Jim has become an expert in "Pub Grub." He says every menu has the same six items, but they offer a huge selection of beer and three different glass sizes: a proper pint (15 ounces), a schooner (9 ounces), and a mini (5 ounces). Jim chose the proper pint whenever it was available, which is no surprise to his neighbors.

Jim took a tour in Griffith—the place where the Yellow Tail grapes are grown and their wine produced. It is the largest winery in Australia and security is tight; they don't even have a cellar door for tasting. Melbourne, Australia's second city and the commercial center, was a great mix of old and new, great transportation: trains, trams, and buses. He says Adelaide has grown quite a bit since he was there last, but he didn't find the growth engaging or attractive. He reports that much of the architecture is a stark modern, and clashes with the old style. Regardless, getting around was easy with free buses and trams through the shopping district. On Good Friday and Easter Monday, grocery stores, bars, and commercial shops were closed, so he took a side trip Glenelg on the ocean.

Jim is finally half way around the world, having arrived in Perth Western Australia on April 4, 2010. His cousin Kathy and her husband Tony met him at the airport, and did all the planning for the subsequent two weeks. Despite his excitement and joy throughout the trip, Jim was looking forward to letting someone else do the planning! Although he promised to be in touch more often during this time, he's disappeared again. That simply has to mean he is having the time of his life.

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## Useful Contacts

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Animal Control	(703) 931-9241
Arlington Police (non-emergency)	(703) 558-2222
Central Library	(703) 228-5990
Dominion (power outages)	(888) 667-3000
Jefferson Middle School	(703) 228-5900
Leaf Removal Hotline*	(703) 228-6565
Long Branch Elementary School	(703) 228-4220
Lyon Park Community Center Rental	(703) 527-9520
Metrobus/Metrorail	(703) 228-6588
Miss Utility	(800) 552-7001
Pothole Hotline*	(703) 228-6570
Rat Control, Residential Area	(703) 228-7400
Senior Citizens Identification Cards	(703) 228-4744
Sidewalk cracks or displacement*	(703) 228-6570
Snow removal Hotline*	(703) 228-6485
Special Trash Issues (pick up/carts)	(703) 228-6570
Street and Traffic Light Hotline*	(703) 228-6511
Trees Down Hotline*	(703) 228-6525
Water Main Leaks	(703) 228-6555
Zone Parking Stickers	(703) 228-3344

\*You can report these problems online at  
<http://tinyurl.com/yf7cve5>.



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## Empty Chair Theatre Company Presents "Miscalled Simplicity"



Event Date: May 21, 2010

Time: 7:30 PM

Place: Lyon Park  
Community Center  
414 N Fillmore Street  
Arlington, VA 22201

For its inaugural Benefit Series performance, the Empty Chair Theatre Company is producing *Miscalled Simplicity*, a showcase. Company members will delve into moments of strength, resilience, and independence found in Shakespeare's work. This performance is a study of the relationships between men and women in Shakespeare, and their relevance in today's culture.

*Miscalled Simplicity* will include selections from *King John*, *Measure for Measure*, and many of the sonnets. Co-founder Elizabeth Nearing will direct this showcase, to be performed in May 2010. All proceeds from this event will be donated to Susan G. Komen for the Cure.

Suggested donation: \$25; \$50 for families; \$10 student rate

Web site Address: [www.emptychairtheatre.org](http://www.emptychairtheatre.org)

Contact Info: [www.emptychairtheatre.org](http://www.emptychairtheatre.org) or  
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## 2201 N Pershing Drive Redevelopment Project

Matt Birenbaum

I want to provide an update on the 2201 N Pershing Drive redevelopment project and let everyone know that last month, the property was sold to Equity Residential (EQR). While I had wanted to see the project through to completion, my financial partners decided to sell, and given the current financial environment, I was not able to continue my involvement with the project. This is disappointing to me both as a developer and small business owner, and as a resident of Lyon Park. However, I do want to express my appreciation again to everyone who participated in the zoning process a few years back, and who invested so much of their time and energy to help us get the approvals for this important and progressive project which I continue believe will have a tremendous positive impact on our community.

The good news is that EQR, which also owns the Sheffield Court Apartments immediately adjacent to the site to the north, does plan to proceed with the plan as approved by the County Board back in 2008. They are also long-term owners in the neighborhood who have a substantial investment here. As a public real estate investment trust, they typically build to own for the long term, and they can self-finance the construction of the project off their own balance sheet without needing bank financing for a construction loan. I look forward to seeing the project go forward with them, although of course I would rather have seen it go forward with Abbey Road if that had been possible.

Please see the minutes of the LPCA April meeting on page 2 for more information from our Development Representative.

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**LAST IBIS CONCERT OF THE SEASON:**

On May 16, the IBIS Chamber Music Society will present a very exciting concert for large ensemble. IBIS will double its usual musical forces with a group of double string quartet, flute, harp and bass—a small chamber orchestra. On the program: a Vivaldi Flute Concerto, Handel Concerto for Harp, Debussy Dances for Harp, and one of the gems of the chamber music repertoire, the Mendelssohn Octet for Strings, which was written when the composer was only 16 years old. Joining our usual members are several musicians from the National Symphony and the Kennedy Center Orchestra. It's a great group of players and the last chance this year to hear some wonderful music, for free, right here in Arlington. The concert is on Sunday May 16, at 3 PM, at the Resurrection Lutheran Church at 6201 Washington Boulevard. There is plenty of street parking, and you are invited to attend a post concert reception.



**Donna Marschall and Chris Sarampote:  
Contest Winners**

Donna Marshall responded to our newsletter survey, and was very surprised when she won dinner in our drawing.

Chris and Donna, winners of an amazing Mediterranean chicken dish, consider themselves extremely lucky, and not just because they won dinner! Both feel fortunate to have found their way to Lyon Park, where they have lived since 2004. In fact, they are so thrilled with their neighborhood that Donna completed the newsletter survey simply to share how much she enjoys learning about our community. When not filling out surveys, Donna and Chris work as psychologists and enjoy walking their rescued Akita along the many great wooded streets in Arlington, checking out the latest Clarendon restaurants, and planning their next beach vacation.

Thank you, Donna and Chris, for engaging in our neighborhood activities!





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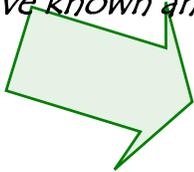
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## Thanks Very Mulch! (Hoe, Hoe, Hoe!)

Bill Anhut

By the time this month's Lyon Park Tree Hugger article is read, approximately 50 of Arlington County's free trees will have been distributed and planted throughout our neighborhood. It is a good time to review tree planting and after-care tips.

The ideal time to plant a tree is during its dormant season, beginning in the fall after leaf drop and ending in the early spring before budbreak. However, trees can be planted year round in our area given proper follow-up care. Trees encounter transplant shock indicated by slow growth and reduced vigor following transplanting. The larger the tree, the more time required to recover from transplant shock. It's always best to transplant trees with trunk diameters two inches or smaller. Our free trees are typically less than one-half inches in diameter—perfect for adapting to most soil and site conditions. Applying fertilizer at the time of planting is not recommended. Studies have indicated that trees establish more quickly and develop stronger trunk and root systems if they are not staked at the time of planting. Don't worry if your tree is not straight or leans to the side. Over time the tree will straighten and grow upright and tall.



Mulching the area around the base of a tree is important for it acts to hold moisture, moderates soil temperature extremes (both hot and cold) and reduces competition from grass and weeds. Mulch should be less than four inches in depth and should never touch the base of the tree trunk. Keep soil moist but not saturated. Over-watering causes leaves to turn yellow and could kill the tree. New trees need watering weekly. A good rain soaking is best but if we experience a week with no rain, get out the garden hose and give the tree roots a 10 to 15 minute soaking. Watering assistance is not needed following your tree's first full dormant season, save for a prolonged drought. Prune branches damaged during planting or those dying during the first full season after planting. Not sure whether a branch is dead? Using your thumbnail, scratch a small piece of bark. If the surface under the bark is white or green, the branch is alive. If brown and dried-out, the branch is dead. Commencing one or two years after planting, prune suckers (branches growing at a tree's base or at a right angle to another branch), either of two co-dominant lead branches or low branches susceptible to damage from lawn mowing, pedestrian or motor traffic. Pruning cuts should be made at least a half inch away from the tree's trunk and at a right angle to the branch removed.

A final thought, the best time to plant a tree was 10 years ago. The second best time is now! If you missed-out on this season's free tree distribution, purchase a tree and claim a \$50 Lyon Park Citizens Tree Grant or give me a call (301-908-8204) to discuss possibilities for planting trees donated by your neighbors.

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## A Dirty Job, but Someone Has to Do It

Dear neighbors:

Many of you visit the park often, and enjoy its open green space and play areas. We welcome and encourage Lyon Park residents, their guests, and in fact *anyone* to come and enjoy. We have had a longstanding problem with the trash cans in the park, however. Often they become full, and folks just keep cramming trash into them. Once they overflow, the trash blows around and rodents (please don't make me get more specific!) consider it an open invitation to "picnic" after dark. This gets ugly quickly. Could you kindly consider these suggestions?



- **THINK: COMPACT.** Smash trash before putting it in the park trash cans. Often, the cans fill with Styrofoam containers that are mostly air. Please crush your trash!
- **THINK: RECYCLE.** Walk your recycling to the enclosed trash pad on the Community Center's south end, and place it in the recycling bins. We'll place a recycling bin behind the building where it's clearly visible, too.
- **THINK: I CAN HELP!** If the can is full, please consider taking the swinging-door lid off, taking the trash out (it is in a 33 gallon bag), and placing it in the Eagle Cart in the enclosed trash area. We'll leave an extra bag in the bottom of the can so you can replace it.
- **THINK: THIS WILL STINK.** Please take your most aroma-producing garbage home with you if possible; specifically, we mean dirty disposable diapers.
- **THINK: SHARE INFORMATION.** If you see others who need a little education, please gently steer them to the enclosed trash area, and the larger receptacles.
- **THINK: NIP THIS IN THE BUD!** Call me at (703) 524-8531 or (301) 435-9087 if you see a trash problem.

Additionally, large groups who plan to occupy the park all day should make arrangements with our rental agent, Shirley Larson at (703) 527-9520 or [rent@lyonpark.info](mailto:rent@lyonpark.info) before doing so. In the warmer months, the park is often rented.

Thanks,

Jeannette Wick  
Chair, Board of Governors

P.S. *A special note to neighbors on the park's perimeter:* The park closes at dusk, and we inform renters of this when they sign a contract. We tell them clearly that they must move all activity inside at dusk, and we review our noise guidelines. If any activity in the park looks suspicious or disturbs you after dark, please **call the Arlington Police** using the non-emergency line for most things [(703) 558-2222] or 911 if the situation is an emergency!



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## Lyon Park Community House

Monday - Friday 8 AM to 5:30 PM \$ 25.00/hour

Monday - Thursday 6 - 10 PM

Members \$ 80.00

Non-Members \$100.00

### Weekends/Holidays

Saturday Kids Birthday Party

under 10 years old

9 AM - 12 N or 12 N to 3 PM

\*Special Flat Rate \$125 res/\$175 non-resident

Half Day (8 AM - 2:30 PM or 3:30 - 10 PM)

Members \$250.00

Non Members \$400.00

Full Day 8 AM - 10 PM

Members \$400.00

Non-Members \$550.00

Rental Rates

Member rates apply only to current LPCA members.

[www.lyonpark.info](http://www.lyonpark.info), [rent@lyonpark.info](mailto:rent@lyonpark.info), or  
(703)527-9520 for availability/reservations

## Volunteer Opportunities

Homeless Shelter Assistants Needed: Doorways For Women And Families. Doorways for Women and Families strives to end homelessness and family and intimate partner violence by offering safe shelter and housing, life changing support services and community advocacy. Contact Person: Simone Schonenberger, Volunteer Coordinator, (703) 522-8858 x33

Pharmacist: Arlington Free Clinic. Assist in filling prescriptions for more than 1,300 who depend upon AFC for their medications. AFC provides more than 12,000 prescriptions a year to patients dealing with life threatening illnesses such as cancer and diabetes. Contact Person: Lee Miller, Volunteer Director, (703) 979-1425 ext. 125

## Old Homes can be Green Homes. Making Your Historic House Energy Efficient

Arlington County Historic Preservation Program

Sponsored by Arlington Heritage Alliance (AHA), Arlington County Historic Preservation Program

At AHA's 2010 Annual Meeting, a panel of experts will talk about how to weatherize your old home without sacrificing its historic character. Brendan Meyer of the District of Columbia's Historic Preservation Office will talk about energy-efficiency improvements in old houses. David Gibney of Historic Restoration Specialists will give a hands-on practical demonstration on repairing and restoring historic windows (no vinyl replacements needed!). Rebecca Ballo of the Arlington County Historic Preservation Division will also be on hand to answer questions about Arlington's historic neighborhoods and resources for learning more about repairing and upgrading your historic house.

Tuesday, May 25, 2010

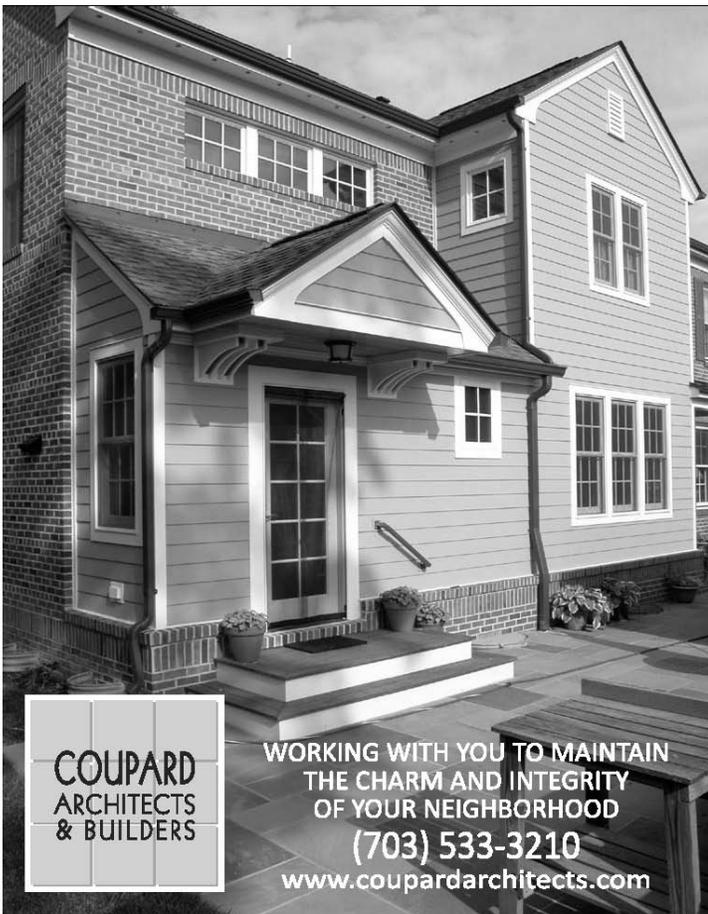
7:00 PM

Light refreshments provided, 6:30 to 7 PM

Lyon Park Community House

414 North Fillmore Street

For more information contact Kathryn Smith at [timkathsmith@comcast.net](mailto:timkathsmith@comcast.net)



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## Flavors Soul Food Restaurant Jerry Munk

Fried chicken is a very personal thing... like underwear or perfume, or any number of other things that you wouldn't buy for a mere acquaintance. That being said, any connoisseur of fried chicken will certainly appreciate the crispy-shell skin and moist and tangy meat of Flavors fried chicken. Just the fact that when you order, you are informed of the 20-minute wait time is reassuring—your chicken is fried just for you. No heat lights, no buckets, no messing around. Everyone has their favorite fried chicken, and I have found a new one.

The rice and beans are smoky and delicious (especially with a splash of hot sauce). The collards, the black eyed peas and the braised cabbage are all respectable, and staples of any Southern meal. (Although, I tend to like some chunks of cured and/or smoked meat in my pot o' greens.) Green beans are cooked to death, in perfectly delicious Southern style. Macaroni and cheese is not to be missed. You will destroy your diet, but it is worth it, even cold, later that night.

You will be offered corn bread or rolls with a platter. Do not hesitate, get the corn bread.

The fried catfish is golden brown and delicious, and I hear the rest of the fried fishes are every bit as good. There are ribs, pulled pork and chicken wings on the menu. They are all good, but better examples can probably be found at places that specialize in those things.

For dessert there is cobbler on the weekends and sweet potato pie every night of the week. The pie is delicious (if you haven't overindulged on chicken), and I will be headed back for the cobbler.

There are 50 cent refills on drinks, encouraging you to take your food and go. Contributing to this feeling is the sterile, sort of side-of-the-highway feel of the dining room. The place is definitely clean, possibly spotless, but unless the place gets lively after dark, you probably won't be missing anything by eating at home. The Washingtonian recommends Flavors for "sports geeks," which seems reasonable if you are a sports geek who has been frozen (in carbonite?) since 1990. The TVs are old and migraine-inducing.

Quirky as it is, I promise that if you get a dozen pieces of fried chicken, macaroni and cheese and beans and rice, you will not be disappointed, no matter which side of the Mason-Dixon Line you call home. You will, however, feel better about yourself afterward if you invite a friend or two over to help you eat it.

*Flavors Soul Food Restaurant, 3420 Carlyn Dr., Falls Church, VA (703) 397-4411(Closed Mondays)*

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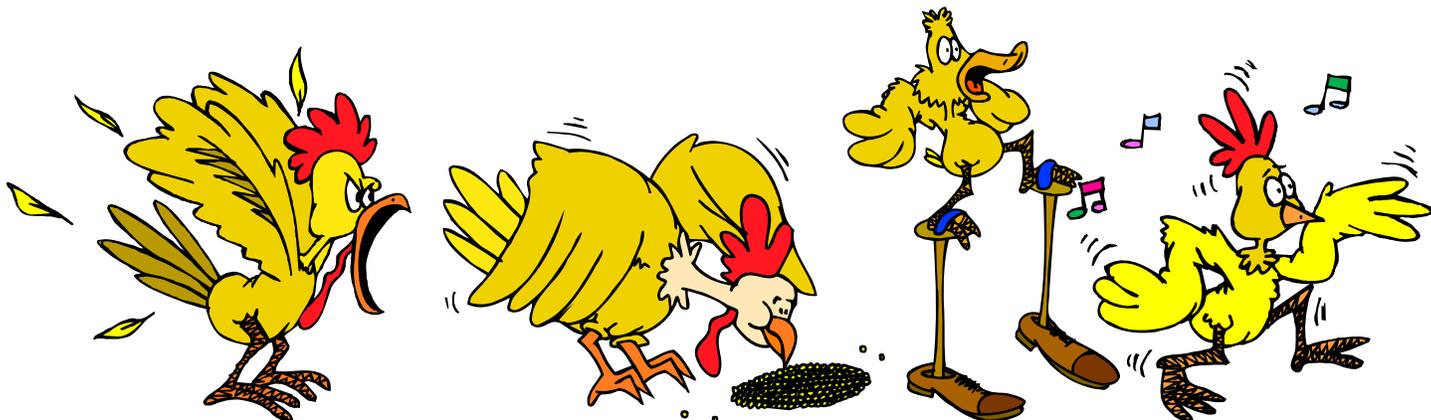
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