

Sweet & Sour News

Circulation: 1,500 Cherrydale households and businesses!

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Mary & Bob Cambridge  
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Maintenance

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Lee Hwy Median (Monroe - I66)  
Darrick Washington & Jim Meiers  
Tom Jensen  
Tim Fleming  
Power Substation  
Anne & Brian Quinn

Won't you help keep our parks and open spaces in beautiful shape? Please sign up to be a steward - contact **Maureen Ross** - 703.527.7692



Sweet & Sour News

A Bi-Monthly Newsletter

of the Cherrydale Citizens Association

Issue 2

March - April 2007

Cherrydale Citizens Association Meeting

Wednesday, March 21, 2007  
7:30 pm  
Cherrydale Fire Station

AGENDA

- 7:30 Announcements
7:45 Open to discuss issues
8:00
8:15

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Cherrydale Celebrates the Arts on March 24; arts festival will highlight local talent in a "café atmosphere"



The Cherrydale Citizens Association will "Celebrate Cherrydale Artists" on Saturday, March 24th, from 1 pm to 4:30 pm, in the second floor community room of Cherrydale's fire station. This event will be free and open to the public.

On display will be works of art in all forms - music, song, poetry, writing, painting, and pottery. People who can display their work or perform are those who live or work in Cherrydale (or Maywood, too), and you can be professional, a hobbyist, or "dabbler with courage!" Rumor on the street is Jackie Afram will do a painting at the show!

The arts festival will be café style,

where folks can enjoy good food, non-alcoholic beverages, and conversation with each other in a relaxed atmosphere.

If you're a person with talent, why don't you consider sharing that with the community? To sign up, call Maureen Ross by phone - 703.527.7692. or by email - Maureen.rossva@verizon.net.

Children are encouraged to, too! Please call Katherine Christensen - 703.841.0692 - no later than March 22nd and she'll ask you for a little information to we know the names and ages of our budding talent!



Won't you consider lending a hand with set-up or clean-up? If so, please contact Maureen. This is a great event to share with your family, so we hope to see you there!

Mark Your Calendars! The Second Annual Home & Garden Tour is Scheduled for June 2

Back by popular demand is the Home and Garden Tour, scheduled for Saturday, June 2, from 11 am to 3 pm. Chairing the event is Evan Lacopo.

Tickets are \$5 each and will be sold 9:30 am - 2 pm that day, in the front parking lot of St. Agnes

Church. Event proceeds will cover tour expenses and future Cherrydale activities.

The tour will feature a variety of homes in east and west Cherrydale. You can expect about 9 to 11 homes and gardens on the tour, with a mix of classic homes and tastefully built new homes.

The tour will only be advertised in Cherrydale and is open to all Cherrydale residents and their guests. Children are welcome, but must be accompanied by an adult.

If you'd like to sponsor the Tour, make a donation, volunteer, or have your home included, contact Evan - 703.655.7955 or Evan.Lacopo@longandfooster.com. This year's title sponsor is Evan Lacopo and John Plank of Long and Foster Real Estate in Arlington.



Cherrydale Home & Garden Tour



The Sweet & Sour News welcomes short, informative articles and notices about Cherrydale residents and events. The editor reserves the right to edit submissions, as needed. For more information, contact Jim Meiers at newsletter@cherrydale.net.

Visit us online at www.cherrydale.net

Cherrydale Citizens Association

2007 Membership Form

Have you paid your dues for 2007? It helps cover the cost of community events and this newsletter. Cherrydale merchandise is also available! Just include payment with your membership and we'll deliver the items to your home.

\$5 Household \$10 Business \$1 (Age 60 or Over) Free to New Residents Donation \$

Name Email

Address Phone (evening)

Phone (day)

I'd like to help and volunteer with:

- I've added \$5 - please deliver a drinking glass Please include me in the CCA phone book
I've added \$10 - please deliver a hat Please add me to the list serve (this will remain private)
I've added \$10 - please deliver a t-shirt ->->->-> Adult sizes: S M L XL XXL (limited edition black shirts in sizes L and XL) Children's: S M L or Infant (circle size)

Make checks payable to: Cherrydale Citizens Association
Mail to: Katherine Christensen, 1909 N. Randolph St, Arlington, VA 22207

The Inside Line - Saving water and dimes, lock bumping crimes, Saturday Night Ballroom comes to town. Volunteer thanks and water main breaks, and the best fire safety tips around!

## Minutes of the Cherrydale Citizens Association

These are Minutes of the first regularly scheduled meeting in 2007 of the Cherrydale Citizens Association ("CCA" or "Association") that took place January 17, 2007 at the Cherrydale Fire Station, 3900 Lee Highway, Arlington, VA.

President Brian Bonnet called the meeting to order at 7:40 pm. A quorum was present. Members approved Minutes of the November meeting.

Gloria Hurdle resigned as Secretary due to scheduling conflicts. Members elected Cindy Scarcella as the new Secretary.

### Treasury Report

Brian presented Katherine Christensen's report in her absence. CCA's annual revenue and expenses are about \$10,000, and ad revenue accounts for about 90 percent of this amount. CCA has activities that generate additional revenue, such as the Home and Garden Tour and Cherrydale Dance.

Approximate balance in CCA's account - \$9,500.

### Parks Committee Report

Chairperson Kate Trygstad was unable to attend. Brian presented the Committee's report in her stead. Brian noted the wonderful work done by the community (led by Kate) in Cherry Valley Nature Area. The cleanup effort drew people from Fairfax County and has made a wonderful difference. Additionally, a Boy Scout Eagle project (coordinated by Will Beckman) created trails through the park. The Committee presented an application to County for a Park Enhancement Grant. Brian noted that CCA is not counting on this Grant and may look elsewhere for funds. Kate is also working with master gardener Monica Lear of the Arlington County Virginia Cooperative Extension on projects in Cherry Valley. Brian noted that Monica is offering to help others who may want to become a master gardener.

### Neighborhood Conservation Update

Neighborhood Conservation (NCAC) representative Harry Spector gave an update on NCAC. This program has been shut down for the past year due to lack of funding and staffing. Currently, County is trying to hire three more engineers for the program. County has had difficulties with hiring due to the high cost of living in Arlington County. NCAC's goal is to take on new projects this summer (doing survey and paperwork) and fund them in the fall. Harry hopes that Cherrydale projects already approved prior to the project being shut down will be included in the funding. He noted that NCAC wants to re-do the point system and, if that happens, Cherrydale will argue that projects at the top of the old list should be grandfathered. There should be more information on this at the next CCA

meeting. County is asking all communities to identify sidewalks in their area they'd like to have completed (not prioritized) in the next 15 years. County will also survey individual communities on all projects (sidewalks, streetlamps, gutters, etc.).

### Listserv

CCA is offering incentives to boost membership on the listserv. Brian noted that some community members might be hesitant to join the listserv because they don't want their inbox flooded with email that isn't of interest to them. The officers will explore options for alternative forums - e.g. a community blog - where residents can rant or rave, allowing use of the listserv to be more defined. The listserv article in the January newsletter prompted six new households to sign-up. These house-holds, and other new subscribers, will receive a \$10 gift certificate to Pasha's.

### Community Activities

Vice President Evan Lacopo gave an update on community activities that will occur over the next six months. The Home and Garden Tour will be June 2. This year, the tour will focus on West Cherrydale (west of Quince). Evan is looking for homes to participate.

There will also be the annual Yard Sale, Fourth of July Block Party, and parade.

The CCA is beginning work on the 2007 Cherrydale Business Awards. Whitney Vickery will chair this effort. The awards encourage local businesses to be good neighbors (e.g., clearing sidewalks of snow, maintaining attractive window fronts, landscaping.) Brian thanked Mirsa Thomas (new general manager of Koons Toyota) for coming to the meeting.

Debby Cook promoted a bone marrow drive in Cherrydale. Each year, 30,000 people are diagnosed with a disease that requires bone marrow treatment - 30 percent of them will find a family donor, and the rest must turn to the bone marrow registry. The drive will be Saturday, February 17, 10 a.m. - 3 p.m. at the fire station. There's a \$50 fee for joining the registry, but Debby secured funding that will pay the fee for the first 100 caucasians who donate (minorities are free). To learn more, visit [www.marow.org](http://www.marow.org).

No one has yet volunteered for Cherrydale Artists Day.

### Public Safety

Cherrydale hasn't had many crime incidents. Just before Christmas, several TV sets were stolen from homes near the west edge of the First District, but not in Cherrydale. Graffiti is a problem that police need help with. They ask residents to report graffiti so they know what is showing up (and who painted it).

Gang activity isn't large in Arlington.

### Community Development

**Bromptons.** Brian spoke with Ed Peete Company and status of the Bromptons hasn't changed. They hope to file necessary permits next week. The official plan is still to rebuild. It's a vacant construction site and is a safety hazard. If residents see someone at this site, they should call the police. The community may need to push County to in turn push Ed Peete. While suggestions for a green space on that site are a good idea, reality is that the building won't be torn down until the company has obtained all permits and finalized plans.

**Fire Station.** There's no further update on the fire station, though County indicated that utility work isn't likely to start for at least a year.

**Christopher Co. Property.** We're not sure what is happening with the TV studio across from Safeway. The potential buyers backed out. Most likely, the building is still for sale.

**Dunkin Donuts.** The franchise plans to open by March 1. They've been delayed by electrical problems. We're not sure if Baskin Robbins will also occupy the space. As for parking, Dunkin Donuts will have minimal parking (five spaces) and will rely on public spaces for additional parking. Meeting participants noted that the five spaces are more than the number of spaces the franchise on Columbia Pike operates with.

**Widening I-66.** Meeting participant Tina Chiappetta urged folks to attend the VDOT meeting Tuesday, January 23 at Washington-Lee. VDOT will address the spot improvements for westbound I-66, including extension of the on-ramps between Spout Run and Glebe Road interchanges.

**Koons Toyota.** Mirsa Thomas encouraged Cherrydale residents to stop in and talk about concerns they might have. She offered the dealership as a space to post flyers, and she noted that Koons would like to have a good relationship with the community. She will deal with employee problems (e.g. driving too fast through the neighborhood). Mirsa mentioned that they tried to use a lot on 7th south on Glebe to alleviate parking cars on the street, but County won't let them store cars there. They since found another lot at Glebe Road and I-395 and are trying to get that.

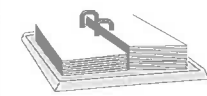
### Adjournment

Meeting adjourned at 8:40 p.m.

Respectfully submitted,

/s/

Gloria Hurdle and Cindy Scarcella  
Secretary



## Calendar of Events

### March

- 3 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.
- 10 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.
- 11 **Daylight savings time** begins! Spring ahead!
- 17 B'gosh and b'gory! **St. Patrick's Day Theme Party for Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station.
- 21 **CCA Meeting**, Cherrydale Fire Station, 7:30 p.m.
- 24 **Celebrate Cherrydale Artists**, 1-4:30 pm, Cherrydale Fire Station. See p. 1 for info.
- 24 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.
- 31 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.

### April

- 7 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.
- 8 **Easter.**
- 14 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.
- 20 **Sweet & Sour News deadline**, for May-Jun 2007.
- 21 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.
- 28 **Saturday Night Ballroom**, 6-9 pm, Cherrydale Fire Station. See p. 5 for info.

"Your Life is Valuable to Everyone Else"

If a man measures life by what others do for him, he's apt to be disappointed.

But if he measures life by what he does for others, there's no time for despair.

- William Jennings Bryan



## Important Contacts

### County Board

Jay Fisetle	jfisetle@arlingtonva.us
Paul Ferguson	pferguson@arlingtonva.us
Chris Zimmerman	czimmerman@arlingtonva.us
Walter Tejada	wtejada@arlingtonva.us
Barbara Favola	bfavola@arlingtonva.us
Terry Copeland (Clerk)	tcopeland@arlingtonva.us

### County Manager

Ron Carlee	rcarlee@arlingtonva.us
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### Police

Non-emergency 703.558.2222  
 Sgt. Mike Watson 703.228.4119 mwatso@arlingtonva.us  
 Graffiti - David Munn 571.641.0462 dmunn@arlingtonva.us  
 Graffiti - Cynthia Hilton 703.525.4782 cfhilton@verizon.net  
 Neighborhood Watch - Heather Herlock 703.228.4057  
 \*\* Always email Brian Bonnet a copy of what you reported to the Police - send to [president@cherrydale.net](mailto:president@cherrydale.net) \*\*

### Other

Parks Maintenance Howard Hudgins 703.228.6523  
 Replace Streetlights [www.arlingtonva.us/departments/EnvironmentalServices/dot/traffic/streetlights/index.htm](http://www.arlingtonva.us/departments/EnvironmentalServices/dot/traffic/streetlights/index.htm)  
 Report Traffic Signal Malfunctions: 703.228.6511  
 Wildlife Rescue League: 703.440.0800  
 Animal Welfare League: 703.931.9241 x. 200  
 Rat Problems/Mosquito Larvae: 703.228.7728

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### Cherrydale Library Happenings

website: <http://users.erols.com/suza/library.htm>  
2190 N. Military Road 703.228.6330

Hours: **Mon:** 10 am - 9 pm **Tues & Wed:** 1 pm - 9 pm **Thurs:** 10 am - 6 pm **Fri & Sat:** 10 am - 5pm **Sun:** Closed

#### Children's Winter Story Hour Sessions

Call for more information. Join us for stories, songs, finger-plays, and a craft.



**Toddler Time.** For 2-year olds with an adult. Thursdays at 10:15 am. Winter session runs thru March 22. Spring session runs from April 19 thru May 24.

**Threes and Fours Together.** For 3- and 4-year olds with an adult. Thursdays at 11:15 am. Winter session runs thru March 22. Spring session runs from April 19 thru May 24.

**For All,** with an adult. Drop in for Stories, Wednesdays at 7 pm. Winter session runs thru March 21. Spring session runs from April 18 thru May 23.

#### Book Discussion Group for Adults

Meets at 7:30 pm on the second Monday of each month, except for unusual circumstances (note April). Facilitated by Joan Marik. New participants are welcome, even if you've read the book some time ago. Email **Suzanne Embree** ([suza1@comcast.net](mailto:suza1@comcast.net)) to learn more. Call to sign up for a discussion or reserve a title (available a month in advance).

Monday, Apr. 2 (a week earlier than usual): **Field Notes from a Catastrophe: Man, Nature, and Climate Change**, by Elizabeth Kolbert (To be read in support of the Arlington READS Green Program. This title can be reserved beginning March 13). Amazon reader rating: 4.5 stars (out of 5). 240 pages. "On the burgeoning shelf of cautionary but occasionally alarmist books warning about the consequences of dramatic climate change, Kolbert's calmly persuasive reporting stands out for its sobering clarity. ... Kolbert lets facts rather than polemics tell the story". - Publisher's Weekly ... "If you have time this year for just one book on science, nature or the environment, this should be it". - San Diego Union-Tribune.

Monday, May 14: **1776**, by David McCullough. A #1 national bestseller! Amazon reader rating: 4.5 stars (out of 5). 295 pages. "McCullough's reputation for telling a riveting story stands out in his latest work. The encounters that he examines and the details that he includes cut to the heart of what made 1776 a pivotal year in world history." - Bookmarks Magazine ... "A stirring and timely work." - The New York Times.

Monday, June 11: **Never Let Me Go**, by Kazuo Ishiguro. Amazon reader rating: 4.5 stars (out of 5). 304 pages. "From the Booker Prize-winning author of *The Remains of the Day* comes a devastating new novel of innocence, knowledge, and loss. As children, Kathy, Ruth and Tommy were students at Hailsham, an exclusive boarding school secluded in the English countryside. It was a place of mercurial cliques and mysterious rules where teachers were constantly reminding their charges of how special they were. Now, years later, Kathy is a young woman. Ruth and Tommy have reentered her life. And for the first time she is beginning to look back at their shared past and understand just what it is that makes them special - and how that gift will shape the rest of their time together. Suspenseful, moving, beautifully atmospheric." - Amazon Book description.

### CCA Announces Scarcella as Association Secretary

At the January 17<sup>th</sup> meeting of Cherrydale Citizens Association, **Brian Bonnet** announced the resignation of Secretary **Gloria Hurdle** and cited scheduling conflicts as the reason. The CCA held a special election and members present voted for **Cindy Scarcella** to fill the vacated seat.

Cindy has lived in the Washington area since graduating from American University with a Masters Degree in Economics. She and her husband **Marc** have lived in



Arlington for seven years and moved to Cherrydale just over a year ago and lives next door to CCA Vice President **Evan Laco**. Currently, Cindy spends her days caring for her ten-month old daughter, **Brielle**.

In what now feels like a previous life, Cindy was a Research Associate at the Urban Institute where she studied federal and state policy issues related to child abuse and neglect, adoption, childcare, and domestic violence. In her spare time, she likes to do home improvement projects, read, participate in outdoor activities, and travel. As Secretary, Cindy looks forward to supporting the CCA and the community in all of the great things we do.

Thank YOU, Cindy, for stepping up to fill Gloria's shoes!

### Cherrydale Residents - Have you renewed your membership in CCA for 2007?



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**\$10 - business**  
**\$1 - age 60 or older**

Your dues support this newsletter, the annual parade, the July 4<sup>th</sup> block party, the Home & Garden Tour, the annual yard sale, caroling parties, neighborhood dances, and much, much more! Please - support these programs by paying your 2007 dues today! See the back page of this newsletter for more information.



**EVAN LACOPO**  
Evan.Lacopo@longandfoster.com

**703.655.7955**

Long and Foster Arlington Sales is proud to announce that Evan joined our company and works with our top agent for the past 12 years - John Plank. Evan's dedication to service, community and his clients make him a great addition!



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## Saturday Night Ballroom Makes Successful Debut in Cherrydale

[Editor's Note: If you're on the Cherrydale listserv, it's no secret I'm involved and an active participant in Saturday Night Ballroom. I wrote this article in the first person and hope my words will capture the same enthusiasm and fun I've seen others - as well as myself - experience at this event.]

Every Saturday night since February 3, the second floor community room of the fire station has been transformed into "Saturday Night Ballroom". In the first four weeks alone, over 120 Cherrydale and Maywood residents and their friends experienced this artistic sport that continues to gain popularity across the nation.

I'm one of them. And I never thought I would be.

I've known the instructor **Darrick Washington** for some time and helped him organize this event. I've been to charity events and watched him glide across the dance floor - effortlessly, gracefully - with a smile and radiance about him that underscored his passion for dance.

Knowing and helping and watching are one thing. Doing it is totally another.

Now, *maybe* I can hold my own on a dance floor when it comes to wearing baggy jeans, hip-hoppin' along to urban music while ignoring the muddled masses around



Instructor **Darrick Washington** explains a dance step to the class



Class participants prepare to waltz!

me, and wavin' my hands in the air to show there's a "party over here" and a "party over there" ... Hey! Ho! Hey! Ho!

Whoa! Timeout here. Saturday Night Ballroom? Talk about yankin' me out of my comfort zone! Fred Astaire I'm not, and I recall some not-so-fun experiences from my youth - shunned feeling at high school proms and dreaded family weddings where my aunts took turns dragging me onto the dance floor to beer-barrel polka!

As I regain my wits about me, I think to myself - "self, why not give it a try? If Emmitt Smith can fox trot his way from gridiron to hard wood and - over the course of a television season - transform himself from football runner to dance floor stunner, why can't I?"

On February 3<sup>rd</sup>, I tossed aside my inhibitions, swallowed my plethora of excuses, and attended Cherrydale's first Saturday Night Ballroom group dance class. And I've gone every Saturday since!

This event is group instruction, so any number of folks can attend. During the first two hours of each class, Darrick teaches four styles of dance. During the first five minutes of teaching each style, he reviews basic steps, even if they were provided in a previous class. This is a refresher for regular attendees and a way to let

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## The Arlington Green Living Challenge; Sixteen things you can do to be more environmentally friendly

Arlington County and Arlingtonians for a Clean Environment (ACE) are launching a new project - the 2007 Green Living Challenge. The challenge lists 16 actions individuals can take to conserve energy, reduce solid waste, eliminate runoff, enhance habitat, and protect air quality. Residents are challenged to complete as many of the actions as they can before October 31, 2007 and earn "green points" for themselves and their neighborhood. Participants who earn 100 points will get certification as a green household - and they'll help make Arlington a healthier community in the process!

To accept the challenge, download the Green Living Challenge Form and rules at [www.arlingtonenvironment.org/greenchallenge](http://www.arlingtonenvironment.org/greenchallenge). Register by emailing your name and civic association to ACE. Once registered, start making changes to your lifestyle detailed in the 16 actions highlighted to the right. Track your changes on the Challenge form, and send this form to ACE no later than October 31, 2007. Only one entry per person/household. You can fill the form out online, or mail it to: ACE, 2700 S. Taylor Street, Arlington VA 22206.

### Tips for Home and Garden



Buds 'N' Thorns, Mutations, and Pots

Anxious to get out and start digging around? Best advice: exercise restraint (frost can strike into late April!) and satisfy that hunger by flipping through pages of yet another gardener's catalogue, and send out for out some weird cut flowers from your neighborhood florist! If you still feel compelled to get outside, grab your sharpest shears and head for the rose bushes. Now's the time to prune them into shape, snipping off any diseased or damaged stems. To get a nice full shape from your rose bushes, clip them back to an outward-facing bud roughly one-third back from last year's tips. Maybe getting pierced by a couple of thorns will settle down your gardening juices.

Now's a good time, too, to address your pest population! Best environmentally, and effective as a dormant spray (i.e. applied before the buds come out), is a lime sulphur mix -- but use according to the manufacturer's directions, of course. Watch out, too, for the spray can leave spots on brick, stucco, and some painted surfaces.

From Marnie & John Nicholson, proprietors of Company Flowers & Gifts Too!

### The Green Living Challenge

1. Change the most frequently used light bulbs in your home to compact fluorescent (up to five bulbs, one point per bulb) **(5 pts)**
2. Register with the Direct Marketing Association's Mail Preference Service to reduce junk mail. **(5 pts)**
3. Use a reusable mug when buying coffee or tea. **(5 pts)**
4. Switch to "green" cleaning products. **(5 pts)**
5. Join a car-sharing company. **(5 pts)**
6. Buy renewable energy credits of at least 50 percent of your electric consumption. **(10 pts)**
7. Compost lawn clippings and yard waste. **(10 pts)**
8. Eat a locally grown, organic and/or meatless ingredient meal twice a week. **(10 pts)**
9. Replace a gas-powered lawn mower with a push mower or electric mower. **(10 pts)**
10. Create a wildlife habitat and certify it with the National Wildlife Federation. **(15 pts)**
11. Plant a tree in a school or park (with permission) or in your yard. **(15 pts)**
12. Recycle all bottles, cans, and mixed paper accepted in your recycling program at least three times a month. **(15 pts)**
13. Don't drive one day a week (use public transportation, bike, carpool, telecommute) **(15 pts)**
14. Take an energy audit of your home and implement at least one item to improve efficiency **(15 pts)**
15. Install rain barrels or a cistern. **(15 pts)**
16. Live in a multi-family apartment or condo unit (bonus for promoting denser residential areas) **(35 pts)**

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Established 1951

Charlene Nguyen, Manager

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Sat 9 am - 5 pm  
4036 Lee Hwy, Arlington VA

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## Arlington Police Make Crime Reports Available Online

On January 31, 2007, Arlington Police began distributing a weekly summary of significant crime reports by email. These reports are also available on the County's website, but distributing the data by email will make it easier for County residents to stay informed about criminal activity in their communities.

You can subscribe to this free service online at the County's website - [www.arlingtonva.us/subscribe](http://www.arlingtonva.us/subscribe). On the subscriptions page, check the box next to *Police Crime Reports*, enter your email address, and click the "subscribe" button. You'll receive the report once a week. Questions or comments about the email subscriptions may be directed to the Police Department's Media Office - 703.228.4311.

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Arlington Chamber of Commerce

## The Arlington Rotary Club is One Way to be Active as a Volunteer

Arlington's Rotary Club ("ARC") has a very active community outreach program. Check out some of these Rotary activities:

**Speaker Luncheons.** Every Thursday, the Rotary meets for lunch from noon to 1:30 pm at La Cote d' Or in Arlington. Each meeting features a different dynamic speaker who talks about any number of issues.

**Arlington Free Clinic.** ARC raises funds each year for the Arlington Free Clinic - a nonprofit, community based volunteer driven organization committed to providing access to quality health care services to low-income, uninsured county residents.

**Salvation Army.** The Salvation Army is one of ARC's oldest community partners. Each year, members of ARC participate in the long-held tradition of the Red Kettle Christmas Campaign. Look for them at the Virginia Courthouse Giant this December!

**INOVA Blood Drives.** Through a partnership with INOVA Blood Donor Services, ARC adopted one of the blood drive series and now coordinates it, which takes place at Arlington Central Library 12 times each year.

Their website - [www.mbsgov.com/rotary/index.htm](http://www.mbsgov.com/rotary/index.htm)



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newcomers get caught up with the class.

People of all skill levels attend - some are advanced or know enough to find their way across a dance floor. But the majority are people who don't know a thing about it! Talk about being *BACK* in my comfort zone!

No matter the skill level, folks are treated alike. When teaching a new step, Darrick has the men form a line on one side of the room, and the ladies form another line on the opposite side. When he feels everyone has learned the step, Darrick invites the men to ask a lady to dance. Couples form and dance together, only to be separated again, retreat back to their lines, and learn more steps.

This type of class instruction is great, since people who come with a dance partner may switch partners, and those who come alone will find a dance partner.

Darrick adds his sense of humor to his instruction. Not only does this make it fun, people feel welcome to ask questions and not be intimidated if they're dance challenged.

The final hour is a social hour and dance party. Class participants can relax, talk with neighbors, enjoy



Jim Warkentin and Kate Trygstad



Annelie Wilde & Kesh Narayanan



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Jerry and Carl Taylor fox trot

refreshments that Darrick brings, or keep dancing and practice what they've learned.

Each evening of dance costs \$15 per person (\$10 for students and senior citizens). This fee covers two hours of instruction, refreshments, and the dance party. This value-added package typically costs upwards of \$100 per person at traditional dance schools.

What are your neighbors saying about Saturday Night Ballroom? **Kate Trygstad** said "Darrick has a wonderful way with

people, and that makes it easy to learn". **Margie McKelvey** adds: "Some years back, Bill and I took ballroom dancing through one of the NOVA programs. We had to drive to a school miles away, we couldn't keep up with the instructor and got our steps all messed up; we ended up arguing and were very unhappy. It wasn't fun! With some trepidation, we went to the inaugural session of ballroom dancing in Cherrydale. We could walk to the fire station. Darrick is so enthusiastic and encouraging - and funny! Bill and I are actually dancing correctly, we think, and having fun! We highly recommend it!"

So what's holding you back? Come one Saturday night and check it out! It's an affordable way to have a nice time and socialize with your neighbors. More than that, you'll find you CAN dance, if you didn't think you could!

To learn more, call **Darrick Washington** - 703.300.8108 - or **Jim Meiers** - 703.608.8684 - or visit our new website: [www.eveningofdance.com](http://www.eveningofdance.com). Hope to see you on the dance floor!

### Saturday Night Ballroom - March Schedule



March 3, 10, 17, 24 and 31<sup>st</sup>

5:50 pm Welcome, sign in  
6 - 7 pm Waltz, Tango  
7 - 8 pm Club Swing, Rhumba  
8 - 9 pm Practice and Social

Light refreshments will be served.  
Cost - \$15 per person (\$10 senior citizens)

**No experience necessary!** Come alone or with a friend!  
We dance in the 2<sup>nd</sup> floor community room at the fire station

Call 703.300.8108 for more information or visit us at  
[www.eveningofdance.com](http://www.eveningofdance.com)

# Viva Las Volunteers

Sweet & Sour News continues to celebrate the spirit of Cherrydale volunteerism in this issue. The reason is simple – volunteers provide the care and concern that make a community vibrant. We're recognizing and thanking as many volunteers as possible, but to make that happen, the newsletter needs to know of volunteer efforts so we can report them and provide some well-deserved recognition. This can only be done if someone takes a moment to let us know! Just email the editor – [newsletter@cherrydale.net](mailto:newsletter@cherrydale.net).

Let's all make an effort this year to not only thank our volunteers, but also sign up to volunteer in a community project! Let's keep Cherrydale vibrant – and Viva las Volunteers!



### Thank You!

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## Strobl and Englerth Wed in Italy

Lindsey Strobl and Greg Englerth were married on September 29, 2006 in Ravello, Italy.

Over 30 close friends and family members attended the festivities. A welcome dinner was served in a quaint local fisherman's restaurant, accessible only



by boat! The ceremony took place outside of a 15<sup>th</sup> century town hall and was performed in Italian, as required by law. Afterward, the reception was held at the beautiful Villa Cimbrone.

Congratulations, you two!



## Heavy Winds Topped Tree on Lincoln



A late February storm blew through Cherrydale, and winds toppled this evergreen tree near the intersection of Lincoln and 20<sup>th</sup> streets. Neighbors on both Lincoln and Kenmore were left in the cold and dark overnight. Temperatures dropped into the mid 20s, leaving neighbors iced at the fact that it took Dominion Power nearly 12 hours to restore power. Luckily, there were no injuries or major damage to report.

## Water Main Breaks

Ever notice water running down a street on a totally clear day, and no neighbors are washing their cars or crews working in the street? Most likely, it's a water main break and needs to be reported.

Winter is the prime season for water main breaks. The freeze-thaw cycle causes the soil to heave and swell, exerting pressure on water mains that can sometimes cause the main to separate at joints or valves, service connections, or other fittings. Sometimes, the freeze-thaw pressures can actually cause the pipe to split.

When a main ruptures, the pressure in the water distribution system will typically force the water upwards through the soil until it emerges from the pavement or surrounding ground. Some main breaks can occur during the summer months, and those are also indicated by water emerging from the pavement.

County's water main maintenance crews are often called from their homes to work many cold nights excavating and repairing the broken mains. It's not an easy job, but a necessary one in order to keep our essential utility flowing.

If you suspect a water main break, call County's water control center 24-hour emergency number - 703.228.6555.

*think Spring*  
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*The Maywood Water Stewardship Program Shares Conservation  
Tips with Cherrydale; these tips can help you save over \$250 each year!*

[Editor's Note: Joy Jacobson wrote this article about water conservation for her neighbors in Maywood. She wanted to share these great tips with her Cherrydale neighbors, so I hope you find them easy to implement, easy to make "habit-forming," and for you dollars and cents folks - cost effective!]

As people become more conscientious about the environment, there are things they can do inside their homes to reduce water consumption and pollution. The challenge is people are busy, habits are hard to break, and "simple is better".

Here's a list of things you can start doing today to help reduce the footprint we leave on the environment:



1. Turn off the water when you brush your teeth, wash your hands, or shave. This can save about seven gallons of water per person per day, or **840 gallons** per month for a family of four.
2. Instead of rinsing dirty dishes under running water, wipe them with a wet sponge before placing them in the dishwasher, and only run your dishwasher when it's full. This can save five gallons per day, or **150 gallons** per month.



3. Instead of letting water run for a minute before filling a glass of water, keep a reusable container of filtered tap water in the refrigerator. Not only will you always have cold drinking water, but you'll stop putting clean water into the sewer - as much as **365 gallons** per month for a family of four.

4. Find and fix water leaks in your home - showers, sinks, tubs and toilets. An EPA study found that a single-family home, on average, loses 9.5 gallons per person per day. For a family of four, that's **1,140 gallons** per month!
5. An average toilet tank holds 3.5 gallons of water. Only 1.6 gallons is needed per flush, but all 3.5 gallons go down the drain. Toilet dams and toilet tank banks can reduce the amount of water you're wasting - and they're inexpensive and easy to install (check out [www.niagaraconservation.com](http://www.niagaraconservation.com)). This change reduces the amount of water used by a family of four by **200 to 500 gallons** per month.

So add it up. Take these five simple actions and a family of four could save almost **3,000 gallons** of water per month - with little effort! That translates to a **\$72 savings** on their quarterly water/sewage bill. For our community, it means less water going through our treatment plant. That saves energy and reduces the amount of chemically-treated water being released into local tributaries.

If you have any questions or want to learn more about the Water Stewardship Program, contact Joy at [jacobson\\_joy@yahoo.com](mailto:jacobson_joy@yahoo.com).

**Annual Auction to Benefit Key  
Elementary School**

Please join Key Elementary School for its annual auction on Saturday, March 17, from 6-10 pm. The auction will be held at the NRECA building, 4301 Wilson Boulevard, directly across the street from Ballston Mall. Everyone is welcome and there's no entry fee.



Auction proceeds will fund after-school activities for low-income children, arts festivals, library materials, outdoor labs, reading supplies, and other educational activities.

For more information, contact Hamilton Humes - 703.841.9449 or [Humes.Hamilton@epa.gov](mailto:Humes.Hamilton@epa.gov)  
Come celebrate 20 years of bilingual immersion education in Arlington and meet the Key School community!

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### Update on Crime in Cherrydale

[Editor's Note: This is a listing of criminal activity in Cherrydale and Maywood since the last newsletter. Always, always! Report suspicious activity in Cherrydale. Depending on the nature of the crime, call the Police at 911, Sgt. Mike Watson (703.228.4119), or non-emergency phone number (703.558.2222). Then, email Brian Bonnet at president@cherrydale.net and a copy to newsletter@cherrydale.net. We're sharing our news with Maywood and Waverly Hills civic associations, and they're doing the same with us.]



**Residential burglary** next to Cherrydale, on the 1600 block of N. Quincy Street. This happened on February 9 between the hours of 7:35 am and 2:25 pm. Someone entered a home by unknown

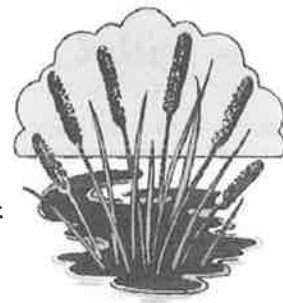
means and took a laptop computer, camera, and jewelry.

**Another residential burglary** next to Cherrydale on the same block, same date, between 9 am and 10 pm. Someone forced open a basement door and took two laptop computers, an Ipod, and clothing.

These burglaries occurred in close proximity to bike trails, and the homes weren't equipped with an alarm system. Anyone who saw anything suspicious in this area during those times are asked to contact Detective Roger Estes - 703.228.4180 or Restes@arlingtonva.us.



**Do some good this Spring!**  
Come v-v-v-v-volunteer with the continued clean up of Cherry Valley Nature Area! Watch the listserv for an announcement about it soon!



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### CVFD Offers Winter Fire Safety Tips



[Editor's Note: This is the first of several articles we'll feature in the newsletter prepared by our brave volunteer firefighters. Your safety is our concern, and I'm happy we can partner with CVFD to bring you this important information. Thanks to Jack Braber, a Firefighter-Recruit/EMT-Basic with CVFD for this article!]

Cherrydale Volunteer Fire Department highlights these important fire safety tips to help keep you and your loved

ones safe during the winter. Statistically, more heating-related structure fires occur during the winter months than any other time of the year.

Heating is the second leading cause of residential building fires behind cooking fires.<sup>1</sup> Heating-related fires are generally caused by furnaces, space heaters, fireplaces and kerosene heaters - typically used more frequently during the colder months when people spend more time indoors. As the cost of home heating oil and utilities has increased, alternative methods of residential heating have gained popularity. While perfectly acceptable, you need to follow several safety tips.

Kerosene heaters should be inspected before use to ensure they work properly. The heater should have an emergency shut-off switch in case it's accidentally tipped over. NEVER fuel the heater while it's operating or hot, and DO NOT use cold fuel as it can expand in the tank as the heater warms up. When using any fuel-burning appliance (i.e. gas, coal, or kerosene), ensure the room is well ventilated to prevent the buildup of toxic fumes. When you use space heaters, don't overload the circuit.

Use extension cords rated for your heater's amp load, preferably the same size or larger than the heater's electrical cord. Keep young children away from space heaters, especially if they're wearing nightgowns or loose fitting clothes that could ignite easily.

Wood-burning fireplaces are popular during winter, but they require special attention before and when in use. Before use, have the chimney inspected annually and swept of any flammable materials such as creosote that may have built up over time. Don't use flammable liquids to start or accelerate a fire. Also, avoid using excessive amounts of paper to build roaring fires; this could ignite creosote in the chimney. Always place a glass or metal screen in front of the fireplace to keep embers or sparks from jumping out and unwanted materials from being introduced into the fire. NEVER burn charcoal indoors! This can emit a lethal amount of carbon monoxide - a colorless, odorless gas. Before you go to sleep, ensure the fire is completely out and NEVER close your damper/flue with hot ashes still in the fireplace. This can help the fire reheat and release carbon monoxide into the home. If you use synthetic logs, never break them apart or use multiple logs in the same fire as they can burn unevenly and release carbon monoxide. Finally, don't place flammable materials on or near the mantle as sparks could easily ignite them.

Here's some other fire safety tips to consider. Never use ranges or ovens for "supplemental heating". Besides being fire safety hazards, they could release toxic fumes. Develop and practice a fire escape plan with your family. Make sure working smoke detectors are installed on every level of your home (and check the batteries regularly!). If you have a fire hydrant near your home, please help the CVFD by clearing debris and snow away from it to allow for quicker access should it be needed.

For additional winter fire safety tips, please visit the U.S. Fire Administration's "Winter Fires: Safety Tips for the Home" website: [http://www.usfa.dhs.gov/citizens/all\\_citizens/home\\_fire\\_p\\_rev/holiday-seasonal/winter\\_tips.shtm](http://www.usfa.dhs.gov/citizens/all_citizens/home_fire_p_rev/holiday-seasonal/winter_tips.shtm)

<sup>1</sup>"Heating Fires in Residential Buildings." *Topical Fire Research Series, U.S. Fire Administration*, Vol. 6, Issue 3, November 2006.

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### Get Smart on Home Security; More and more thieves break-in by "bumping locks" - do you know what this is?

I became alarmed a month or so ago when I watched an NBC news story on "bumping" - a method thieves use to enter homes. I'd never heard about it, but judging from the demonstrations aired in the news story, it was easy to do (an eleven year-old child did it!), quick, and the child used tools that you can find in almost any house.

Of course, I googled "lock bumping" to see what the hype was all about, and to my surprise, hundreds of hotlinks were immediately at my fingertips. In true internet fashion, those links provided me step-by-step instructions on how to lock bump, just like other links so quickly reveal how to assemble a nuclear bomb.

Lock bumping, picking, or using an unauthorized duplicate key explains how nearly 2/3 of all break-ins occur with no sign of forced entry. All a perp needs is a



bump key (I won't tell you how to make that), a rubber mallet, and less than 30 seconds to make a clean break-in. Shocking to me is



the fact that according to the National Crime Prevention Council, almost every type of safety lock is "bump-able". The International Association of Investigative Locksmiths is worried because the specially cut bump keys are sold online with instructions on how to bump.

To better protect yourselves, you should consider a high-security lock because they add extra locking features that make bumping more difficult. One name brand often cited by experts as being nearly bump

proof is Medeco, though these locks cost quite a bit more than most. Sometimes, though, to get quality you need to pay for quality.

To learn more about this topic, please use sources already available to you on the internet - [www.medeco.com](http://www.medeco.com), [www.securitysolutions.com](http://www.securitysolutions.com), [www.engadget.com](http://www.engadget.com), or [www.ncpc.org](http://www.ncpc.org). No matter what resource you use, just be sure to learn more about lock bumping. You can be sure that thieves already have.

Compiled by Jim Meiers



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## Pits & Stems

**Cook Organizes Successful Drive - No Bone's About It!** The Sweet & Sour News would like to thank **Debby Cook** for her work in organizing a bone marrow drive that took place on Saturday, February 17. Over 19 registrants signed up and donated! Each year, 30,000 people are diagnosed with a disease that requires bone marrow treatment. Only 30 percent find suitable donors within their families – the rest must look to the bone marrow registry and hope to find a match there. The newsletter salutes Debby and those who volunteered their bone marrow. For Debbie, a drive of this nature requires commitment, time to speak in front of many groups, time to set up the event, etc. For the donors, well, it requires compassion and the ability to endure a bit of discomfort. You all have done a wonderful thing in helping people you'll never know or meet. Look for more information about this drive in the next issue of Sweet & Sour News. To learn more about bone marrow donation, please visit [www.marow.org](http://www.marow.org).

**Volunteers Needed to be Tree Stewards.** Our young trees in Cherrydale are vulnerable to drought and need your help! With the trees we have now, and more that will be planted in the next year, there'll be more "at-risk" trees than people to help keep them alive. It's not hard to do, and the community will reap the benefit of your stewardship years from now when a gorgeous green canopy graces our streets, parks, and open spaces! Please, we need your help. Don't let our trees die of thirst - become a steward by contacting **Maureen Ross** - 703.527.7692.

**Que Pasa at La Union?** Recently, **Lita Miller** asked about La Union on the Cherrydale listserv. She noticed two large "Closed" signs in front of the business, the door was open, and the space gutted. **William Bode** replied and said he was told the store would reopen in about eight days after remodeling, or sometime around the beginning of March.

**Anyone Down for Spelunking?** Oh, never mind, that was only a pothole I saw. *Oops!* Well, if you see one, let Arlington County know by calling 703.228.6485. That's the pothole hotline, and County will come patch it up quite promptly.

### Classic Ford Mustang for Sale



1965 Mustang convertible, 200 CID straight 6-cylinder, automatic, "factory" A/C, power steering, white exterior, blue interior, black top. Under 100,000 miles. Looks great, but needs a little TLC.

The Mustang is garaged here in Cherrydale. Call Jack Spittler to see it - 703.528.1485



**Mystery Snowblower Revealed!** During one of the snow events in February, **Scott Springston** noticed a friendly type of "snowman" clearing the sidewalks up and down Randolph Street with his snowblower. **Tal McBride** identified our own "abominable" as **Brett Holleman**, a Cherrydale resident on 20<sup>th</sup> Road. He owns both this snowblower and a nice Ford F-250 Super Duty with a plow attached, so Brett can clear just about any darn amount of snow for us! Many thanks for helping your neighbors, Brett!

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Happy St. Patty's  
Day!  
Saturday, March 17

### "Somethin' to Think About"

The paradox of our time is that we have taller buildings,  
but shorter tempers;

Wider freeways, but narrower viewpoints.

We spend more, but have less;

We buy more, but enjoy less.

We have bigger houses and smaller families;

More conveniences, but less time.

We have more degrees but less sense;

More knowledge, but less judgment.

We have more experts, yet more problems;

More medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly,  
laugh too little, drive too fast, get too angry, stay up too  
late, get up too tired, read too little, watch TV too much,  
and pray too seldom.

We've multiplied our possessions, but reduced our values.  
We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've  
added years to life, not life to years.

We've been to the moon and back, but can't cross the  
street to meet a new neighbor. We conquered outer space,  
but not inner space.

We've done larger things, but not better things.  
We've cleaned up the air, but polluted the soul. We've  
conquered the atom, but not our prejudice. We write more,  
but learn less. We plan more, but accomplish less.

Remember - life isn't measured by the number of breaths  
we take, but by the moments that take our breath away.

-George Carlin

## Pits & Stems - for Seniors



**Scramble for Scrabble!** Scrabble enthusiasts are invited to Walter Reed Senior Center every Friday, 10:15 a.m. to play this classic game. Don't know how? Come learn! No fee - just call to register - 703.228.0955.

**Looking for Picasso.** Join in the fun of oil, acrylic and watercolor painting by taking classes at the Lee, Walter Reed, or Culpepper Garden Senior Centers. Beginners welcome! Cost is \$3.50 per class. Call for dates and times - 703.228.4721.

**Dig! Block! Volley!** Join the fun - beginners welcome! Volleyball for seniors every Tuesday at Langston-Brown Senior Center, 1:30 pm practice, 2 pm game time! Call for details - 703.228.4745.

**When's the Last Time You Did a Half-Court Press?** Have any interest in senior basketball? If so, call Jennifer Collins, Office of Senior Adult Programs - 703.228.4745.

**Pump Up and Tone Up!** You can enjoy exclusive seniors hours at the fitness rooms of Langston-Brown and Madison Senior Centers. Certified fitness professionals will be on hand. Cost is \$56 for 16 sessions. Call for details - 703.228.4745.

**Sweet, and Sour, and Dill.** Seniors! Come to Thomas Jefferson Community Center on weekday mornings for pickleball! It's a sport similar to tennis, except you use a low net and plastic paddle. There's no fee except for an annual registration fee of \$10 with the Office of Senior Adult Programs. To learn about game times, call 703.228.4745.

**Keep Swingin' Those Paddles!** And join other seniors for a game of ping-pong! All skill levels invited! Play is at the Walter Reed Center, at 10 am Tuesdays and Thursdays. No fee. Call for details - 703.228.0955.



### Cherrydale Recipes

from the kitchen of Jim Meiers

#### Ingredients

- 1 C butter, softened
- 1 C sugar
- 3 C sifted flour
- 1 C packed brown sugar
- 2 eggs
- 1 ½ tsp almond extract
- ½ tsp vanilla extract
- ¾ C flour
- ¼ tsp salt
- 1 tsp baking soda
- 1 ½ C Bing cherries, pitted and halved
- 1 12 oz package white chocolate chips

Preheat oven to 375 degrees.

**In medium bowl,** cream butter, sugar and brown sugar until light and fluffy. Beat in eggs, almond extract, and vanilla extract.

**In a separate medium bowl,** stir together flour, salt and baking soda; add to butter mixture and stir until blended.

**Press** cherries between two layers of paper towels and stir half into dough. Stir in chocolate chips.

**Mound** rounded tablespoons of dough mixture onto a lightly greased baking sheet; press remaining cherries onto the top.

**Bake** for 15-17 minutes, or until cookies are set in the center and lightly browned.

**Let cool** on a rack and store in a container with a loose fitting lid (you don't want a container with a tight lid due to the moisture in the cherries).

**Makes** about 20 large cookies. Enjoy!