

MINUTES OF THE CHERRYDALE CITIZENS ASSOCIATION

bor in need whose yard or home exterior could use a cleanup. The program would utilize the same concept that Maureen and Arlene have done for the park cleanup. There are people in need who have deferred maintenance in their structure or yard because they are unable to maintain it. As a community we can set criteria for the program and each spring choose a neighbor to help. The event would be not only be helpful to our neighbors in need but also a good community building effort. Kate Trygstad pointed out that it is important volunteers not take over and be respectful of the house and the owner's wishes. April is a goodtime for this effort both weather wise and in terms of timing for gardening. We could try to do it in May this year (since it is too late to organize for April), and move it to April for following years. Kate Trygstad suggested we find a name for the event that does not associate it with the actual Christmas in April program. Greg suggested Cherrydale Cares.

Evan gave an update on the Home and Garden Tour. Six houses have confirmed, most of the houses will be in West Cherrydale, with a few of the

houses in East Cherrydale. There will be a couple repeats from last year. Feedback from the event last year was that not everyone had enough time to visit all of the homes. Tickets will be on sale in front of St. Agnes on Randolph, there will be no advance ticket sales. Last year there were 80 to 90 participants and we are expecting the same this year.

The Cherrydale Yard sale is June 9th. Scott Springston is spearheading that effort. Anybody who would like to provide assistance should contact him. It is a very fine-tuned event and is huge. It will be the same day as Westover's yard sale, there are some concerns that this might be conflicting but the hope is that the two sales will actually complement one another.

The Fourth of July Block Party will be on the Fourth of July, same place (21st St between Stafford & Randolph) and same time (5:30 - 9:30 p.m.).

List Serve

Evan discussed that the CCA would like to launch new website that will help better communicate events and community happenings, and also provides a forum that channels discussions from the list serve into a blog format instead of people's e-mail boxes. We are currently trying to find a W&L student to do the

project. We also will need someone who is willing to maintain the website and keep it up-to-date. We are hoping to give the current website a facelift, make the information accurate and current, keep it easy to maintain, and very user-friendly.

Brian noted that we are still trying to boost membership of the list serve. Arlene suggested that we set up sign-up sheet for joining the list serve at some of the upcoming events. Brian also noted that we should make a conscious effort to ask people to join. The list serve is a great way to get out community information.

Widening of Rt.66

Greg discussed the widening of RT. 66 and its potential effect on the homes between Nelson and 17th — he heard that the current plan will cut out some of the citizen's yards. Brian noted that at this point it really doesn't matter what the community wants, the County is going to do what they want to do and it appears that they are going to lengthen the on ramps. Brian also noted that he would like to see a map of property lines, walls, bike trails, park lands, and what changes will be made with the lengthening of the ramps.

Spring Cleanup

Brian has requested additional bags yard cleanup bags so Cherrydale residents can pick up bags at his home.

Association Meetings

Brian discussed the next community meeting and noted that the Board would like to have a speaker at each meeting that could provide information of interest to the community, for example home improvement, gardening, conservation around the house. Having speakers might encourage more community members to come out to the meetings. If there are topics that you would like to have, let Brian know.

Meeting adjourned at 9:05.

Respectfully Submitted,


Cindy Scarcella, Secretary

SWEET&SOUR NEWS

THE BI-MONTHLY NEWSLETTER OF THE CHERRYDALE CIVIC ASSOCIATION • ISSUE 3 • MAY/JUNE 2007

H-B KIDS WORK THE SYSTEM

Arlington Students Tackle Environmental Issues



by Rick Keller

ARLINGTON PUBLIC SCHOOL STUDENTS are actively engaged in making a difference in the health of our environment.

All three county high schools have environmental clubs that get involved in a number of ways. The Washington-Lee group, for example, meets every Monday afternoon and recycles paper, cans and plastic bottles. Other recent initiatives include gathering bikes for "Pedals for Progress" (loading bikes onto large moving vans to be sent to Africa), stream cleanups, and planting bulbs around the school. Last summer they volunteered with Arlingtonians for a Clean Environment to apply "Don't Dump" stickers to community storm drains.

At HB Woodlawn, sixth grade science students looking for extra credit have taken environmental action one step farther. Arlington Public Schools have adopted the Earth Force civic action project (www.earthforce.org) as part of the science curriculum. Because of the time demands of the Virginia Standards of Learning requirements, the program is done outside of the normal classroom study—hence the idea of HB's sixth grade science teacher, Kathy Molina, to offer it to her

most, the projects must have an impact on a local watershed (Windy Run was chosen because of its proximity to HB). Second, the project's impact must change community practices in a permanent way. Students team-up to develop ideas for projects and submit them for approval to an Earth Force coordinator as part of a six step process.

This year, one group's investigation of objects discarded into Windy Run indicated that e-trash — from computer boards to cell phones — was a problem. They then began a multifaceted approach to addressing the issue and finding a solution. Students made a presentation to the Arlington County Board to gain support for their idea of county-sponsored curbside recycling of e-trash. They surveyed a random group of HB area families, gathering information on attitudes about and support for e-curbside recycling. To get an idea of the volume of the problem, they offered

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students as an extra credit opportunity.

Requirements for extra-credit-worthy projects are stringent. First and fore-

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) Donation \$_____

Name _____ Email _____

Address _____

Phone (evening) _____ Phone (day) _____

I'd like to help by volunteering for: _____

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** and mail to: **Katherine Christensen, 1909 N. Randolph St, Arlington, Virginia 22207**

FREE TO NEW RESIDENTS.
LET YOUR NEW NEIGHBORS KNOW!

Get your walking shoes on...



...and get ready to tour some of Cherrydale's finest homes that exude "Cherrydale Charm" on Saturday, June 2nd from 11-3. That's right, the **Second Annual Cherrydale Home Tour** is back. We will have a mix of homes new and old, and even 2 from last year's tour that were a huge hit and/or homes that were missed

by tour'ees due to lack of time. The new homes on the tour this year are sure to satisfy the most curious tour participants.

Tickets will be on sale the day of the event for \$5 beginning at 9:30 am, in front of St. Agnes on the Randolph Road side of the church. Kids are welcome this year but must be accompanied by an adult. You must have a ticket to gain entrance to the homes on the tour. Proceeds from the tour are used to offset the cost of event with any excess funds going back to the CCA.

Our tour committee this year is chaired by Evan Lacopo who is assisted by Cindy Scarcella and Cary Molls. "Friends" and sponsors of the tour include Long and Foster Real Estate, Company Flowers and St. Agnes. **If anyone would like more information or would like to volunteer for the day of the event, please contact Evan at 703.655.7955.**

SWEET&SOURNEWS

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MINUTES OF THE CHERRYDALE CITIZENS ASSOCIATION

Cherrydale Citizens Association Meeting - March 21, 2007

Presided by Brian Bonnet, President

Minutes taken by Cindy Scarcella

The meeting called to order at 7:50. A quorum was not present, so no official business was conducted.

Treasury Report

Brian presented Katherine Christensen's treasurer's report in her absence. The CCA's coffers are full. Brian also gave a reminder to those who haven't yet paid their dues for 2007 to please do so.

Parks Committee Report

Parks' Chair Kate Trygstad presented the Parks Committee report. The CCA did not get the Park Enhancement Grant (PEG) they applied for to help continue the work at Cherry Valley Park digging up the vines and roots. Maureen Ross noted that when preparing the application for the grant, they worked with staff from the County, who liked the idea, but those staff have since left and the new county staff were not as supportive of the proposal for the grant. Thus, starting the application process very early did not help the CCA in the long run. Despite not getting the grant, there is still work that needs to be done at Cherry Valley Park. The Committee will be looking for plant donations from citizens. Kate is going to get an idea of how much she needs and will send out an e-mail. Maureen is considering having a donation box for the cleanup effort at the Cherrydale Artists day on Saturday, March 24th.

Brian noted that the County is again making American Fringe and Black Gum tree saplings available to County citizens as part of the Neighborhood Day celebration. A suggestion was made to use those trees to fulfill the planting needs of Cherry Valley Park. Kate noted that while some of the County trees could be used, they really need lower plants along the pond banks. In previous years,

Maureen usually gave away approximately 20 trees, she suggested Brian request 30 this year and put any remaining trees in the park.

Neighborhood Conservation (NCAC) Update

Neighborhood Conservation representative Harry Spector gave an update on NCAC. Currently there is not much going on. The NCAC are thinking about easing restrictions on the Missing Links (sidewalk) program and this will be discussed in more detail at the next CCA meeting. The program currently addresses missing sidewalks in residential areas that span three properties or less. They are proposing to change the restrictions from three properties to four, as well as allow the civic association to override a decision if one neighbor refuses to allow the sidewalk. The number of applicants has declined in recent years because the program has been addressing community needs. Maureen noted that areas on Taylor St. might qualify, but we missed the deadline to submit. Maureen has a list of areas in Cherrydale with missing links and in our NC plan there is a list of streets that are prioritized for sidewalks.

Maureen noted that the community should have a discussion on its stance regarding reforming the point system of NCAC. She pointed out that Paul Ferguson, Chairman of the County Board, will be leaving the County in the spring and it would help our case (for point reform) if we get his blessing on the proper reforms before he leaves. Ideally, we could draft a letter stating our position and ask Paul to sign off on it. Ultimately, the point system should not penalize Cherrydale as an older community. Under the current system, communities lose points for being active in the NC longer. Maureen is very concerned that tax dollars are being spent to widen a sidewalk when another community does not have one. In addition, the current system is very easy to game.

Brian noted that our small commu-

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corns, and bay leaf in a bundle with a small piece of cheese cloth. Add the spice bundle to the wine mixture; continue boiling approximately 15 minutes or until mixture is reduced to 1/2 cup.

While the wine mixture is reducing, pit the cherries. Cut the cherries into quarters and add to the wine mixture. Cover and cook approximately 10 minutes or until the cherries are tender. Season with salt and pepper. Add the sugar to balance the flavors, if needed. Remove the spice bundle from the sauce and discard. Reduce heat to low to keep Cabernet-Cherry Sauce warm until steak are cooked.

Using the Pan-Searing or Sear-Roasting techniques, proceed to cook your steak to your desired doneness. Use a meat thermometer to test for doneness: Rare - 120 deg, Medium Rare - 125 deg, Medium - 130 deg.

Pour the Cabernet-Cherry Sauce over the steaks just before serving. Makes 2 servings.

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nity might not have a large say on the reform issues for the NC. Beyond the point system, the bigger issue is that the level of focus required by the NC is way more than should be required of any community volunteer. The county needs to recognize that NC has been burdened by major projects and 50 volunteer organizations battling it out. The first order of reform should be that the county takes back the responsibility of NC instead of relying on community volunteers. To move in this direction what needs to happen is many civic associations working together as a coalition towards reform. What is difficult is that we do not know how active other community associations are and how many people are frustrated with NC. These are policy issues and they should rightfully be discussed at the senior level of the county. As a community we should ask for the County for consideration on the program — please look at the NC program, what it was meant to be, what it has become, and if it is this really how this program should be run?

Maureen commented that she felt the NC Infrastructure Survey was just a way to keep the NC busy. Brian noted

Pan searing:

In a heavy frying pan over medium-high heat, heat 2 tablespoons olive oil. Sear the steaks, moving them with tongs a little so they don't stick to the bottom, for 5 to 6 minutes per side. When the steaks are crusty-charred and done to your liking, remove from the pan, cover loosely with aluminum foil and let rest 5-10 minutes before serving. During this time the meat continues to cook (meat temperature will rise 5 to 10 degrees after it is removed from the oven) and the juices redistribute; add juices that accumulate from resting steaks to Cabernet-Cherry Sauce). Serve whole or slice thin and fan onto individual serving plates.

Sear roasting:

Preheat oven to 500 degrees F (a very hot oven produces a juicy interior). Place 10 to 12-inch ovenproof skillet or cast-iron skillet in oven. When oven reaches 500 degrees temperature, remove pan from oven and place on range over high

heat (the pan and the handle will be extremely hot - be careful).

Immediately place steaks in the middle of hot, dry pan (if cooking more than one piece of meat, add the pieces carefully so that they are not touching each other). Cook 1 to 2 minutes without moving; turn with tongs and cook another 1 to 2 minutes. Remove from heat and put the cast iron skillet with the steaks in it into the oven. Cook an additional 3 to 5 minutes, depending on thickness of steaks and degree of doneness you like. When the steaks are crusty-charred and done to your liking, remove from the pan, cover loosely with aluminum foil and let rest 5-10 minutes before serving. During this time the meat continues to cook (meat temperature will rise 5 to 10 degrees after it is removed from the oven) and the juices redistribute (add juices that accumulate from resting steaks to Cabernet-Cherry Sauce). Serve whole or slice thin and fan onto individual serving plates. *Bon Appetit!* 🍴

that while that may be the case, the survey might be what prompts the County to reevaluate the program. With the survey neighborhoods would have the data to make the point that infrastructure projects are going to cost millions and is it really appropriate to have citizen volunteers managing this program?

Public Safety

Brian reported that the Police Captain notified him that the burglar they believe is responsible for the 30 or so burglaries in North was caught yesterday.

Community Development

Brian gave an update on the Bromptons. He spoke with Megan Winston who indicated that they just filed request for permit to demolish the property. The reason the building has not yet been demolished is because the company is in litigation and the court would not allow the building to be destroyed while the case was in discovery. That process is complete and Ed Peete filed for the permit for demolition with the County a month ago. Brian checked with the County on Monday and it hasn't been approved. The permit is sitting in the Department of Environmental Services. Brian put in a call to

DES and hasn't gotten a call back. He has asked the chief of inspection to call the Department and ask them to move it along. Brian encouraged community members to call the county and request that to be moved along. Ed Peete did not respond to how long it will take for them to begin the process after getting the permit, or how long it will take to demolish it.

Community Activities

Celebrate Cherrydale Artists day is Saturday March 24th. There are 41 artists coming — painters, musicians, weavers, photographers. There will also be a whole section for kids. The artists all live or work in Cherrydale or Maywood. Maureen is still looking for help with the posters, set-up on both Friday and Saturday, and then tear down on Saturday. Singing will begin at one and a new artist will begin on the half hours. The show will close at four to make room for dance class.

Maureen mentioned that she is planning on getting another crew to do a spring cleanup of Cherry Valley Park.

Brian discussed creating a community event similar to *Christmas in April* —

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Keep Your Membership Current
and Buy Cherrydale!
See page 20

Good Eats ala Cherrydale!



THE CHERRYDALE MARTINI

1 oz Three Olives® cherry vodka
1 oz DeKuyper® Cheri-Beri Pucker schnapps
1 splash 7-Up® soda
Pour ingredients into a cocktail shaker and shake well. Strain into a Martini glass. Garnish with a cherry at the bottom, and serve.

CHERRY AND APRICOT BREAD PUDDING

1 pound sweet cherries, pitted
1/2 pound dried apricots, sliced
1/2 cup sugar
1 cup water
1 tablespoon lemon juice
8 slices crusty country bread, 2/3-inch thick
2 tablespoons melted butter

1/4 cup drained plain yogurt sweetened with 1 tablespoon powdered sugar. In a heavy bottomed saucepan, place the cherries, apricots, and sugar, and let stand for 30 minutes. Then add 1 cup water and bring to a boil. Reduce the heat and cook for 15 minutes. Remove from the heat and add the lemon juice and set aside to cool slightly.

Preheat the broiler to high. Brush the bread slices, on one side with the melted butter. Place buttered side up, in the serving dish, slightly overlapping, in one layer. Set under the broiler to lightly toast the bread. Ladle the cooled cherry juices over the bread. Scatter the cherries and apricots on top and bring to a boil on top of the stove. Cover with foil and cook on medium for 5 minutes. Serve with a dollop of the sweetened yogurt.

CABERNET-CHERRY FILET MIGNON

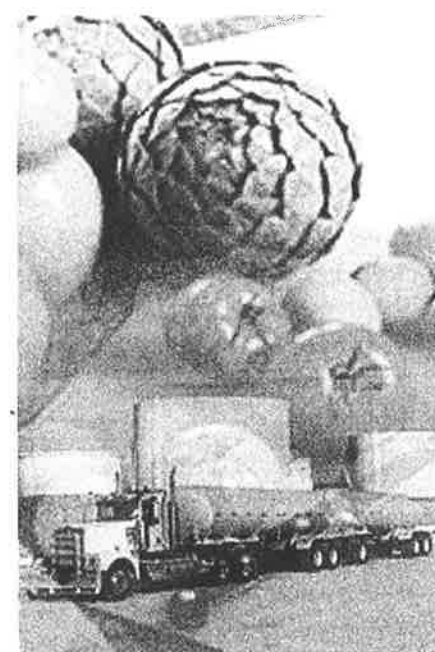
The Cabernet-Cherry Sauce is really delicious! You'll absolutely love steak prepared this way. You can either cook the steak by Pan-Searing or a very easy technique called Sear-Roasting.

4 (4 -5 ounce) 1-inch thick filet mignons
Olive oil
2 cloves garlic, minced
Coarse kosher salt and freshly ground black pepper
1 1/2 cups Cabernet Sauvignon or burgundy wine
3 tablespoons balsamic vinegar
4 whole cloves
8 whole peppercorns
1 bay leaf, torn into small pieces
1/2 pound fresh Bing cherries, rinsed
Salt and pepper to taste
1 to 2 teaspoons sugar (optional)

Bring steaks to room temperature. Coat steaks lightly with olive oil. Rub minced garlic evenly over the steak and season both sides with salt and pepper (press in with your hands); set aside until ready to cook.

In a large saucepan over medium-high heat, bring wine and balsamic vinegar to a boil. Tie the cloves, pepper-

Join the Local Food Challenge!



by Jenny Abel

THE BUZZ ABOUT BUYING LOCALLY GROWN food has made it into the national mass media, as evidenced by a recent cover story in *Time* magazine. In it, author John Cloud sums up his reasons for buying local when he says "I help keep [CSA farmer] Ted in business and he helps keep me fed—and the elegance and sustainability of that exchange makes more sense to me than gambling on faceless producers who stamp ORGANIC on a package thousands of miles from my home."

There are many good reasons to purchase locally grown foods, including taste, freshness, supporting the local economy, getting to talk to the producers of your food to understand how it is grown or raised, and reducing carbon dioxide emissions by cutting down on the number of miles food has to travel to get to consumers. With those and many other reasons in mind, the Mount Vernon Group of the Sierra Club (Arlington, Alexandria, Falls Church and parts of Fairfax and Prince William) is issuing the Local Food Challenge.

Through the Challenge, those who commit to buy 25% of their food from locally-grown sources between May and November of 2007 can feel good about what they're doing for the local economy

and the environment while also qualifying to win monthly prizes. So here's how the challenge works: first, sign up at the Mount Vernon Group web site at www.virginia.sierraclub.org/mvg/local_food.html. Then in May start buying 25% of your food from locally-grown sources. So if you spend \$100/week on food, then \$25 would be spent on locally-grown foods. Local sources include farmers' markets, CSA's (community supported agriculture operations), roadside stands, pick-your-own operations, or supermarkets where they indicate a food's origin. On the web site we've included a list of links to help you find local farmers' markets and CSA's. What do we mean by local? There are varying definitions. A group called "100 Mile Diet," as their name suggests, advocates eating food that is produced within a 100 mile radius of your home. Some chefs who specialize in local foods observe a 250 mile rule. Many of the farmers' markets in our region require producers to come from within a 125 mile radius. And Joan Dye Gussow, a nutrition professor at Columbia University and local food advocate, says that

**What do we mean by local?
...one group advocates eating food that is produced within a 100 miles of your home. Some... observe a 250 mile rule.**

local food is any that is produced "within a day's leisurely drive of our homes." For the Local Food Challenge we suggest a guideline of 150 miles. At the end of each month during the Challenge, we'll draw a name at random and award a \$50 gift certificate to My Organic Market, 3831 Mount Vernon Ave Alexandria, VA 22305 (703) 535-5980.

As the 100 Mile Diet folks say "When the average American sits down to eat, each ingredient has typically traveled at least 1,500 miles." Gussow offers a compelling statistic that a strawberry grown in California and

purchased in New York requires 435 calories of fossil fuel but contains only 5 calories of nutrition.

Author and ethnobotanist Gary Paul Nabhan says in his book *Coming Home to Eat* "Should I assume I have a right to access the entire earth's bounty, however far away some of its produce is grown?" It's important for us to consider the effects that our consumer choices have on the environment. Joining the Local Food Challenge can be a fun and easy way to unite with others in the DC region to make a difference.

See you at the farmers' markets! 🌱

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.

-Albert Einstein

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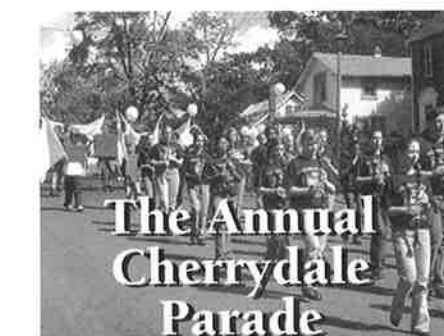
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Arlington Chamber of Commerce



The Annual Cherrydale Parade
will be held on September 22nd this year!! Get your floats built and gussy up that lawnmower. Stay tuned for more details in the newsletter and on the listserv.

Cherrydale's 2007 4th of July and National Fireworks Party



PHOTO BY BOB STRAWN

Cherrydalers one-and-all! Put on your patriotic red, white, and blue party outfits, cook up your favorite family side dishes, and head on up the hill to 21st St. & N. Stafford St. for *Cherrydale's 2007 4th of July and National Fireworks Party!* Cherrydale's old-fashioned neighborhood block party is a "pot-luck" supper and is the place to be on July 4th. Several BBQ grills will be fired up cooking an assortment of delicious meats, a professional DJ will be serving up tunes for dancing in the streets, and there will be endless entertainment for the kids including a Rocket Blaster moon bounce, an old-fashioned tree swing, and a Cherrydale fire truck, along with flavored snow cones, and lots of party favors and patriotic

trinkets. This party begins at 6:00 p.m. and ends in a spirited high note with a fantastic view of the National Fireworks over the Washington Monument and DC skyline to the inspiring sounds of patriotic music. This party is open to all Cherrydale residents and invited guests and is absolutely free! Please contribute to this wonderful family event by bringing a family favorite side-dish to share with others. We hope to see everyone on the 4th of July to celebrate our National Independence Day with the community, neighbors, and friends. For more information about volunteering your services or goods (i.e. coolers, grills, etc) or sponsoring the event, please contact **Layla Hogan**, Party Organizer, at **703-307-8340** ☎

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4. Our own personal demand for air conditioning, therefore, leads to emissions of carbon dioxide and contributes to global climate change. It also leads to emissions of nitrogen oxides at power plants, which contribute to the region's smog problems in the summer.

a. True b. False

5. Moving from "context" to actions you can take to cool your home most efficiently, how often should you check the air filter in your household cooling system?

a. Twice a year b. Every month

6. If the filter looks dirty, you should

a. Change it b. Leave it there until it looks really dirty

7. Strategies for reducing your cooling demand include:

a. Drawing blinds and shades over windows during the day. b. Setting your thermostat as high as is comfortable in the summer. The less difference between the indoor and outdoor temperatures, the lower your overall use. c. Sealing the ducts that move air to-and-from a central air conditioner or heat pump, because leaky ducts are often big energy wasters. d. Having a contractor do an annual pre-season check-up to maintain the equipment - just like getting your car's oil changed. e. Planting trees or shrubs to shade air conditioning units, but not to block the airflow. f. Placing room air conditioners on the north side of the house. g. All of the above - and more.

8. You can save as much as 10% a year on your cooling bills by simply turning your thermostat back 10% to 15% for 8 hours (say from 72 F to 80 F) when you're asleep, or outside the home at work or school.

a. True b. False

9. It may be time to replace your air-conditioner or heat pump if:

a. The unit is more than 10 years old. b. Your equipment needs frequent repairs and your energy bills are going up. c. Your home has humidity problems. d. Your heating or cooling system is noisy. e. All the above

10. Further sources of information on how to save cooling energy and reduce pollution are available from:

a. EPA and DOE on the ENERGY STAR

website <http://www.energystar.gov/>.
b. DOE's "Energy Saver Tips on Saving Energy and Money at Home" at www.eere.energy.gov/consumer/tips/pdfs/energy_savers.pdf
c. All of the above

ANSWERS:

1. b Per data from the Energy Information Administration (EIA), in the US Department of Energy, it is about 11%. See "Buildings Energy Data Book" at www.buildingsdatabook.eren.doe.gov/docs/1.2.3.pdf. 2. d. Coal provided 45% of the electricity generated in Virginia in 2005, according to EIA. See Table 5 at www.eia.doe.gov/cneaf/electricity/st_profiles/virginia.html. Nuclear provided 35% and natural gas about 11%. 3.b. Based on EIA data, as summarized in the "Buildings Energy Data Book."
4. False. See the answers to questions 1 to 3. 5. b Per the ENERGY STAR web site noted in Question 10. 6. a. Per the ENERGY STAR web site noted in Question 10. 7. g. U.S. DOE, "Energy Saver Tips on Saving Energy and Money at Home," p. 14, and the ENERGY STAR web site 8. See reference in answer to Question 7. See page 15. 9. e. 10. All of the above ☎

"Summer afternoon -
Summer afternoon...
the two most beautiful
words in the English
language."

-Henry James



Important Contacts

County Board

Jay Fisette
jfisette@arlingtonva.us
Paul Ferguson
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Barbara Favola
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tcopeland@arlingtonva.us

County Manager

Ron Carlee jrcarlee@arlingtonva.us

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

Other

Parks Maintenance
Howard Hudgins 703.228.6523
Replace Streetlights
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

The Summer Cool-Down Quiz Challenge

PROPERLY MAINTAINED EQUIPMENT AND RAISING THAT THERMOSTAT CAN SAVE YOU MONEY AND MAINTAIN YOUR COMFORT
by Andrew Nicholls



demands, and learn ways you can cool down while minimizing your environmental footprint.

1. How significant is our demand for cooling (A.C.) as a percentage of our total household energy consumption (the national average)?

a. about 5% **b.** about 10% **c.** about 30%

2. Air conditioning systems, with a few very minor exceptions, are powered by electricity from the grid. What is the most commonly used energy source to generate electricity in Virginia, and also for the United States?

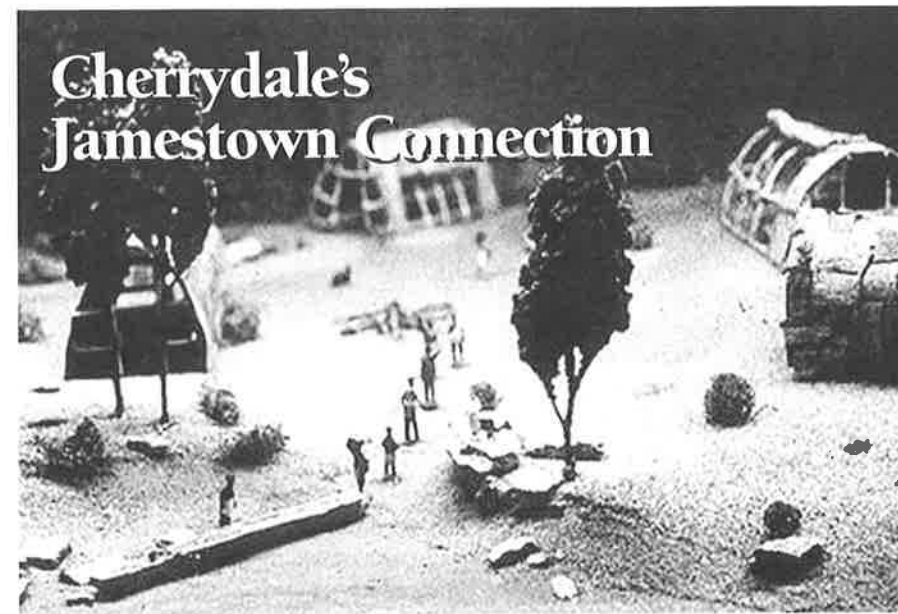
a. Wind Energy **b.** Nuclear Power **c.** Natural Gas **d.** Coal

3. America's household energy use results in annual emissions of 1253 million metric tons of carbon dioxide annually, including emissions from fossil-fired power plants to provide electricity for our homes. How much of the total carbon dioxide emission is attributable to air conditioning?

a. about 25% **b.** about 12% **c.** about 5%

WITH THE CHERRY BLOSSOM Festival behind us, the hot humid days of summer will soon follow and our dormant air

conditioning systems will spring to life. Take this quiz to test your know-how about A.C.'s contributions to carbon emissions and our overall energy



by Kathy Holt

THE HUMAN HISTORY OF Cherrydale begins with the Native American tribes that passed through this area to reach their village sites on the Potomac River. While no written evidence exists to show that these Native Americans lived within the present day boundaries of Cherrydale, artifacts found here indicate that the tribes crisscrossed what is today our community as early as 5,000 years ago. Bits of pottery, spear points, and arrowheads have all been found in scattered areas along the hilltops and ridges of Cherrydale, while other artifacts have been located in Fort C.F. Smith Park on 24th Street North. One of the best-documented areas, where many artifacts have been found, has been examined many times over the years and is called the "Marcey Creek site", located near Potomac Overlook Regional Park just off Military Road.

By the 17th century the Native Americans in our area, who belonged to the Algonquin family and were affiliated with the Powhatan Confederacy (who's leader was the father of Pocohontas), were very friendly to the early European settlers. This part of the Virginia wilderness was the meeting place between the tribes of the north — the Iroquois nation — and the southern tribes — the Cherokees, the Creeks, and Catawba's. Even though the Native American population in what is now Arlington County was

never large, probably no more than 1,000, there were several settlements along the Potomac River and on the banks of our creeks, and there were Native American quarries along Four Mile Run. The Native Americans here were a settled tribe of peaceful hunters and gatherers, a group of "fisher people", who raised corn, yet relied on the Potomac river (which they called "Potowmack") for a large part of

What is now Arlington County was first visited by explorers and traders — Captain John Smith, who sailed up the Potomac as far as the Little Falls in 1608...

their food supply. Sturgeon (fish) as large as five feet in length were common in those days!

By 1679, all of the Native Americans had left this area — driven out by the arrival of the settlers, and the subsequent destruction of their fishing areas and hunting grounds.

FOR MANY DECADES AFTER the arrival of the first European colonists in the New World, this area remained virgin forest.

What is now Arlington County was first visited by explorers and traders —


Captain John Smith, who sailed up the Potomac as far as the Little Falls in 1608, and Henry Fleet who came in June of 1631 — then settled by real estate speculators and small farmers.

We are all familiar with Smith's dramatic stories about his travels, and there are many excellent books, including *Voyage of Discovery in a New Land*, that chronicle his adventures. The publication of Smith's *Illustrated Generall Historie of the Virginia, New England and the Summer Isles* in 1624 fueled many people's desire to see the new world. Author Thomas Harriot and the illustrator, John White, also enticed their readers to visit this strange new land with their book *Report of Virginia, the New World* in 1590. Another author, Captain Henry Fleet, left us a vivid word picture of what this area was like. He seemed quite smitten with Virginia, besides describing our Native Americans in delightful terms, he went into great detail describing how wonderful the flora and fauna were — "This place without question is the most perfect for human habitation, the air temperate in summer, and not violent in winter, as to the buffaloes, bears, deers, and turkeys, the woods do swarm with them, and the soil is exceedingly fertile".²

During the earliest years of discovery, what is now Cherrydale was probably not even visited by America's European explorers, since our area lies so far from the river — the main method of travel in those days — but our land was quickly acquired by real estate speculators and large land owners, many of whom lived in other parts of Virginia. It wasn't until the late 1700s that we would have our first settlers.

In the early years of our Country's existence, when Virginia was still an English colony, what is today Arlington was part of several different parishes of the Church of England (Episcopal), including Northumberland, Westmoreland and Stafford Parish. We became a part of the Fairfax Parish when it was formed in 1742. After the American Revolution, and the disestablishment of the Church of England, this area became known as Fairfax County.

1, 2. Potomac Landings, Paul Wilstach, 1932



Changes with S&SNews

Hi there everyone, my name is Bill L'Hommedieu and I've succeeded Jim Meiers as publisher of the Sweet&Sour News. I say publisher because my primary skills are in print design and production.

I've lived in Cherrydale since 1983 and I'm pleased now to play a part in our community's interconnection. I've asked Nancy Hunt to take the lead in editorial matters. She'll be the recipient of contributions from you and take responsibility for editing and fact checking. I'll help her out in addition to offering content for consideration. We'll both be using the list serv to provide guidelines for contributions and I especially hope that Cherrydale has its fair share of digital cameras to provide photos with these stories forthcoming. I see everyone in Cherrydale as a potential reporter and I'm relying on the actively involved of all ages to assist in continuing the long tradition of an energetic, informative newsletter. Thank you.

Bill L'Hommedieu



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!



Bicycle Tips for Your Safety and Fun!



With the warmer weather more and more bicycles take to our roads and bike trails, I am sending out this friendly reminder on bicycle safety.

Most people don't steal bikes. But a few do. A person who does steal a bike is usually a young person. It could be a classmate, a neighbor from down the street, or a friend who just wanted to "borrow" it for a while and forgot to bring it back.

The most important thing that you should know is that **most bikes that get stolen weren't locked!**

REMEMBER Sec. 14.2 - 64 of the Arlington County Code requires that all bicycle riders age 14 and younger wear approved bicycle helmets.

Protect Your Bicycle From Theft

1. Keep a record of your bicycle serial number, which is usually located on the bottom of the frame between the pedals.
2. If your bicycle does not have a serial

number, mark your bicycle where your serial number would normally be by engraving your initials or a four-digit number of your choice.

3. Lock your bicycle using a strong, secure lock.
4. Secure the bicycle to a bike rack or any other immovable object.
5. Be certain to secure both wheels.
6. Register your bicycle.
7. If your bicycle has been stolen and you have not filed an Incident Report, go to the Recovered Bicycles web page.

12 Rules of the Road

1. Obey all applicable traffic regulations, signs signals and markings.
2. Observe all local ordinances pertaining to bicycles.
3. Keep right. Ride with traffic, not against it. Ride single file.
4. Watch out for drain grates, soft shoulders and other road hazards.
5. Watch out for car doors opening or for cars pulling into traffic.

6. Don't carry passengers or packages that interfere with your vision or control.
7. Never hitch a ride on a truck or other vehicle.
8. Be careful at intersections and when making turns.
9. Use hand signals to indicate turning or stopping.
10. Protect yourself at night with reflectors and lights.
11. Ride a safe bike. Have it inspected to insure good condition.
12. Ride your bike defensively. Watch out for the other guy.

Maintain Your Bicycle Properly

1. Lubricate moving parts periodically.
2. Make certain that brakes work properly.
3. Tighten bolts periodically in order to keep handle bars, seats, pedals and wheels secure.
4. Keep tires properly inflated.
5. Maintain proper tension on chain.
6. Adjust the seat and handle bars for the height of the rider. 🍷

— i Captain David R. Herbstreit
Arlington County Police Department

Mach-S, the speed at which stress can't keep up, is simply forward motion. But it has to be self-propelled. Note that people in cars are still stressed.

—Jef Mallett, Frazz

Library Offerings, from page 11

Truth is Stranger than Fiction
Istanbul: Memories and the City by Orhan Pamuk. 703-228-7698 or acofre@arlingtonva.us

Monday, June 11, 7:30 PM

Cherrydale Library
Never Let Me Go by Kazuo Ishiguro (author of *The Remains of the Day*).

Monday, June 25, 7:30 PM

Central Library 2nd floor meeting room Monday Evening with the Friends
Le Divorce by Diane Johnson.

Thursday, June 28, 10:30 AM

Central Library 2nd floor meeting room Thursday Morning with the Friends
Bookseller of Kabul by Asne Seierstad.

ART EXHIBITS at CENTRAL LIBRARY

June: Drawings by Teresa Oaxaca; a display of oil paintings entitled "**Peace and Nature**" by **Salvador Bacon;** and glass art, jewelry, and functional glass pieces by **Katherine Corigliano.** 🍷

Arlington Students, from page 1

HB families an opportunity for a onetime recycling event in which students (with parent volunteer drivers) picked up e-trash from homes that submitted requests. In a four hour stretch on a single Saturday, *over 430 items*, ranging from televisions to computer equipment to coffee makers, were picked up from HB families (note that HB is the smallest secondary school in Arlington with less than 600 students in grade 6-12).

Other student groups in Kathy Molina's classes are evaluating trash around their own school, to see if the placement of additional trash cans and recycling bins may alleviate trash that currently washes into storm drains, and are planning a storm drain "Don't Dump" marking project that will include a door-to door education program of residents in the community.

These are only a few examples of recent and laudable student-driven environmental action in Arlington. They can be a great lesson to all of us on how we can do our part! 🍷

Meeting Speakers, from page 7

our community landmark and get the scoop on wildlife in Arlington. Or maybe hear about the latest hybrid vehicle technology. You don't have a green thumb, that's okay a home garden expert is on the list bring you up to speed on when to fertilize, prune and spray.

Going forward, the CCA meetings will feature speakers presenting topics of interest to us as Cherrydalers and as members of the human race. Your team of officers is busy lining up speakers from within the community and elsewhere to stimulate, motivate or just plain give you something other than American Idol at least every other month.

If you are or know an expert on anything from balloon animals, the gestation cycle of the Kirgi Yak or Frisbee Golf in Arlington, Virginia, feel free to contact a CCA officer and make a suggestion as to a future speaker.

Watch the list serve for an announcement on the next meeting's presentation and look to the Cherrydale website to list future speakers. See you at the meetings. 🍷

Stewards of Cherrydale

Carol Parker & Peter Harnik
Mary & Bob Cambridge
Mark White
David Muhlbaum
Quincy Street at Lee Hwy
Bill L'Hommedieu
Lee Hwy Median (Monroe - 166)
Darrick Washington
Tom Jensen
Tim Fleming
Power Substation
Anne & Brian Quinn



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Saturday Night Ballroom - March Schedule



March 3, 10, 17, 24 and 31st

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!
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MEGA YARD SALE**
Saturday, June 9
8 a.m. - 3 p.m.



HERE WE GO AGAIN. Get all that stuff out for the Cherrydale yard sale!!! Every year this is a huge success with over 70 homes participating. These are sales that citizens throughout Cherrydale have at their own homes. The Quebec Street Springston's put all participating homes on a map which is distributed to all homes hosting a sale. We advertise in the *Washington Post* and put up lots of signs and pie plates directing people to your sale.

Contact the Springston's at 703-528-1548 or by email at sdakss@aol.com to let them know if you want to be included in the sale no later than June 4th. Give them your address and pay the \$5 donation by June 4th or you won't get on the map. Make checks payable to Cherrydale Citizens Association. You can drop off check or cash to 1713 North Quebec St.

There is no rain date... sell, sell sell! Good luck!

**Cherrydale Meetings
to Feature Guest
Speakers**

IT'S THE THIRD WEDNESDAY of July. The day time high was 89 degrees and the humidity was right there with the temperature. You had an average day at work and the commute home was typical. You've kicked off your shoes and you're trying to figure out dinner and the rest of your evening.

You aren't reading anything particularly engrossing and television has the same old #*(^). You remember seeing signs for the Cherrydale Citizens Association meeting, but you can't recall a particular current controversy or crisis. While Brian Bonnet may not be a bad guy, the thought of listening to him for an hour isn't pulling you to the second floor of the fire station.

But wait, the last *Sweet & Sour News* said something about bi-monthly speakers. That's right you could head over to

continued on page 15

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Cherrydale Library Book Discussion: *Never Let Me Go*



LIMITED COPIES ARE STILL available of the Cherrydale Library discussion title for Monday, June 11 (7:30 pm), *Never Let Me Go* (a Man Booker Prize finalist at 282 pages), written by Kazuo Ishiguro.

"In 2005, *Time Magazine* released its list of the 100 greatest English language books since the magazine formed in 1923. "*Never Let Me Go* was the most recently published book on the list." —*Wikipedia*... "A tight, deftly controlled story ... Just as accomplished [as *The Remains of the Day*] and, in a very different way, just as melancholy and alarming... [Ishiguro is] an original and remarkable genius." —*The New York Times* (See additional information on the book below.)

The books are at the Cherrydale Library desk for checkout on your library card for those signing up to attend the discussion group. Phone first (703-228-6330) to make sure a copy is still available. (Cherrydale Library is open on Thursday from 10 am until 6 pm. See full list of library's hours at end of this e-mail).

New participants are always welcome at these discussions, even if you read the book some time ago.

More About *Never Let Me Go*: Published 2005... Amazon reader rating: 4 stars (out of a possible 5 stars).

More About *Never Let Me Go*:

Published 2005... Amazon reader rating: 4 stars (out of a possible 5 stars).

"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.

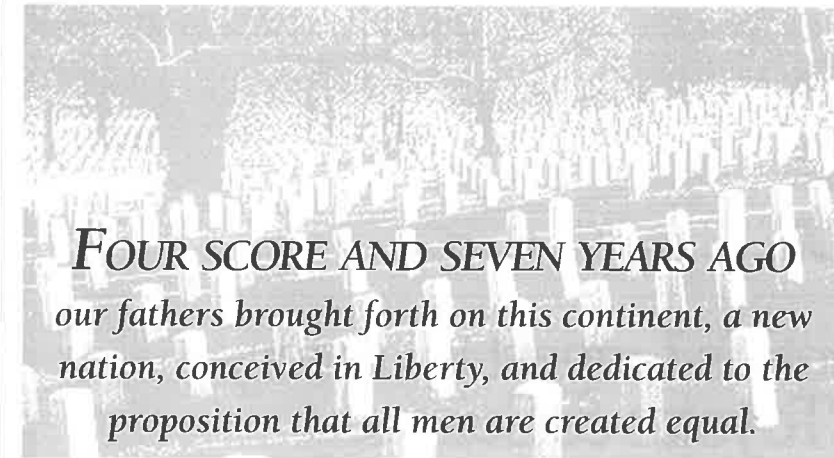
"Now, years later, Kathy is a young woman. Ruth and Tommy have reentered her life. And for the first time she

Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers.

—Charles W. Eliot, *The Happy Life*, 1896

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, *Never Let Me Go*

MEMORIAL DAY 2007



FOUR SCORE AND SEVEN YEARS AGO
our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

NOW WE ARE ENGAGED IN A GREAT CIVIL WAR, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

BUT, IN A LARGER SENSE, WE CAN NOT DEDICATE -- we can not consecrate -- we can not hallow -- this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.

—Abraham Lincoln, *Gettysburg*, Pennsylvania, November, 1863

Arlington to Host Northern Virginia Senior Olympics Opening Day

ARLINGTON COUNTY'S Department of Parks, Recreation and Cultural Resources (PRCR) will host the opening day of the 25th annual **Northern Virginia Senior Olympics**, Sat., Sept. 15 at the Thomas Jefferson Community Center. Opening ceremonies will be followed by track and field events. This is the first time in NVSO's 25 year history that track events will be held indoors. In addition, Virginia Hospital Center will sponsor a mini health fair from 9 a.m. to noon.

Arlington's PRCR and the Parks departments in the cities of Alexandria, Falls Church and Fairfax and the counties of Fairfax, Loudoun and Prince William, organized NVSO in 1982. Participation has grown to over 500 men and women. Participants must be 50 years of age and over and live in one of the sponsoring jurisdictions.

Barbara Karro, Mgr., Office of Senior Adult Programs, a division of PRCR and herself a gold medalist, said, "NVSO promotes healthy aging and reflects the goals of Arlington's fitness programs at senior centers and FitArlington, our county-wide initiative to promote a culture of fitness."

The 2007 NVSO will run Sept. 15-27 with over 20 events scheduled at venues throughout Northern Virginia. Arlington will also host the pickleball competition, Sept. 25-27 at TJ. Other events will include swimming, bowling, tennis, table tennis, golf, miniature golf, eight ball pool, board games, card games, bait casting, Frisbee throw, shuffleboard, horseshoes, basketball, basketball free throw, team line dancing, softball hit and yo-yo tricks.

Registration is \$10 which includes one event, additional events are \$1. Registration forms are available at senior centers or by calling 703-228-3600, ext. 9996. They can also be downloaded from the website at www.novaseniorolympics.com. Registration deadline is Sept. 1.

Additional NVSO sponsors are Goodwin House Incorporated, Greenspring Retirement Community, Sunrise Senior Living, BB&T and Debbie Miller, McNearney & Associates Realtors.

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is another classic by Kazuo Ishiguro."—
Amazon

"[The] elegant prose and masterly ways with characterization make for a lovely tale of memory, self-understanding, and love." *Library Journal* (starred review)

"In this age of major scientific debate over the future of humankind, *Never Let Me Go* will captivate you. — *Bookmarks Magazine*

"A writer of Ishiguro's intelligence, sensitivity and stylistic brilliance obviously offers rewards."— *The Gazette* (Montreal)

About the Author:

"Kazuo Ishiguro was born in Nagasaki, Japan, in 1954 and now lives in London, England. Each of his understated, finely wrought novels has been published to international acclaim. . . . He is the author of five previous novels, including *The Remains of the Day*, which won the Booker Prize [when he was 34] and became an international best seller. His work has been translated into

twenty-eight languages. In 1995 he received an Order of the British Empire for service to literature, and in 1998 was named a Chevalier de l'Ordre des Arts et des Lettres by the French government. He lives in London with his wife and daughter."—*Amazon.com*

Cherrydale Library Hours:

2190 N. Military Rd.
Monday: 10 am-9 pm
Tuesday & Wednesday: 1 pm-9 pm
Thursday: 10 am-6 pm
Friday & Saturday: 10 am-5 pm
Sunday: Closed.

Book Discussions are usually on the second Monday of each month, except for unusual circumstances. Joan Marik facilitates the discussions, which take place on the balcony. E-mail discussion group member Suzanne Embree (suza1@comcast.net) for more information or to join an e-mail list for regular title and description updates. ☺



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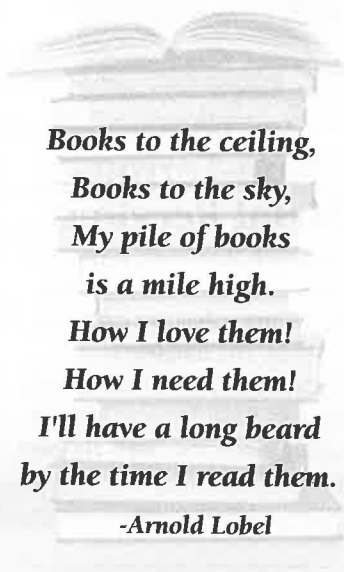
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Library Offerings

CENTRAL LIBRARY

Sunday, June 3, 2 PM
Big Dig Architecture Talk
 John Hong and Jinhee Park, principals of



*Books to the ceiling,
 Books to the sky,
 My pile of books
 is a mile high.
 How I love them!
 How I need them!
 I'll have a long beard
 by the time I read them.*
 -Arnold Lobel

Single Speed Design in Cambridge, Massachusetts, discuss their environmentally progressive approach to design. Using materials reclaimed from Boston's Big Dig project, Hong and Park designed the stunning contemporary Big Dig House and an award-winning Big Dig Building.

Wednesday, June 13, 11:30 AM Fundraising 101 for Nonprofits*
 (Part 3 of 5) Understand the place of fundraising in the financing of not-for-profits. Fundraising is an important function in any not-for-profit organization and building skills in this area will ensure success into the future. This class will look at where money comes from (individuals, corporations, foundations, combined funds and government) and how a variety of approaches to building these relationships can reap results: fund-raising planning, research of funding resources and building a diversified funding base. Free for Arlington-based not-for-profits ; \$79 for all others. REGISTRATION IS REQUIRED. For more information phone or email the Center for


Nonprofit Advancement 202-457-0540
susans@nonprofitadvancement.org
 Register online at www.arlingtonvirginiausa.com/index.cfm/11666

Thursday, June 28, 6:30 PM Cross Cultural Cinema: Occupied Minds
 The film follows Palestinian-American journalist Jamal Dajani and Israeli journalist David Michaelis as they travel together to Jerusalem, their mutual birthplace. They meet a Palestinian gunman who is on Israel's most-wanted list, an Israeli surgeon who lost his eyesight in a Palestinian suicide bombing, and a Palestinian farmer whose pasture was divided by one of the walls being built around Israeli enclaves.
Thursday, July 19, 11:30 AM Basics of Strategic Planning for Nonprofits*
 (Part 4 of 5) If planning is a way of looking toward the future and deciding what to do next, strategic planning is a disciplined effort to define where the organization is now, set a road map of where

the organization should be going, and, most importantly, why the organization will go in that direction. If strategic planning is done correctly, the organization can face challenges with success. This session will discuss what should be included in a strategic plan, who should be involved in building the plan, how often strategic planning should be done, and what to do with the plan once it has been adopted. Free for Arlington-based not-for-profits ; \$79 for all others. REGISTRATION IS REQUIRED. For more information phone or email the Center for Nonprofit Advancement 202-457-0540 susans@nonprofitadvancement.org Register online at www.arlingtonvirginiausa.com/index.cfm/11666
Thursday, July 26, 6:30 PM Cross Cultural Cinema: Maxx
 Maxx, a performer in a Los Angeles nightclub, receives an invitation to participate in a musical festival in Tehran. Little does he know that the invitation was originally intended for a prominent symphony conductor with a similar name.

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COMPUTER RELATED INSTRUCTION
Free courses on a variety of subjects at the Central and Columbia Pike CyberCenters. - Call or check online for a complete schedule.
Shirlington Library meeting room Learn about the world of digital music. Topics include ripping/burning music; digital music formats; internet radio.
Central Library CyberCenter Trying to find somebody? Learn how to locate phone numbers and addresses online. Or find a florist, doctor, or baker in another town or state. Using the resources available on the Internet and through the Library's online databases, you will learn how to bypass the telephone companies' directory assistance. Keyboard and mouse skills along with

knowledge of the Internet are required. 703-228-5990
Wednesday, May 30, 2 PM Introduction to the Internet Shirlington Library meeting room
 Learn how to surf the World Wide Web. Topics include the components of a browser, how to find information with search engines, surfing web pages.
Thursday, May 31, 10 AM Seniors and the Internet Columbia Pike Library CyberCenter
 Seniors, celebrate Older Americans Month by learning how to use the Internet for fun and facts. This class will provide hands-on instruction and practice in using the Library's online databases and Internet subject guides. Keyboard and mouse skills along with knowledge of the Internet are required. 703-228-7763
BOOK DISCUSSIONS
Monday, June 11, 7 PM Central Library 2nd floor meeting room
continued on page 15



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