



April 2022

Vol. 52, Issue 3

Kings Park West Civic Association

*"If you can be anything, be kind."*

Hey neighbors!

I've got a simple message this month:

**Be grateful and be kind. Give yourself and others some grace.**

We live in a wonderful community, and I hope everyone can take a moment and strive to find the joy around us.

As just one example, I hope folks were able to participate in the Eggstravaganza spring celebration on April 10. Despite the clouds and breezy weather, everyone who came out had a wonderful time, be it at the egg hunts and the search for the golden eggs organized by the scouts, the Captain Cookie and Kona Ice trucks, and the amazing Easter Baskets from the Mary and Cathy team, or the KPWCA gift bags.

I recently started reading a book called Zen Golf and the first section introduces a new way of thinking about one's golf game. Instead of thinking about what is wrong with one's game, think about what is right. I translate that point into how one chooses to respond to external factors makes all the difference. Take a moment to look around and appreciate... well, everything!

Please remember to check in periodically on the KPWCA website ([www.kpwca.org](http://www.kpwca.org)) and Kings Park West Civic Association Facebook page (this is separate from the KPW FB page) for calendar information. It's always available and updated now, so it's much more efficient than emailing or calling me to ask about an event! There's also a calendar on the front page of the Herald, so be sure to keep your copies handy.

Take note that just around the corner in May we will have the Community Yard Sale (May 7), the Volunteer Appreciation Dinner / KPWCA Membership meeting (May 10), and Spring Dumpster Day (May 14).

Thanks to our wonderful Herald editors, there is now an open Sign-Up Genius for community members to volunteer to bring some new newsletter content to the Herald at <https://www.signupgenius.com/go/30e0f4fa5a82aa4fd0-kpwherald>. I am so hopeful that this will lead to loads of awesome, new, and fun material!

In keeping with my theme this month, there was a suggestion for a "Kindness Classifieds" that would provide an opportunity for people to share some positive interaction they had with a neighbor, or a random act of kindness witnessed. I love this idea!

I'll close with another bit from Zen Golf: "May (this) enable you to ride the ups and downs you encounter with poise, humor, and humility, making the game of golf and the game of life ever more rewarding for yourself and your playing companions."

As always, I love to hear your ideas and (constructive) comments. Reach out at [president@kwca.org](mailto:president@kwca.org).

See you around the neighborhood!

**Sarah G.J. Lennon**  
President, KPWCA

### Community Calendar

Herald Delivery – April 30, 2022

RL Trail Maintenance – April 30, 2022

KPW Community Yard Sale – May 7, 2022

Mothers' Day, May 8, 2022

Spring Dumpster Day – May 14, 2022

KPWCA Board Meeting – May 17, 2022

Memorial Day – May 30, 2022

<b>Kings Park West Civic Association</b> P.O. Box 7114, Fairfax Station, VA 22039-7114 General Information: <a href="mailto:info@kpwca.org">info@kpwca.org</a>   Community Association: <a href="mailto:kpwhoa@yahoo.com">kpwhoa@yahoo.com</a>   Website: <a href="http://kpwca.org">kpwca.org</a>			
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Community Support Services			
Consumer Affairs	Mary Hovland		
Dumpster Day	Mary Hovland		
GMU Student Liaison	Vacant		
Neighbor Assist	Bruce Wallachy	<a href="mailto:KPWNeighborAssist@gmail.com">KPWNeighborAssist@gmail.com</a>	
Welcoming	Natalie Croitoru	<a href="mailto:welcome@kpwca.org">welcome@kpwca.org</a>	
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Parks and Lake	Tom McCook	<a href="mailto:parks@kpwca.org">parks@kpwca.org</a>	
Invasive Species	Greg Sykes		(703) 426-8246
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Spring Egg Hunt	Pack 1967	<a href="mailto:vp@kpwca.org">vp@kpwca.org</a>	(703) 509-9725
Halloween Festival	Keith Jodoin	<a href="mailto:kjodoin@gmail.com">kjodoin@gmail.com</a>	
Scholarships	Gayle Ostrom	<a href="mailto:geestrom@gmail.com">geestrom@gmail.com</a>	

<p style="text-align: center;"><b>How do I join the Kings Park West Civic Association?</b></p> <p>Send your name, address, and phone number, along with a check for \$25 to KPWCA, P.O. Box 7114, Fairfax Station, VA 22039-7114, or visit <a href="http://kpwca.org">kpwca.org</a> and pay via PayPal. Members receive the Community Directory and support from community programs like Scholarship Awards, community school activities, parks and lakes clean-up, and a free subscription to The Herald.</p>	<p style="text-align: center;"><b>How do I get my news in The Herald?</b></p> <p>The easiest way to get your news items in The Herald is to email the editor at <a href="mailto:editor@kpwca.org">editor@kpwca.org</a>. We invite items on neighborhood schools, churches, organizations, and other noteworthy neighborhood news. News items and letters will be published if deemed suitable and as space permits. We reserve the right to edit any item submitted to The Herald. Acceptance of news items does not constitute an endorsement by the KPWCA.</p>
<p style="text-align: center;"><b>The Herald</b></p> <p>Published eight times a year by the KPWCA. Next deadline: June 1 for delivery on June 25, 2022. Note: Acceptance of articles and advertising does not constitute an endorsement by the KPWCA, nor liability for products or services advertised in its publications. Subscriptions: If you are moving out of the neighborhood and want to keep in touch with community news, get a subscription. Send \$25 per year to: Kings Park West Civic Association, P.O. Box 7114, Fairfax Station, VA 22039-7114.</p>	<p style="text-align: center;"><b>How do I advertise in The Herald?</b></p> <p><b>Classifieds:</b> Classified ads for the May issue must be received no later than June 1, 2022, to Gayle Ostrom, 4912 Gainsborough Drive, Fairfax, VA 22032, or at <a href="mailto:classifieds@kpwca.org">classifieds@kpwca.org</a>. Please print clearly and include payment to KPWCA. Provide your name, address, and phone number. Rates: \$5 per issue for 35 words or \$40 per year (8 issues/35-word ad). Found items listed free. <b>Advertisements:</b> Advertisements are received by Gayle Ostrom; please email <a href="mailto:classifieds@kpwca.org">classifieds@kpwca.org</a> for rates.</p>

## Extra! Extra! Write for the Herald!

Love the Herald? Want to see more?

The Herald is a volunteer-run service from the Kings Park West Civic Association. We publish eight issues a year. We have two editors who compile and edit the content, but the submissions are all from neighbors like you!

In the past, we've heard from neighbors that they might want to write or read about things like:

- Activities for kids and teens
- Local events
- Clubs to join
- Links to county regulations, zoning information, etc.
- Home improvement projects
- Emergency information
- Trail maps
- Service group and project opportunities
- Kindness classifieds

Think you may have something to offer? Email us at [editor@kpwca.org](mailto:editor@kpwca.org)!

The next Herald will be delivered the weekend of April 30. Our next content deadline is June 1—but we accept content all year round!

Thank you!

Rose and Monica,  
*Herald Editors*



HAPPY Earth Day 22 APRIL

# kings park west herald's list

[www.facebook.com/groups/HeraldsList](http://www.facebook.com/groups/HeraldsList)



by cathy deloach

We received over 50 suggestions for our new name! With that many choices, we will probably need to have a primary before the final vote to cull the names down to a manageable few.

## SURVEY

**LET'S PICK A NEW NAME FOR  
THE KPW HERALD'S LIST  
FACEBOOK GROUP!**

**Pick your top three (3) faves!!**



renovation

contractors

remodeling

decorating ideas

Head on over to the Kings Park West Herald's list and look for the above picture. Click the link and vote for up to three of your favorite suggestions for renaming the Herald's List. The suggestions are anonymous but WE know who suggested what. If your suggestion is chosen, you will receive a \$100 Amazon Gift Card.

And keep checking back - we will determine the top 5 choices for an exciting final vote around May 15th!

## The Fairfax Garden Corner

Charlie Boring

If you would like to garden in Northern Virginia, learn from history. Most of the early settlers that came to the Virginia colony were planters from England. Early settlers in Northern Virginia faced some daunting tasks before they could plant their fields or gardens. Most of the land that they settled was covered with forests, so it was necessary to cut the trees and underbrush to clear the land for planting. Fortunately, the early settlers needed houses, barns and sheds, so the timber that they cut was used to build those structures.

The soil in Virginia forests—except for the land near rivers, creeks and streams—had high clay content but often had many years of composted leaves layered on top of it. There would often be fertile top soil left by floods, especially in low-lying areas. As new leaves fell, the farmers and gardeners used the leaves as compost for their fields and gardens while adding other the organic material, such as cow and horse manure, needed to grow vegetables and other crops. Most of these settlers knew the benefits that earthworms brought to the garden soil.

There are many ways to gain the earthworm benefits of soil aeration and increased fertility for your garden soil. But first, we need to understand that there are many kinds of earthworms that provide varying degrees of soil benefit.

The habitat of earthworms differs according to the species. Different species inhabit different layers of the soil. Some earthworms live on the soil surface or just below it to a depth of about 3 inches, while other earthworms live in the topsoil layer as deep as a foot below the soil surface. There are earthworms that live in the subsoil layer at depths of up to 3 meters below the soil surface.

The diet of earthworms also differs for each species. For our gardens, we are primarily interested in worms that live in the top ten inches of soil and eat decaying plant matter.

One of the easiest ways to improve your garden soil with earthworms is to attract earthworms that already naturally live in your garden soil.

To do so, you need to create an inviting environment in your garden soil for these wandering earthworms. To do their best work, earthworms need temperatures from about 65 to 85 degrees Fahrenheit, a damp (but not wet) soil, and an appropriate food supply. The first two environmental factors can be obtained during the growing season by the use of good mulch, such as

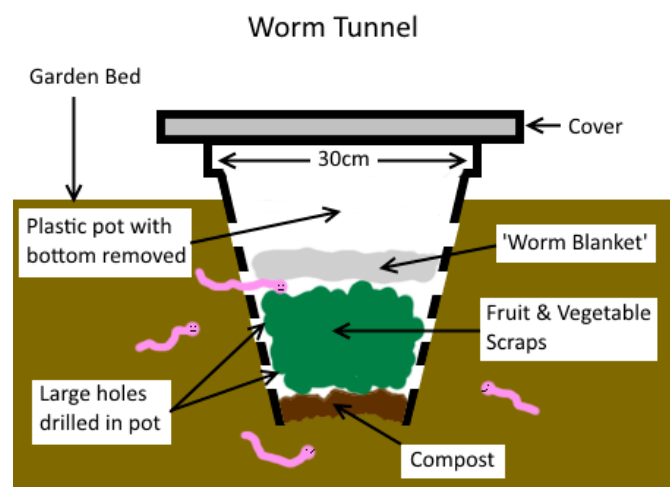
ground leaves, straw, or shredded newspaper or cardboard. A good food source for your worm herd is organic vegetable matter. It is always a good idea to mix good organic compost into your soil. Free leaf compost is often available from the Fairfax Transfer Center. The worms will love it. Keep your garden journal indicating when, where, what, and how you have improved your garden with worms.

You can also recycle your vegetative kitchen scraps and old newspapers or cardboard to feed your newly established worm population. Never add meat, dairy, or oily substances. The easiest method is to use the “dig, dump, and cover” (DDC) method. Just follow these steps: 1) dig a hole or trench in your garden; 2) dump in some shredded newspaper or cardboard into the bottom of the hole; 3) add your vegetative kitchen scraps on top of the shredded paper; and 4) add another layer of shredded newspaper and cover with soil. Covering the food scraps with soil is important so that vermin are not attracted to it.

The worms will be attracted to the food supply and devour it as the other beneficial organisms break it down. Worms make the soil more porous and leave their castings, which improve your soil. One DDC hole for each 100 square foot of garden space should be sufficient. You will see the plants near your DDC hole significantly greener and the fruit larger and more flavorful.

You may also decide to build worm tunnels, stations, or towers in your garden to attract and feed your worms. Instructions for building these garden features can be found online. Here is an example:

<http://deepgreenpermaculture.com/diy-instructions/build-a-worm-tunnel-vermicomposting-system/>



**THE 2022 FRIENDS OF ROYAL LAKE SURVEY IS HERE!**

FRIENDS OF ROYAL LAKE

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## KPW Community Member Spotlight: Erica Andresen

By Aziza Bayou

Erica Andresen is a KPW community member who wears many hats. Enthusiastic and engaging, those who know her would not be surprised that she is able to take on as much as she does, and with aplomb.

She is passionate about water safety, and swimming has been a constant in her life and career. Erica has brought her gifts to our community in many forms: as a coach, teacher, volunteer, and now, small business owner.

Erica grew up in Lafayette, Indiana, and swam at Ball State University. She earned her master's degree in sport administration with an emphasis in aquatics and was recruited to work at UVA. That is where she met her husband Chris, who grew up in Woodbridge. Erica and Chris relocated to Alexandria, where she began working at GMU, and they moved to KPW in May 2012 after their eldest daughter was born.

Erica worked at GMU for 10 years as the associate director of recreational facilities. She left her position after having her third child, but she "hasn't slowed down": she now directs her abundant energy toward her family and her multiple coaching, teaching, and service roles, along with her small business.

Erica and Chris are parents of three elementary school-age daughters, who all attend Laurel Ridge. Claire is in fifth grade, Reese is in third grade, and Adeline is in kindergarten. They live at the corner of Gainsborough and Commonwealth, a location well-suited to their community involvement.

Erica works as a substitute teacher at LRES, is the VP for Hospitality and Spirit Wear for the LRES PTA, volunteers with her daughter Claire's Girl Scout troop, and teaches American Red Cross Certification classes. Erica also coaches youth swimmers for the Mason

Makos team three nights a week and coordinates B meets for the Lakeview Swim team in the summertime.

This past summer, Erica started her own business, Cardinal Aquatics, which provides swim lessons to children ages 3 and up with a group of instructors who have kind and compassionate coaching styles.

When she started Cardinal Aquatics, there was an outpouring of support that surprised her; lesson slots filled up quickly, prompting Erica to expand her offerings for this summer. She and her family are an integral part of the Lakeview Pool community. In the summer they can often be found there playing in the water, talking with friends, and enjoying the pleasures of the season.

When asked about favorite places to visit in our area, Erica shared that she and her family enjoy pizza and ice cream in Clifton and visiting Leesylvania State Park, which has a sandy beach where her children and family dog, Indy, can play.

When Erica advises new and potential KPW community members to "get involved," it certainly comes from her own experience: "Getting involved is how your community grows, how you find your own path, and people to rely on when you're in need." Erica and her family have experienced this support when they were all sick, and community members and friends rushed in to help them.

Erica juggles her multiple roles with care and commitment. She is a bright star in her constellation of communities.

*Cardinal Aquatics LLC provides swim lessons at Lakeview Pool and can be found on Facebook. Signups will be open in May. Lessons will start June 13 and last five weeks.*

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# Road Raiders: Parks and Lake Plans

Tom McCook

Neighbors,

Did you know that there is a historical “Fairfax family” cemetery in KPW?

Yes, there is!

And we did a great job of preserving it for the future and making it more inviting to visit by the landscaping that we accomplished.

We, a team of 15 folks from the neighborhood, participated. We used some of the funding from the “dedicated accounts” from the KPWCA membership, so thank you for the support!

More information at [https://www.fairfaxcounty.gov/library\\_cemeteries/Cemetery.aspx?number=FX044](https://www.fairfaxcounty.gov/library_cemeteries/Cemetery.aspx?number=FX044)



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Lifeguard Signature: \_\_\_\_\_

One visit per family/individual for 2022 season. Valid until 7/1/22

## Invasive Species Profile: Japanese Honeysuckle (*Lonicera japonica*)

By Greg Sykes ([greg@grsykes.com](mailto:greg@grsykes.com))

**Native Range:** East Asia

**U.S. Introduction:** 1806 as an ornamental

**Life Cycle:** perennial vine

**Means of Spreading:** rapid vine growth; berries, eaten by birds which pass the seeds

**Commercially Available:** yes, especially under the cultivar, 'Hall's Prolific,' though few nurseries still stock it while other states ban it

**Control Method:** hand-pull seedlings and young plants. Mature vines may require mechanical tools, such as a Weed Wrench.

**Good Alternative Species:** coral or trumpet honeysuckle (*Lonicera sempervirens*)

### Comments:

One of the smells of summer is that of Japanese honeysuckle blossoms. Encountering its fragrance is common because this plant is a highly invasive weed. Japanese honeysuckle (*Lonicera japonica*) was introduced into the U.S. in 1806, specifically to Long Island, New York. This ornamental vine was believed to help stabilize soil against erosion while feeding wildlife. Birds eat the small, dark berries that ripen in winter and deer forage on the foliage. In addition to pollinators sipping honeysuckles, people enjoy picking the flowers and sucking the sweet nectar droplet from the blossom's base. For the first few decades, this vine appeared to be a fine garden supplement—at least nobody was complaining about it yet. In 1862, George Hall imported an especially hardy and bountiful variety to the Parsons & Co. nursery (Flushing, NY). At the time, it was called the 'Halliana' cultivar, appeared in the 1887 catalog as "*Lonicera Halleana*" (different spelling), and has since been renamed 'Hall's Prolific.' Like most invasive plants, several decades of lag time transpired between this cultivar's introduction and achieving the "invasive" status. Between its aggressive spread and commercial distribution, 'Halliana' escaped cultivation, initially described as "wildflowers" or "naturalized" plants. Around 1900, Japanese honeysuckle was clearly invasive and is now found across the eastern U.S. from southern Maine to east Texas.

While Japanese honeysuckle prefers sunny locations in disturbed soil, it vigorously grows in numerous soil and lighting conditions including woodland habitats. It sprawls across the forest floor and onto small trees, grows fast, and outcompetes native plants and blocks their photosynthesis (Figure 2A). Japanese honeysuckle is a semi-evergreen, which enables it to conduct photosynthesis at varying efficiencies throughout the year. The vines climb up small trees and shrubs by twining around the host's trunk and branches. As the host grows over the years, the strangling honeysuckle vine interferes with wood development. The resulting corkscrew-like deformity



*Figure 1 - Japanese honeysuckle produces white to cream flowers (A) during the summer. Mature berries (B) appear in autumn and last into winter.*



*Figure 2 - Figure 2. Japanese honeysuckle foliage smothers and weighs down the plants beneath (A). Its vines cause screw-like scarring in trees (B).*

(Figure 2B) weakens the trunk, so the bush or tree is more susceptible to breakage.

In addition to physically damaging trees, some native pines and possibly other species are susceptible to Japanese honeysuckle's allelopathic properties, i.e., it stunts growth or kills other plants by secreting chemicals into the soil. Further study is needed to see which other natives react to extracts from this noxious weed. Although browsing deer keep many plant species at bay, it has little impact on Japanese honeysuckle's rampant growth. Physically pulling this weed is the best way to manage it since herbicidal sprays can cause collateral damage to the non-target plants already struggling under the vine. Japanese honeysuckle is related to Amur honeysuckle (*L. maackii*), a non-native bush invading many parts of the eastern U.S. including Northern Virginia.

Some folks love Japanese honeysuckle's flowers. A gorgeous native substitute is coral or trumpet honeysuckle (*Lonicera sempervirens*) with stunning scarlet blossoms erupting across the vine in May; the flowering continues until autumn at lower amounts. Outside of the blooming and fruiting seasons, an easy way to tell Japanese honeysuckle apart from trumpet honeysuckle is the former has separate, opposite leaves and the latter's leaves are fused. People liking Japanese honeysuckle blossoms' fragrance in their yard can enjoy any of the many aromatic native substitutes that are discussed in *The Scented Garden* (March 2022). There are always native alternatives for the landscape! For more information on Japanese honeysuckle:

<https://www.invasive.org/browse/subinfo.cfm?sub=3039>

<https://www.fs.fed.us/database/feis/plants/vine/lonjap/all.html>

[https://www.in.gov/dnr/files/Japanese\\_Honeysuckle.pdf](https://www.in.gov/dnr/files/Japanese_Honeysuckle.pdf)

<https://mdc.mo.gov/sites/default/files/2020-04/japanesehoneysuckle.pdf>

<https://www.agriculture.nh.gov/publications-forms/documents/japanese-honeysuckle.pdf>

<https://extension.umd.edu/resource/invasives-your-woodland-japanese-honeysuckle>

Averill, Kristine M., et al. 2018. A regional assessment of white-tailed deer effects on plant invasion. *AoB PLANTS* 10(1) <https://doi.org/10.1093/aobpla/plx047>

Hardt, Richard A. 1986. Japanese honeysuckle: from "one of the best" to ruthless pest. *Arnoldia* 46:27-34. <http://arnoldia.arboretum.harvard.edu/pdf/articles/1986-46-2-japanese-honeysuckle-from-one-of-the-best-to-ruthless-pest.pdf>

Skulman, B.W., et al. May 2004. Evidence for allelopathic interference of Japanese honeysuckle (*Lonicera japonica*) to loblolly and shortleaf pine regeneration. *Weed Science* 52(3):433-439. <https://www.jstor.org/stable/4046941>



*Figure 3 – Trumpet honeysuckle produces vibrant flowers that attract hummingbirds. This floral profusion was photographed in May. Its red fruits (inset) ripen by the end of October. This vine naturally occurs in Fairfax County though is rarely seen growing wild anymore. This easily controlled species is seen here in a Virginia native plant garden. Note the fused leaves on this species.*

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<input type="checkbox"/> Full Size & Mini Skid Steer Work	
<input type="checkbox"/> Mulching & Garden Bed Edging	
<input type="checkbox"/> Core Aeration with or without Overseeding	
<input type="checkbox"/> Bush & Small Tree Trimming & Removal	
<input type="checkbox"/> Hardscape and Landscape Installation	
<input type="checkbox"/> Full Service or Curbside Leaf Cleanup & Removal	
<input type="checkbox"/> Site Work & Grading	
<input type="checkbox"/> and much more!	




KPW Real Estate Corner  
by Cathy DeLoach



### Let's Talk About Rising Interest Rates

Even the Federal Reserve hiking interest rates likely won't be enough to cool down the hot real estate market in Virginia, experts say. In an attempt to slow the highest inflation rates in 40 years, Fed officials voted on March 16 to raise the benchmark federal funds rate by a quarter percentage point to a range between 0.25% and 0.5%, the first rate increase since 2018, according to The Wall Street Journal. It's expected to rise to about 2% by the end of the year, slightly higher than before the pandemic. In March 2020, the Fed slashed rates to nearly zero to boost the economy amid pandemic shutdowns.

Last year, rates were not expected to rise much past 4% but this year it could be closer to 5% by the end of 2022. Says Virginia Realtors Chief Economist Lisa Sturtevant, "I think we're likely to see a little bit of a cooldown in demand in the housing market." That's not necessarily a bad thing, she pointed out, as it would "take a little bit of the frenzy out of the market [and] allow the market to return to a little bit more normal conditions."

But that doesn't mean the market will have a correction. "The underlying fundamentals remain pretty strong in terms of the demographics ... [and] the economy in Virginia is sort of chugging along pretty well. So I think we'll see a slowdown in demand as a result of higher mortgage rates, but more of a softer sort of demand, rather than any sort bottom-falling-out market," Sturtevant said.

Virginia Mortgage Banking Association President Kevin Darcey looks at the rate hike from a historical perspective: "Where rates are right now is going to be in a very similar to where we were in 2018, when the average was roughly 4.54%. That's probably where we're going to end up – somewhere close to that."

The bigger problem, however, is the shortage of inventory. At the end of January, there were around 12,000 active listings in the state, according to Virginia Realtors – about 5,000 fewer than this period in 2021 and decrease of nearly 27%. There's slightly more than three-quarters of a month's supply of homes now, a historic low, according to Jon McAchran, principal broker of AtCoastal Realty and secretary of the Real Estate Information Network (REIN) multiple listing service in Hampton Roads. By contrast, a balanced market will have five to seven months of supply, he said. He doesn't think the rising interest rates will ultimately make a big difference. "When you put a house on the market and get 50 showings and 20 offers in a day or two, that's the biggest testimonial of the supply and demand metric," McAchran said. "I personally don't think things are going to slow down until this supply and demand issue gets more under control."

The Fed has six more rate hikes planned before the end of 2022.

~by Robyn Sidersky  
(excerpted from VirginiaBusiness.com)

**KPW Home Sale Stats\***

YTD Sold: 11

Average Price: \$780,370

Active Listings: 2 (\$709,000-\$749,500)

\*as of 4/5/2022



## Girl Scout Service Unit 54-15 News

On March 5, Girl Scouts from SU 54-15 held their annual World Thinking Day (WTD) event with over 175 scouts participating in-person.

WTD started in 1926 and has been celebrated by the Girl Scouts and Girl Guides in 150 countries every year. The 16 Girl Scout troops that participated each chose a country to research and present to the other participants what their chosen country's environmental impact was on the earth. In doing so, the hope is to guide Girl Scouts to become environmentally conscious leaders.

At the end of the program, the entire assembly took a pledge to protect and defend trees—a symbol of our commitment to safeguard our environment. We'd like to thank Senior Troop 2280 for hosting and St. Mary of Sorrows Church for the use of their space.



Girl Scout Troop 4914 installed water-bars and swales at Hidden Ponds Nature Center on Sunday, March 27. The water-bars will help stop ongoing erosion near the Center, preserving paths and preventing runoff into the tennis courts below and the Pohick Creek



A graphic for Mother's Day. It features the word "HAPPY" in a simple font, followed by "Mother's Day" in a large, elegant cursive font. A large pink flower is positioned between the words. To the right, the date "MAY 8 2022" is displayed in a bold, blocky font.

## KPW BSA Troop 1966

### Eagle Project: Take a Plant, Leaf a Plant Stands

Jacob Stonkey

Dear neighbors of Kings Park West, my name is Jacob Stonkey. I am a Life Scout from Troop 1966 and a sophomore at Robinson. I have been working on my Eagle project over the last year, and I'm happy to say that thanks to my sponsor, the Kings Park West Civic Association, the community will be getting three "Take a plant, leaf a plant stands" on May 2.

What are take a plant, leaf a plant stands, you may ask? They are plant stands intended for neighbors to trade native plants with each other. They will also provide information on some native and invasive species in our area.

There will be three locations throughout Kings Park West: Laurel Ridge Elementary School (10110 Commonwealth Blvd.), Lakeview Swim Club (5352

Gainsborough Drive), and Commonwealth Swim Club (9800 Commonwealth Blvd).

I would like to thank Laurel Ridge, Lakeview Swim Club, and Commonwealth Swim Club for providing a space for each of the stands. I would also like to thank Kings Park West Civic Association for sponsoring the project.

Remember, before trading, make sure that you have native plants, so that we do not introduce more invasive species to our neighborhood. So, when you see the stands, come and take a look and see if there are any plants that you want to take or leave.

See you around the neighborhood!



CommonwealthSwimClub.org  
Join the family fun this summer!

## Commonwealth Swim Club

- Sparkling clean water
- Excellent and dedicated lifeguard staff
- Welcoming community environment
- CSC Cudas Swim and Dive teams
- Cuda Critters swim lesson program for young swimmers - morning and evening lesson options!
- Adult Masters Swim and Lappin' Ladies exercise programs
- Social events for the whole family
- Competitive membership pricing options
- Contact our Membership Chair at [cudas.membership@gmail.com](mailto:cudas.membership@gmail.com)

New family memberships only \$399

### Pack 1967 News

Pack 1967 hopes everyone is healthy and happy. Spring is here, and we are ready to get back in the outdoors!

In early March, our Pinewood Derby speed and show champions competed in the Patriot District Pinewood Derby against Scouts from 13 other Packs and represented the Pack well!

Congratulations to Cooper Holden (Tiger - 1st grade), Collin Fucci (Bear - 3rd grade), and Drew Guenther (Webelos - 4th grade) for each winning second place in the show competition for their ranks. And a special congratulations to Holden Riley (Webelos) for winning first place in the district speed race!

Our Bear Den has kept busy in March as well. They started the month learning a little outdoor cooking (which, of course, included s'mores). Later in the month, they traveled to Baltimore to visit Fort McHenry to learn about the history of the fort and to hike around the area. At the end of the month, a few Bears got together outside their regular Den and Pack events to complete extra adventures following completion of their Bear badges. These scouts will receive the Pack's "Whole Enchilada" award for completing all Bear optional adventures. Way to go, guys!

Our Webelos Den started March by working on the Moviemaking adventure. They storyboarded and filmed scenes for their movie and are currently working to edit the film and will premier it at a future Den meeting. It's too late for the 2022 Academy Awards, but we will surely submit it for consideration next year!



The Den also explored Hemlock Overlook Regional Park, where they discovered the ruins of Virginia's first hydroelectric dam. At the end of the month, the Webelos visited the Burke Volunteer Fire and Rescue Station, where the Scouts thanked the firefighters by giving them some of their favorite snacks.

Three of our Scouts earned the Dr. Charles H. Townes Webelos Supernova Award, the Cub Scouts' highest science award. The award involves completing a number of science-based requirements including learning about electricity, conducting a science experiment, writing a report, and learning about multiple scientists. Congratulations to Joseph Crowley, Henrik Mann, and Katie Jones on their accomplishments!

This time of year is always bittersweet for the Pack – we get to congratulate our oldest Scouts on completing the Cub Scout journey and wish them well as they begin their time in a Scouts BSA Troop. This year was a special year for our Pack as the first den of girls bridged over to their Troops. Collectively, our Arrow of Light Scouts earned 61 ranks, 267 required adventures, and additional 203 elective adventures, and 30 various extra awards such as the Outdoor Activity Award, Outdoor Ethics Awards, Religious Knot, Emergency Preparedness, and the Nova and Supernova awards in STEM. While it is sad to see them go, we're proud of what they accomplished and can't wait to see what they do next. Congratulations to Nicholas Glaze, Callum Chang (Troop 697), Andy Qatipi (Troop 697), Coby Lowe (Troop 1966), Mitch Finfrock (Troop 1966), Michael Kloman (Troop 1966), Abby Duncan (Troop 1865), Katie Jones (Troop 1865), Alya Karya (Troop 1533), Zach Holden (Troop 1966) and James Xing (Troop 1966).

Pack 1967 is looking for boys and girls from kindergarten through fifth grade. Scouting in-person with safe COVID-19 precautions. Campfires, Pinewood Derby race, outdoor fun, and making new friends. If you're interested in learning more about Cub Scouts, please contact us and join us for a Den meeting.

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For more information contact:  
Matt Jones, Cubmaster  
[CubScout.Pack.1967@gmail.com](mailto:CubScout.Pack.1967@gmail.com)





### What's the best pizza around here?

By: Justin Grover

Let's help our Kings Park West neighbors determine this year's best local pizza places by participating in the annual KPW Ultimate Pizza Survey! For your convenience, we've pre-compiled a list of 81 different options within a 10-mile radius.

Voting is open now through May 22, 2022. Official results will be published in the June 2022 Herald.

You can access the survey on your phone or computer through the **QR code below** or at <https://bit.ly/3jjkMtH>. Choose up to three places. Limit one submission per person. Feel free to share the link with other KPW family members or neighbors.



#### Craft and Bake Sale

St. Mary of Sorrows  
5222 Sideburn Road

Date and Hours:

Saturday, April 30: 3:00 to 6:30 p.m.

Sunday, May 1: 9:00 a.m. to 1:00 p.m.

Homemade specialty items and treats for the family. Baby quilts and gifts, Mother/Father's Day items, microwave cozies, oven mitts, aprons, placemats/napkins, spring tote bags, jewelry/earrings, adult clothing protectors—and much, much more!!

### Sudoku

		1	3			6	9	
					1			
8							7	
	4							5
5				9				6
	6	8			7			1
			1	5		3		
		9		8				
4		3						

		6						
7		4				6		2
2	9		5			6		1
		9				3		
3		2	7	5				
			6		4			
	1						2	
				4				6
9					5		1	3

### Earth Day

C L A M I N A E Q R B A L A N C E L V L  
 E O L A N D J V Y G R E N E A S A Y Q I  
 R D M K T S F R G L O B A L H W T D N N  
 W E Q M T T S E R O F B U E E I M O O Y  
 A R S F U T X S E B J U A N L H C I Z N  
 S D P P U N S B I R Y L E I O Q T C N O  
 T E U R E T I O Z D T R B M N U Z J E I  
 R D G B O C U T E H U I E A L X T A M T  
 E O X A U T T R Y X S L T L P K R C N A  
 A O W U R A E S E N P U O E T T V U R V  
 M W J E G G D C O E R P O F H R K I E R  
 S A T C N R G P T E C R U O S E R B C E  
 W A U A A Y S L I F E T S A W B F E Y S  
 W I D W S E R U T A E R C P L A Y A C N  
 P N E C R G R A S S L U F M R A H U L O  
 E T P X V X T A T I B A H L D P L T E C  
 S Z X J H H A S P E C I E S P R K I D X  
 I B Z Z K T S O I L O P G P Y I H F U I  
 I H Z E N V I R O N M E N T O A F U S U  
 U P L A N T S H Q W S U R V I V E L K H

- Air
- Beautiful
- Creatures
- Energy
- Future
- Habitat
- Home
- Pollution
- Renewal
- Responsibility
- Stewards
- Waste
- Animal
- Community
- Earth
- Environment
- Global
- Harmful
- Land
- Observe
- Protect
- Resource
- Soil
- Streams
- Water
- Balance
- Conservation
- Endangered
- Forest
- Grass
- Healthy
- Life
- Plants
- Recycle
- Respect
- Species
- Survive
- Wooded



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- ✓1. Call The Mary & Cathy Team
- ✓2. Choose outfit for closing

DONE!



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*Property Sisters* TEAM

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Burke, VA 22015

[TheMaryandCathyTeam@LNF.com](mailto:TheMaryandCathyTeam@LNF.com)

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5 per issue for up to 35 words / \$40 per year (8 issues/up to 35 words)

Mail advertisement and payment (KPWCA) to:

Gayle Ostrom, 4912 Gainsborough Drive, Fairfax, VA 22032 || or email [classifieds@kwpc.org](mailto:classifieds@kwpc.org)

#### **CRAFT AND BAKE SALE:**

Saturday 4/30 3:00 pm- 6:30 pm and  
Sunday 5/1 9:00 am -1:00 pm

St. Mary of Sorrows, 5222 Sideburn Road. Homemade specialty items and treats for the family. Baby quilts and gifts, Mother's/Father's Day items, microwave coziers, oven mitts, aprons, placemats/ napkins, spring tote bags, jewelry/ earrings, adult clothing protectors, and much, much more.

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#### **PUZZLED BY PATCHES?**

Boy Scout and Girl Scout patches – I'll sew them on for you. \$1.00 per patch. Easy drop off and pickup in KPW. Call or text Louise at 703.867.1649.

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Family haircuts, color, and foil highlight. Cut and blow - dry, roller set, and up-style. Call or text to make an appointment with Sandy at 571-594-9869 (Closed Sundays).

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Feel stuck, overwhelmed, struggling with change? Life coaching helps you find direction. Pandemic rates \$25./hour. Free confidential consultation. Email: [lifecoachingheer@yahoo.com](mailto:lifecoachingheer@yahoo.com) Life coach/retired psychologist, Dr. Kathy Heer.

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"Life's too short-let us do the cleaning" Weekly, bi-weekly, monthly. Licensed-insured-bonded. Free estimate.

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