

May 2023

Vol. 53, 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 Duck Donut and Kona Ice trucks, 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) 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 always 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. 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. See you around the neighborhood!

Sarah G.J. Lennon
President, KPWCA

Community Calendar

KPW Community Yard Sale – May 7
 KPWCA Membership Meeting – May 10
 Volunteer Appreciation Dinner - May 10
 Spring Dumpster Day - May 14
 Herald Content Deadline - May 31
 First Day of Summer - June 21
 Herald Delivery - June 24

Kings Park West Civic Association P.O. Box 7114, Fairfax Station, VA 22039-7114 General Information: info@kpwca.org Community Association: kpwhoa@yahoo.com Website: kpwca.org			
Officers		Email	Phone
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Vice President	Mike Stonkey	vp@kpwca.org	(703) 509-9725
Secretary	Dan Joyce	secretary@kpwca.org	
Treasurer	Karen Emmons	treasurer@kpwca.org	
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Neighbor Assist	Bruce Wallachy	KPWNeighborAssist@gmail.com	
Welcoming	Natalie Croitoru	welcome@kpwca.org	
Communications			
Herald Content Editor	Monica Grover	editor@kpwca.org	
Herald Communications Editor	Rose Luczak	editor@kpwca.org	
Herald Advertising and Classifieds	Gayle Ostrom	classified@kpwca.org	
Signboards	Jonathan Reiser	boardmember3@kpwca.org	(571) 423-8030
Web Admin	Tim Hartle	website@kpwca.org	(703) 200-8375
Membership	Nick Schumaker	membership@kpwca.org	
Parks and Lake	Tom McCook	parks@kpwca.org	
Invasive Species	Greg Sykes	greg@grsykes.com	
Special Activities			
Spring Egg Hunt	Pack 1967	vp@kpwca.org	(703) 509-9725
Halloween Festival	Keith Jodoin	kjodoin@gmail.com	
Scholarships	Gayle Ostrom	geeostrom@gmail.com	
How do I join the Kings Park West Civic Association? 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 kpwca.org 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.		How do I get my news in The Herald? The easiest way to get your news items in The Herald is to email the editor at editor@kpwca.org . 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.	
The Herald Published eight times a year by the KPWCA. Next deadline: May 31, 2023, for delivery on June 24. 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.		How do I advertise in The Herald? Classifieds: Classified ads for the January issue must be received no later than May 31, 2023, to Gayle Ostrom, 4912 Gainsborough Drive, Fairfax, VA 22032, or at classified@kpwca.org . 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. Advertisements: Advertisements are received by Gayle Ostrom; please email classifieds@kpwca.org for rates.	

KPW Recommends

www.facebook.com/groups/kpwrecommends



by cathy deloach

Win Free Power Washing!

It isn't easy being green – ask any house in KPW! It's clearly time for another contest! Head on over to the [kpwrecommends FaceBook page](#) and look for the picture below. In the comments, leave a well-known or cleverly modified phrase using the word green. For an extra entry, include a picture of your house.




Win Power Washing!

Leave a "green" statement in the comments to be entered into a random drawing for free power washing! For an extra entry, include a picture of your house!

- It isn't easy being green
- My house is NOT green with envy
- I must have smeared my green thumb all over my siding

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The Fairfax Garden Corner

Charlie Boring

I started gardening in Kings Park West in about 1991. It was a rocky start, in that the little plot that I prepared for my raised garden was full of rocks and clay, as hard as steel. I am not a quitter, so I decided to soldier on and I needed some organic material to add to this soil.

On a beautiful, sunny autumn day, I was telling Joe, my friend at work, about my problem. He lived in Maryland and told me of an Agriculture Department facility with a massive amount of composted cow manure that was free for the taking. He volunteered to bring me a pickup load that next weekend.

When Joe and his son arrived with the load, I knew right away that although Joe had been raised by his grandfather on a farm in Virginia, Joe was no farm boy. A load of manure was not composted; in fact, it was fresh manure. I was in a bit of a pickle; I did not want to hurt Joe's feelings by rejecting his gift, but I could not place the manure directly on my garden plot.

I decided to thank Joe for the load and compost it myself through the winter. I piled it up in the corner of my yard and mixed it with a couple of cubic yards of leaves and lawn clippings. Since Halloween had just passed, I had a lot of pumpkins that were no longer needed for decoration, so I piled them into the mix. The whole pile had a strong odor, which I knew I would have to fix. I covered the entire pile with a plastic sheet and placed rocks on top to keep the wind from blowing it off. The odor disappeared.

Just before spring arrived, the snow had melted on the compost pile due to the heat of the compost; I noticed that a pumpkin plant had sprouted in the pile. I left it there, assuming that it would be killed by frost or the compost heat. However, when I uncovered the compost pile in early spring, I discovered two things: 1) the pumpkin plant was alive and growing, and 2) the pile of compost was now ready to be applied to my garden.

I learned a couple of things from this experience. First, the pumpkin loved the compost and grew a massive pumpkin; and second, the soil in Kings Park West needs improvement to properly grow a garden. Enter the concept of permaculture.

Permaculture is defined as "the development of agricultural ecosystems intended to be sustainable and self-sufficient." On my small lot, I have employed a system of gardening called "edible landscaping," which uses some of the principles of permaculture. I plant many garden vegetables and fruits among my wife Marisa's azaleas and other flowering plants.

To add organic nutrients to these plots, I mulch them each year with either shredded limbs (free from the transfer center), shredded hardwood (from the Boy Scouts), or composted leaves (also free from the county).

This process not only helps to control weeds and keep moisture from evaporating from the soil but also adds nutrients to the soil as the mulch decomposes.

I use this same method for my asparagus bed, where I grow asparagus and strawberries. The only difference is that I top dress the bed with composted Black Kow manure. This year, I am having a great asparagus harvest that should last six weeks! Enjoy your spring garden!



Asparagus bed



Edible Landscaping

Happy gardening! Remember that the squirrels and chipmunks really want you to succeed with your garden, so try to discourage their attacks on your fruit without declaring war on them. They are so cute, aren't they?

Parks and Lake Update

by Tom McCook

Hello neighbors, here are our continuing plans for Spring-Summer 2023.

Looking for Help

It's time for new leadership in Parks & Lake; anyone interested in taking over please contact KPWCA President (Sarah Lennon) or me, Tom McCook. I intend to leave this position during the summer.

Earth Day

April 15 – Every single person and every piece of trash removed improves our Parks and environment. We turned our attention to Royal Lake, the watershed created by both creeks feeding the lake and the surrounding parks. We had a GREAT Girl Scout troop from Holy Spirit who added to the effort, and it really showed. Many thanks for all who attended & participated.



Road Raiders:

We have two additional planned events this academic year

- May 13 @ 8AM for only 30 minutes of your time
- June 10 @ 8AM for only 30 minutes of your time

Locations will be determined, and information sent by email and community signage boards.

If you'd like to join us, please send me an email @ KPWRoadRaiders@gmail.com.

AND if you have an area of our community that is neglected by VDOT/sidewalks that need special attention, please let me know!

Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has..."
Margaret Mead



Scout Projects at Royal Lake Park

We have several Eagle Scout projects in various stages of planning and approvals. Two of these projects should be completed in the spring/early summer and will disrupt normal flow of joggers and walkers on the Royal Lake Trail (bridge rehabilitation and trail improvement with erosion controls).

These Scouts NEED your cooperation to minimize disruptions to their leadership projects that will greatly enhance the trail – more info to follow from the Scouts & sincerely appreciate your help.

Please avoid walking/running the lake trail during these projects!!

Tom McCook

KPWRoadRaiders@gmail.com

703.839.5205

The Pommeroy Loop Trail Repair Volunteers Needed

Tony Velluci

If you start at the parking lot at Lakeside Park and walk down the access road to what used to be the silt detention facility, you come upon a trail in what is known as Kings Park West Park—although there is no Fairfax County Parks Authority (FCPA) sign telling you so.

The trail leads behind houses on Pommeroy Drive. Walking the trail to its end, you will reach Commonwealth Blvd, at which point you can walk back to Lakeside Park along Pommeroy Drive. All totaled, it's just over a mile, and it's simply known as the Pommeroy Loop.

Because it is not an FCPA-supported trail, the only maintenance it receives is what volunteers

like you, and I are willing to put into it. And truth be told, it needs some attention.

So, I am looking for volunteers who are willing to support trail maintenance efforts over the course of the next few months. There is a list of things to do, and we'll address the needs as we can. I know everyone is busy, but we can all find some time to help our community. After all, this is where we live.

If you would like to give back to the community please volunteer for this effort. Send me an email at ajvellucci@gmail.com

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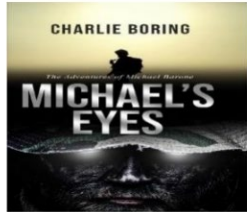
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"Michael's Eyes" is a novel of the adventures of a boy with a special ability who grows up in Texas and is sent to fight in Vietnam.

Order books directly from the author at thelastneanderthalclan@gmail.com or from Amazon.com. Free book signing is available. Coordinate by email.

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KPW Home Sales: First Quarters 2023, 2022 and 2021, Compared

So much has changed since 2021 - we've seen the waning of the COVID pandemic, continuing supply chain issues, rising inflation, and in the last year, multiple prime interest rate increases. How has this affected home sales in Kings Park West?

YEAR	# SOLD	AVERAGE	MIN	MAX	CDOM
2021	14	\$ 661,969	\$ 600,000	\$ 756,000	35
2022	10	\$ 780,207	\$ 650,000	\$ 967,000	6
2023	9	\$ 713,667	\$ 575,000	\$ 795,000	24

FIRST QUARTER HOME SALES 2023				
Model	Address	List Price	Sold Price	Days on Market
Cromwell	5215 Ashcroft Ct	\$795,000	\$795,000	9
Cromwell	10422 Stallworth Ct	\$765,000	\$765,000	11
Duke	5213 Noyes Ct	\$700,000	\$672,000	47
King	10201 Lister Ct	\$675,000	\$728,000	2
King	5302 Richardson Dr	\$750,000	\$750,000	4
Queen	9932 Commonwealth Blvd	\$620,000	\$575,000	13
Queen	10004 Commonwealth Blvd	\$725,000	\$675,000	77
Regent	5313 Gainsborough Dr	\$750,000	\$750,000	6
Regent	5127 Lavery Ct	\$729,950	\$713,000	43

Taking a Look at Trails: Part 2

Greg Sykes (greg@grsykes.com)

[Part 1](#) of this series looked at some trail designs and locations. This edition examines more trails and their impacts.



Figure 4. People love walking next to lakes and rivers. However, trails adjacent to waterways with elevations close to the normal water level end up muddy (A). The water table under the path is close to the surface. Any precipitation does not absorb into saturated soil and is unable to readily drain off the flat terrain. Four-inch PVC tubes meant to facilitate drainage are inadequate and wind up clogged. When winter arrives and the water freezes, ice expands and heaves the trail. This western section of Royal Lake's loop receives some of the most complaints about mud because it is placed in an inappropriate area, requires much upkeep, and is an unsustainable trail section. Putting the trail along the nearby slope would be a better location. Examples of sustainable, natural-surface trails next to water include the C&O Canal towpath at Great Falls National Park (B) and paths along bedrock, such as Great Falls' Billy Goat Trail (not shown).



Figure 5. Pavement can often prolong a trail's maintenance even in poorly chosen locations. In the wrong place, a trail will flood regardless of what is on its surface. Pavement does not part water, leaving a puddled and mud-covered blacktop (A). Silty layers render pavement dicier than walking across a muddy field, discussed in the article, [Slippery When Wet](#) (December 2018). Mosses, algae, and other biofilms also make frequently wet trails slick. Furthermore, water can undercut and erode asphalt trails, which is what happened many years ago at the Shanes Creek trailhead by Roberts Road. Boardwalk trails (B) are the best way to access wetlands on foot. Replacing the half-mile boardwalk and two overlook platforms at Huntley Meadows Park in 2011 cost \$600,000, which comes to around \$178.00 per square foot for replacing wooden planks with recycled plastic ones—there were no structural additions that would further inflate the cost. This price tag is prohibitively

expensive for all but a few locations. Additionally, floods can damage boardwalks, especially when floating logs hit the structures like battering rams. More on the Huntley Meadows Park boardwalk is at: <https://www.tmgworld.net/portfolio/item/huntley-meadows-park-boardwalk-renovation/> and [https://archive.org/details/New Boardwalk at Huntley Meadows Park](https://archive.org/details/New_Boardwalk_at_Huntley_Meadows_Park)

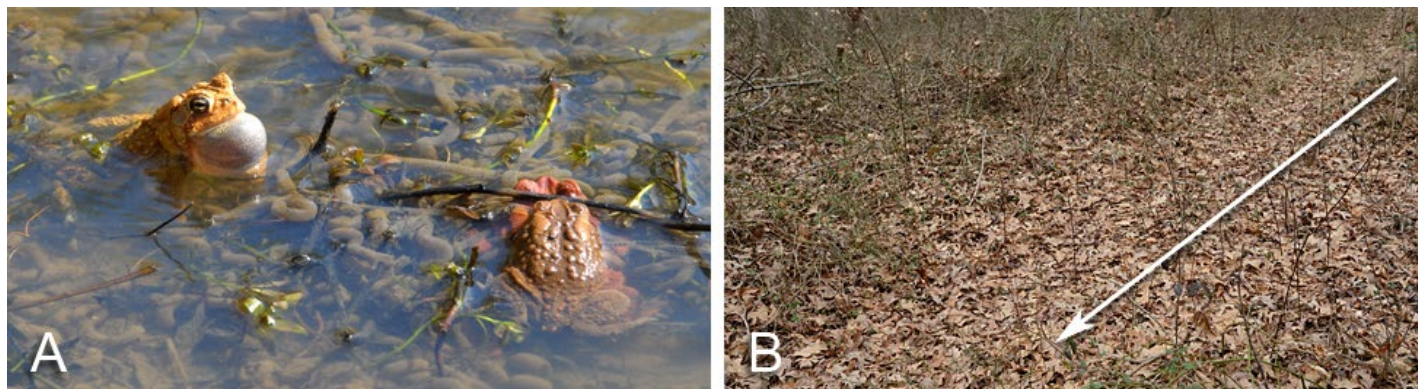


Figure 6. Detrimental aspects to any trail include wildlife disturbance and soil compaction. The degree to how much an animal is disturbed depends on the species, time of year, and the particular human activity. Some animals become accustomed to human presence though can be more sensitive when breeding. Others, such as hooded mergansers (*Lophodytes cucullatus*), tend to shy away from people even from long distances. Weeks after the American toads’ (*Anaxyrus americanus*) spring spawning event (A), the eggs hatch and tadpoles develop. After the young grow legs, they hop onto dry land for the first time. When popular trails are next to their aquatic nursery, many of these toadlets get crushed underfoot and runover by bicycles. Salamanders and other slow-moving critters face similar risks.

On the surface, soil compaction is difficult to see. At its worse, compressed ground kills neighboring trees and impacts burrowing organisms. Its affect is more apparent when a trail is decommissioned (B, with more prominent leaf litter accumulation along the arrow). Though nobody walks on it anymore, plants still do not grow there. Proper planning and initial trail placement help reduce effects from soil compression.

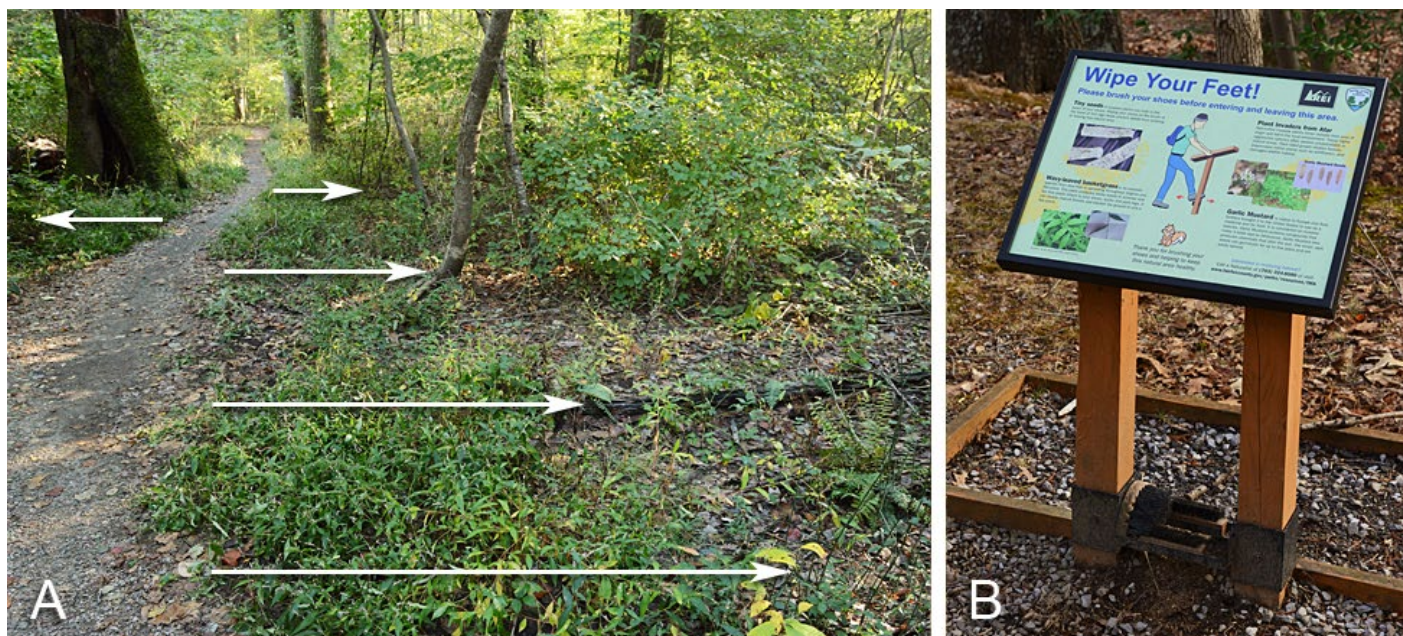


Figure 7. Invasive plants with small seeds are routinely tracked by footwear and deposited along trails (A). This image shows [Japanese stiltgrass \(*Microstegium vimineum*\)](#) and bristled knotweed (*Persicaria longisetata*) only growing alongside the trail (arrows indicating the extent). Once established on path edges, the weeds extend deeper into the forests. Help prevent spreading invasive plants by staying on the official trails and cleaning footwear with tools like boot brush stations (B).

[Part 3](#) studies terrible path locations and problems with “social trails.”

Kings Park West Neighbor Assist

We've had a few requests from individuals who have not previously requested our service. We thank you for contacting us. We feel that some residents may still feel reluctant to call us. Don't be. Our volunteers will call and arrange a time to come and see the scope of your project. They have lots of talent, so most jobs are within the scope of our service. If we don't have the skills needed (like fixing old KPW plumbing), we can advise you of potential options.

Since we are no longer connected with the KPW Civic Association, our volunteers may require that you agree to allow them to work and sign a form releasing them from any damage that might happen. The civic association insurance does not cover us.

To date, we have completed well over 100 separate services without incident. We don't expect any issues. We encourage you to ask questions about what we are doing. We want you to be happy with our services.

The volunteers are also residents of KPW and are dedicated to helping you stay and enjoy living in your KPW house by reducing the cost that commercial companies have to charge to send someone to do these tasks.

A reminder: these services are offered to all KPW residents. The labor is free to you, but we will ask you to cover the cost of parts and other materials involved.

Just send us a request with your name, address, and contact information to KPWNeighborAssist@gmail.com.



Girls Scouts Updates!

In March, local Girl Scout Troops 54093 (3rd grade Brownies) and 1356 (7th grade Cadettes) chose to celebrate the birthdate of Girl Scouting by collecting donations and making birthday bags for Fairfax County foster children. The entire neighborhood got involved by making many donations through the wish list Scouts created. 65 bags total were donated that will go to foster children ages 2 through 18. Thank you, neighbors, for your contributions!

On Sunday, March 4, Girl Scout Troop 4914 shared their vision of the world they want to build at A World For Women: Girltopia Art Gallery. These Senior and Ambassador Girl Scouts used their varied talents to create art pieces that imagined a perfect world for girls and what is needed to achieve it. Other Girl Scouts, members of the community, family, and friends got a chance to view the artwork and presentations created by these Scouts, as well as participate in a community art project to envision their own world for women.



Interested in joining Scouts? Email su5415info@gmail.com for more information on how to join for next school year!

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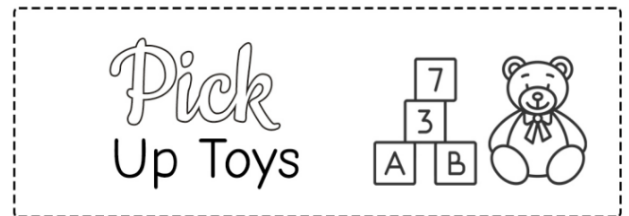
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G	D	J	B	B	N	E	P	R	H	D	J	O	W	M	P	C	I	T	V	E
R	R	R	V	G	E	W	P	U	E	K	K	G	D	E	T	E	N	D	E	R
O	E	G	N	M	R	Y	G	V	M	R	E	P	T	M	L	Z	Q	S	B	P
F	T	N	Q	M	A	S	O	K	T	S	A	F	K	A	E	R	B	P	E	K
U	H	I	N	O	I	T	A	I	C	E	R	P	P	A	K	O	Y	G	A	E
E	G	M	V	I	E	Z	E	Z	Q	K	L	I	P	Q	U	W	U	C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

- APPRECIATION
- BEAUTIFUL
- BREAKFAST
- CANDY
- CHARMING
- COMFORT
- DEVOTED
- FLOWERS
- FORGIVING
- GIFTS
- GUIDANCE
- HUGS
- JEWELRY
- JOY
- KISSES
- LAUGHTER
- LOVE
- MATERNAL
- MOM
- MOTHER
- NURTURE
- PERFUME
- PROTECTIVE
- SHARE
- TELEPHONE
- TENDER
- THE BEST
- WARM
- WISE

Happy Mothers Day



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