

# The Arlington Forester



Volume 52, Number 5

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February 2011

## Amphitheater Update

By Tricia Freeman

February 2011 finds Lubber Run Amphitheater (LRA) and its supporters in familiar territory that bears an unwelcome resemblance to February 2010. The Amphitheater stage is still surrounded by a deteriorating orange plastic fence while supporters who hope to salvage summer performances remain unsure of the County's intentions toward this beloved performance venue. According to the Jan 27 Sun Gazette, County Manager Barbara Donnellan told members of the audience at a community meeting that there was no room in the current budget for needed upgrades to LRA and placed renovation costs in the range of several million dollars.

Meanwhile, the results of the structural study contracted by Arlington County's Department of Parks, Recreation and Cultural Resources (DPRCR) have not been made public, pending presentation to the County Board. The options under consideration are for rebuilding, repair, or removal. Susan

Kalish, Communications Director for DPRCR, stated that the staff has addressed compliance with current building codes and Americans with Disabilities Act requirements relating to the theater, bathroom and parking lot as well as other problems including its location in a flood plain and resources protection area. She added that "all this affects how we can legally improve the facility."

Following discussion at the January meeting, AFCA President Julie Kirchhoff sent a letter to Dinesh Tiwari, head of DPRCR, emphasizing that "it is clear that Arlington citizens support a low-cost, no-frills option for the facility. A restoration initiative which does not involve elaborate roofing, windows, HVAC, or security systems is a wise use of County taxpayer's funds since it would generate less pollution and fewer greenhouse gases than a more elaborate facility

....Continued on page 2

## Help Wanted: Treasurer

Your neighborhood association is looking for a new Treasurer to replace Barret Hildebrand who is stepping down after four years of dedicated service.

The AFCA Treasurer's responsibilities include: Maintain AFCA financial records, including tracking, reporting and accounting for receipts and expenditures (recent Treasurers have used Quicken). Work with AFCA officers to develop the annual budget and then present it to the September AFCA meeting for approval. Work with the Arlington Forester editor to invoice advertisers twice a year. Attend most monthly AFCA meetings (Sep to May, excluding Dec). Attend occasional ad hoc meetings of AFCA officers (usually only once per year). Complete and submit to the IRS a simple post card tax filing once a year.

The time commitment required is not substantial: Around 1-2 hours per week during the fall when many Foresters pay their annual dues by check. Approximately 2-3 hours twice a year to prepare and mail advertiser invoices and 1-2 hours to

receive, record and deposit the advertiser checks. One hour eight times a year to attend AFCA meetings. Other than a short AFCA officer planning meeting in August, the position requires almost no time during summer months.

The current Treasurer will be happy to train his successor and to facilitate a smooth transition. For further info, contact Treasurer Barret Hildebrand. To volunteer, contact AFCA President Julie Kirchhoff. See page 2 for contact information.

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*AFCA Meeting 7 p.m. Feb. 16 at Barrett School*

## THE ARLINGTON FORESTER

Official publication of the Arlington Forest Citizens Association, Arlington, Virginia founded in 1939. A nonpartisan, nonsectarian publication serving the common interests of the residents of Arlington Forest.

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## Editor's Note

The *Arlington Forester* welcomes your articles, news notes and letters. Contributions should focus on events or issues specific to our neighborhood and should not exceed 400 words. We also welcome photos accompanied by an explanatory caption. Please e-mail submissions to [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com). Upcoming deadlines (which vary with the date of the monthly AFCA meeting) are: Mar 4, Apr 8 and May 6. Available space fills up before the deadline, so e-mail the editor in advance if you plan to submit a long article or photo. Submissions are subject to editing.

## President's Column

By Julie Kirchhoff, AFCA President

Hello Foresters! Even though we haven't received quite as much snow as last season, we've still seen enough to bring back the memories! But now with the new County ordinance on clearing sidewalks, the pressure is on. Hopefully, we were all able to get at least our own public sidewalks cleared. Some of our neighbors did need help and it was nice to see neighbors helping neighbors in that regard! And, don't forget, we now have a list of able and willing neighborhood kids that can help you shovel snow...give them a call - let them help you out and you can help them out! Next time we get snow, let's make all of Arlington Forest walkable by sidewalk!

Also - you wouldn't be receiving this newsletter if it weren't for the annual dues that some of your neighbors submit. If you haven't sent in your \$10 annual dues, please do so now. We really could use everyone's help to keep up with this quality publication. \$10 once a year is not much and can only enhance your own neighborhood. So, please be sure you are paid up for 2011.

As we are still in the middle of winter and we're bound to get more 'weather', let's get together one more time for the AFCA meeting at Barrett Elementary on Feb 16th. There's plenty to talk about and find out more about traffic issues, the playground and our beloved LR Amphitheater. Come to find out the latest and bring your neighbor - the more the merrier! See you around the Forest!

## Amphitheater Update ...from page 1

through its reduced energy consumption. Additionally, a modest restoration will contribute to lower capital and long-term operation and maintenance expenditures." Ms. Kalish said that currently the County has "a backlog of facility maintenance/renovations totally about \$7 million."

The inability to review either the study or the staff recommendations leaves LRA supporters with little time to put together a strong, coordinated push to include funding for the Amphitheater in the FY2012 budget cycle. Ms. Kalish says County staff is pushing to "get the information to leadership now so if they want to make room in the FY2012 budget they can." However, the County Manager is scheduled to propose the budget on Feb 12, with a public hearing on Mar 22.

The County Board had allocated a meager \$10,000 for last year's programming, which was cut entirely in the FY2011 budget. The Lubber Run Amphitheater Foundation, along with AFCA, hopes to raise funds and develop some programming for this year to maintain activity at the Amphitheater.

# Babysitting Co-Op

by John Naland

Attention new parents and families who recently moved to the neighborhood: Since it was begun in 1961, the Arlington Forest babysitting co-op has been a safe, comfortable and convenient way to arrange child care, both during the day and at night. The parents in the co-op earn hours by babysitting and then trade those hours to receive babysitting. Careful records are kept, no money changes hands, and members are confident that their children are cared for by experienced parents right in the neighborhood. In addition, two or three activities are planned every year when all the families in the co-op can get together and socialize. It's a great way to get to know other Arlington Forest neighbors.

To become a member, a family must be sponsored by a current co-op member and must be interviewed by the co-op president. New members complete an application, pay the annual \$5 dues, and the sitting begins.

Current and prospective members are invited to attend the next co-op event on Saturday, March 12, from 4:30-6 PM in the Trinity Presbyterian Church gym at 5533 N 16th Street in Arlington. Balls, hula hoops, scooters and more fun equipment will be available for the kids to play with while parents get to know one another. Hopefully a lot of Arlington Forest families will come. RSVP to co-op president Christy McIntyre at [christy.playbyplay@gmail.com](mailto:christy.playbyplay@gmail.com).



**SNOW DAY:** The flakes came down, schools were cancelled, and the sleds came out for snow day fun.

# No Pooping in My Yard

by Jennifer Klapper



It was a crisp fall day; the only thing I had on my mind was a Redskin win. Well, that was about to change. As I walked through my yard, I almost stepped in a little present. It was the third time a little present was left in my front yard.

Immediately, I went to work. I ushered the kids inside and got out poster board. I highly recommend keeping an ample supply of

poster board around for the occasional protest sign. The kids grabbed some Sharpies and I ran to the basement to get spray paint. With an air of authority I yelled, "Today is the day we will make no pooping signs!" For years the kids have been whining, "When can we make no pooping signs. Please, please, Mommy, let us make no pooping signs!" I decided to give the kids total creative control over their signs.

While they were busy making signs, I decided to mark the spot with spray paint. I started spraying a white circle around the little present and was quickly lost in thought. I started day dreaming about what would happen if I caught the culprit. Here's the clean version. I run out of the house and say, "What are you going to do with that poop?" The mystery person says, "Nothing, I'm going to leave it in your yard!"

This is where you may want to stop reading, cause I'm about to go TIGER MOM. I take a plastic bag, run out, and put the poop in the bag. I then follow the mystery person around with a plastic bag of poop. I'm yelling, "I'm following you till you get to your house! Do you know what I'm going to do with this poop? Do you, do you? Not so tough with a Tiger Mom following you around with a bag of poop, are you?" In my fantasy, I've just scared the poop out of the mystery person. I quickly snap out of my day dream and have run out of spray paint. The only thing missing are the signs. I prominently place three no pooping signs in my front yard. A good no pooping sign in your front yard is sure to bring up the house values.

What's my point? Pick-up after your dog or I might go Tiger Mom on you!

# Nature News

by John Naland

**Arlington Forest Spring Clean Up:** Mark your calendar for Sat, April 30, 9-11 AM when Arlington Foresters will gather at locations around our neighborhood to clean up community spaces including Lubber Run Park, the 2nd St traffic circles, Four Mile Run near the foot of S Park Dr, Four Mile Run near the foot of N. Greenbrier and the buffer strips on the north and south sides of Route 50. Details of this first annual neighborhood-wide clean-up sponsored by AFCA and the *Arlington Forester* are still being developed. Stay tuned for further info next month.

**Ballston Winter Nature Celebration:** The Arlington Children and Nature Network, which is dedicated to connecting Arlington kids to nature, invites you to come to the Ballston Mall food court on Sat, Feb 19, 10 AM-2 PM. The event includes nature crafts, activity booths, live animal visits and a kid-friendly Ballston Walkabout. Refreshments including hot beverages courtesy of Chick-fil-A. For more info or to RSVP, email [office@arlingtonenvironment.org](mailto:office@arlingtonenvironment.org) or call 703-228-6427.

**Ballston Beaver Pond Improvement:** The water that we enjoy seeing in Lubber Run first flows through the Ballston Beaver Pond. Located at the corner of Fairfax Drive and

I-66, the pond was built to slow down stormwater runoff from the highway. But it also became home to wetland plants and, yes, beavers. In recent years, however, it has silted up and needs to be reconfigured and replanted to be better able to slow down stormwater, remove pollutants from the water, and enhance wildlife habitat. To learn about the improvement plans, attend the public meeting on Thurs, Feb 24, 7-9 PM at the National Rural Electric Cooperative Building, 4301 Wilson Blvd. For more info, contact Gayle England at [genland@arlingtonva.us](mailto:genland@arlingtonva.us).

**Green Living Expo:** Arlingtonians for a Clean Environment (ACE) invite you to their second annual Green Living Expo on Sat, Mar 19, 10 AM-4 PM at Washington Lee High School. The expo will feature green suppliers, exhibits and seminars from government agencies and nonprofits, and more. The goal is to educate residents about practical ways they can green their lifestyles, focusing on energy conservation, solid waste reduction, eco-friendly transportation, sustainable landscaping, and healthy homes. The Expo will also include seminars, a raffle and activities for children. It will showcase new technology that can help soften our carbon footprints in Arlington.



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*Jim*

# Neighborhood Notes

by John Naland

What are your stories from the great rush-hour snow storm of January 26, 2011? My story starts with abandoning my car at the Arlington Forest Shopping Center after the car failed to make it up "Mount Edison" (i.e., drive up N. Edison St. from Route 50). My story ends with us taking our food out of a snow bank to go back in the refrigerator when electricity came on after a 22 hour outage. I am sure that some in our neighborhood have even more exciting stories to tell from that storm.

Walking and driving around Arlington Forest the next weekend, it was reassuring to see how many residents had shoveled their sidewalks. In years past, I remember navigating many dangerously icy sidewalks as I walked to mass transit and walked my dog. The increased shoveling this season is probably partially attributable to the new County ordinance threatening fines for those who fail to keep their sidewalks in safe condition. But the *Arlington Forester's* new "Kids for Hire" listing appears to have helped since most of the kids on the list tell me that they got at least one or two snow removal jobs. This "Kids for Hire" service gives residents who are unable to shovel due to ill health, travel, or other circumstances a low-cost way to comply with the law. An updated list is published in this month's newsletter.

In view of the County requirement and the availability of local kids to shovel, what are we to make of the small percentage of residents who failed to clear their sidewalks? While a few of the offending houses that I saw appeared vacant, others were clearly occupied. Their failure to keep their sidewalks clear of snow and ice put their neighbors' safety at risk: children going to the school bus stop, commuters walking to mass transit, neighbors walking their dogs, senior citizens out for a health stroll, parents pushing baby strollers, etc.

And while the Arlington Forest Club promptly cleared their sidewalks and the Arlington Forest Shopping Center parking lot was plowed within hours, the Arlington Forest United Methodist Church took three days to clear a short path from their parking lot to their door and left the majority of their sidewalks covered in snow and ice.

## Get Connected with AFCA!

Website: [www.capaccess.org/forest](http://www.capaccess.org/forest)

Listserv: [ArlingtonForest@googlegroups.com](mailto:ArlingtonForest@googlegroups.com)

To join, e-mail: [ArlingtonLife@gmail.com](mailto:ArlingtonLife@gmail.com)

Next Meeting: February 16th, 7 p.m.



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# Around the Forest

**Crime Watch:** After vehicle break-ins in early January along several streets including N Granada, the police gave AFCA the following advice: Lock your car – many recent robberies were of unlocked cars. Do not leave valuables visible inside cars – especially loose or detachable electronic devices. Be alert to suspicious subjects in the area after dark. Take the time to look out your windows a little more. If you see subjects or vehicles in the neighborhood that do not belong there, call the police non-emergency number at 703-558-2222 and they will try to send out a patrol car. Report an ongoing break-in to 911. Report any newly discovered break-in to the police non-emergency number. Even if the crook is gone, the police can fingerprint the car and such evidence could help to identify a crook responsible for numerous crimes.

**Snow Watch:** The County has an online form at <http://egov.arlingtonva.us/snowrequest> for reporting streets that need plowing or sidewalks where residents or businesses have failed to remove snow within 24 hours after snowfall ceases. Failure to shovel can result in a \$50 fine plus being billed for removal fees. Despite the 24-hour rule, the County urges shoveling “as soon as possible” since snow and ice left for any length of time could cause a pedestrian to fall and be injured.

**Carlin Springs Road Bridge Project:** The County is planning to rehabilitate the Carlin Springs Road Bridge over N. George Mason Dr. with an \$845,000 federal grant. The bridge, built in 1961, is considered to be structurally sound, but has shown the greatest deterioration of any County-owned bridge. The work will include structural improvements and new safety features: new concrete bridge decking, new bridge railings, barriers between vehicle travel lanes and the sidewalks, pedestrian safety lighting under and above the bridge, new approach guardrails, wider sidewalks on the bridge and improved signage. The County will hold a community meeting this summer to present design concepts and solicit input. Construction should begin in 2012.

**Glencarlin Park Playground:** The Arlington County Neighborhood Conservation Program may soon add or replace playground equipment in the Glencarlyn Park at the end of South Park Drive. AFCA would like your suggestions about the type of equipment that would be best. Please send suggestions to Tim O’Leary, AFCA’s Neighborhood Conservation Representative, at [tfoleary310@gmail.com](mailto:tfoleary310@gmail.com).

**Student Honored:** Kenmore Middle School bassoon player Katherine Taylor, 200-block N. Granada Street, has been selected to participate in the District 12 Honor Band. She is one of only 19 Arlington students chosen for the program.

**Washington-Lee Crew Mulch Sale:** Just in time for spring, the W-L Crew Team is selling bagged hardwood mulch to raise funds for team expenses. The 2 ft cubic bags are \$8 (10 bag minimum). Mulch will be delivered to your house on Mar 5. You can buy from your neighborhood rower or order directly by emailing Kelly Heinzman at [kelly@heinzman.org](mailto:kelly@heinzman.org). The sale ends Feb 26.

**Emergency Response Training:** The County’s Community Emergency Response Team (CERT) training is an eight-session course that covers disaster preparedness, disaster medical operations, light search and rescue, fire suppression and terrorism. To date, over 480 people have completed CERT training. It is open to Arlington residents at least 18 years of age (16 if accompanied by parent). The free classes meet at the Fire Department Training Academy in Shirlington. Spring classes begin on Mar 16 and 22. For more info or to sign up, contact Cynthia Kellams at [ArlingtonCERT@aol.com](mailto:ArlingtonCERT@aol.com).

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## Forest Exchange

**House Wanted:** House in Arlington Forest for our expanding family (no staging necessary for sale - let's keep third party fees to a minimum). If you are interested in selling your home in 2011, let's make a deal! Please contact Jennifer Mehmood, 571-259-9864, jennifermehmood@gmail.com.

**AFC Membership Wanted:** Family seeking Arlington Forest Club membership. Contact Joan at 703-522-1322.

**Fridge For Sale:** Refrigerator/freezer frostless; 18.6 cu ft; 65.5"H, 31.5"W, 27 5/8" deep less handle; white. \$200 or best offer. Great for second frig in basement or garage. U haul (in basement now). If you are interested, please call 571-338-4828.

**Ivy Removal:** Forester Paul Kovenock, 703-525-5221, is available to advise Forest homeowners adjacent to Lubber Run Park on ridding their yards of invasive English ivy and voluntarily supervising day laborers to get it done.

**Community Yard Sale:** Mark your calendar -- Arlington Forest's annual Community Yard Sale will be held on Saturday, May 21. Tips on how to conduct a successful yard sale will appear in a future newsletter.

**Wanted:** AFCA annual dues. Send you membership registration coupon along with \$10 annual household dues to your AFCA section VP today. Thanks!

**Put Your Notice Here:** Send your notice to nalandfamily@yahoo.com by Mar 4.

*Next AFCA Meeting:  
Wed, February 16th, 7 p.m.  
at Barrett Elementary School*

## AFCA MEMBERSHIP DUES

### ANNUAL DUES \$10 PER HOUSEHOLD

Deliver this form and your check for \$10 payable to "AFCA" to your respective AFCA section vice president.

Greenbrier: Tom Smialowicz, 26 N. Granada St. 22203

Northside: Allison Kennett, 139 N. Park Dr. 22203

Southside: Douglas Sims, 119 S. Columbus St. 22204

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# Southside Traffic

by John Naland

Southside residents received good news from the County in response to their concerns about traffic problems near the intersection of Arlington Boulevard (Route 50) and South Columbus Street.

In a Feb 3 meeting with Southside resident Lilli Tnaib and two other neighbors, County traffic engineer Ramzi Awwad said that the County will place an approximately four feet-wide median at the exit from eastbound Arlington Blvd onto S Columbus to force Route 50 traffic to make an appropriate, slow right turn into the neighborhood. The median will have markers on it so drivers do not run over it. The County will have the design for the median ready in a few months. The project is expected to be completed in the summer. Once in place, the new median should reduce the speed of vehicles entering the residential streets.

The residents also asked Mr. Awwad to add additional signage near that intersection to promote the observation of speed limits. He said the County would consider the issue.

AFCA appreciates the advocacy role taken by these Southside neighbors in sharing their first-hand insights with County officials.

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## GERIATRIC CASE MANAGEMENT

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*Diane Hendel, RN, MBA, DNPc*

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Mark your calendar and join us on

- Feb. 16, 12:30 – 3:00 p.m. – Afternoon movie for parents and kids
- March 8, 6:00 – 7:30 p.m. – Shrove Tuesday Pancake Supper
- March 9, 12:30 – 3:00 p.m. – Afternoon movie for parents and kids

Visit us on the web at [stjohnsarlington.thediocese.net](http://stjohnsarlington.thediocese.net)

# Barcroft School News

Join us for great events happening at **Barcroft Elementary** in February and March. Special fitness programs include our weekly **Monday Mornin' Movers** (MMM). Depending on the weather, we meet at the outdoor track or the gym from 8:30-8:50 AM. MMM meets on Feb 14 and 28, and Mar 7, 14, 21 and 28. The PTA is also hosting two **Family Fitness Nights: Roller Skating** at the T.J. Community Center on Saturday, Feb 26, at 6:30 PM, and **ZUMBA dance** on Friday, Mar 25, from 7-8 PM.

**During February**, the K and 2nd Grades will collect spare change for the **Pennies for Peace Project**. All money raised will be donated to Central Asia Institute, an organization that builds and provides school supplies for schools in the Middle East. Just a penny can buy a pencil, and \$600 can pay a teacher's annual salary. To participate, bring spare change by the Office during school hours.

**African American Heritage Night** and the **PTA Silent Auction** will be held on Friday, Feb 25, from 6-9 PM. Join us for an evening of great food, entertainment, and fantastic items up for bidding. Barcroft will feature the "Taste of Barcroft Cuisine Sampler" including foods cooked in the African-American and Southern traditions. There will also

be special entertainment to commemorate Black History Month. A number of wonderful items will be available to the highest bidder. One big ticket item is a photo session with Clinton White House photographer, Ralph Alswang. See his work at <http://www.ralphphoto.com/>. **Bidding STARTS** at \$500, so remember your checkbook!

On Tuesday evening, Mar 1, the Barcroft PTA will host the **Coffee House and Book Exchange**. All are invited to exchange unwanted books for something new to you, including a great selection of children's books. Desserts and hot drinks will also be served, so bring the family!

Barcroft will host two **Orientation/Open Houses** for prospective parents in March: Tuesday, Mar 8, from 9:15-11:15 AM and Thursday, Mar 31, from 9:30-11:30 AM. Join us for a tour of the school and learn more about Barcroft. Also on Mar 31st, Barcroft will host the 3rd Quarter **Leonardo da Vinci Learning Day**. The school will be open all day for parents and neighbors to observe recent student learning.

To learn more about What's Happening at Barcroft in 2011, go to <http://www.apsva.us/15452010312423667/site/default.asp>.

Upcoming AFCA Meetings are Feb 16, Mar 16, Apr 20 & May 18.



## Real Estate Facts

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# Barrett School News

On January 5th, after their return from their winter break, eight 4th and 5th grade students battled for the title of Barrett's 2010-2011 **School National Geographic Champion**. Sam Mansour, Shabnam Nooristany, Sean Manlove, Lucas Obey, Ulda Maldonado and Andrew Hawkins competed valiantly but were eventually eliminated setting up a final round match between two 4th graders: Henry Nalker and Olivia Kennett. The final lasted six rounds with Olivia finally coming out on top when she correctly identified China as the country where the city of Tianjin on the Hai River was located. Olivia then took a 70 question multiple choice test in an hour to see if she qualifies for the state National Geographic championship. Congratulations to all the competitors.

Barrett's **Science Discovery Night** and **NASA Explorer School Celebration** is Thursday, Feb 24. Our doors will be open from 6-8 PM, so come and see what our students are learning about in science, along with some other fun, hands-on experiences! This year we are featuring Lego Design Challenges, Sports in Space Challenge, Robonaut, Robotics Demonstrations, Animals from Long Branch Nature Center, Telescopes, Careers in Science, Student Science Projects, and videoconferencing in the Discovery Lab with NASA Glenn Research Center.

On Thursday, Feb 3 Barrett 5th grade students had the opportunity to speak with **Senator Whipple** and **Delegate Hope** via the videoconferencing system in the Barrett Discovery Lab. The event was part of **Virginia Aerospace Day** in Richmond. For photos of the event, please visit [www.tinyurl.com/ProjectDiscoveryBlog](http://www.tinyurl.com/ProjectDiscoveryBlog)

## Membership Drive

by John Naland

If you have not yet sent in your \$10 AFCA dues for the Sept 2010-Aug 2011 fiscal year, please do so today using the form on page 7. As of Jan 31, just 276 of the 853 households had paid -- representing a 32% participation rate. The rates by section were Greenbrier Section-36%, Southside-33% and Northside-27%. In comparison, membership was 525 (62% participation) in 1945 soon after AFCA was formed. The record high was 655 (77% participation) in 1972. As Arlington Forest approaches its 75th anniversary in 2014, let's increase AFCA membership along with the community spirit that it represents.



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# Nature Center

Visit Long Branch Nature Center (LBNC) this winter. To register for these programs, call 703-228-4747 or register online at: <https://registration.arlingtonva.us>. For more info call 703-228-6535.

**Flying Squirrels Galore!**: Every Saturday through Mar 12 in early evening. If you are quick enough and are armed with a flashlight you may be able to keep up with the little nocturnal mammals known as southern flying squirrels that frequent the park surround LBNC and can glide up to 150 feet. These creatures are truly one of the natural wonders of the Arlington! Stop by LBNC to learn about flying squirrels and have the chance to see some flying around for an early evening snack. \$5 fee per person; \$20 max. per family.

**Project Learning Tree**: Sat, Feb 26, 10 AM-4 PM. Adults. Project Learning Tree (PLT) is an award winning environmental education program designed by educators for educators. PLT's mission is to increase understanding of our environment and to develop the ability to make informed decisions on environmental issues. PLT activities help students connect classroom concepts to the real world through a variety of hands-on activities. Participants will receive a copy of the PLT PreK-8 Environmental Education Activity Guide packed with 96 multi-disciplinary activities tailored to specific grade levels and learning objectives. All include up-to-date student resources, background information for educators and easy-to-follow instructions. Please bring a bag lunch and drink. Free. Program #622940-B

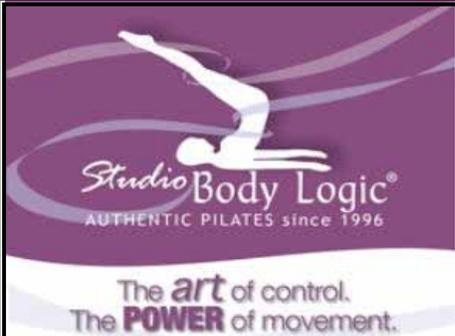
**Invasive Plant Removal**: Sun, Feb 20, 2-5 PM. Ages 9-Adult. Not all plants are good for the environment. Kids and adults will learn what these trouble-some beasts look like and can help rescue the park from these alien invaders! Free, no registration required.

**Hanssen Spy Talk**: Sat, Feb 19, 3-4 PM. Adults. Back by popular demand! The infamous spy Robert Hanssen worked in secrecy all around the nation's Capitol for years before being discovered. Some of those clandestine affairs were conducted right here in the woods of LBNC. Join us as we unfold the dramatic story of this notorious spy and his eventual downfall and arrest, including the FBI's nature center operations. \$5 fee. Program #622940-I

**Wild Ones: Bald Eagles**: Wed, Feb 23, 4-5 PM. Ages 6-10. Register child only. Your child is invited to join our exciting nature club which meets twice a month. At this session we'll study our country's national symbol, the bald eagle. Learn about the life history of

these animals and learn about how they came back from the brink of extinction. \$3 fee due upon registration. Program #622920-E

**Advertise Here: 8 times a year, this newsletter is hand-delivered to 850 homes in Arlington Forest and to the Kenmore and Barrett schools, Lubber Run Rec Center, Glen Carlyn Library, Culpepper Garden Senior Residence. To place an ad, e-mail [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com)**



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# Kids for Hire

These Arlington Forest tweens and teens are available to help out with snow removal, dog walking, babysitting and other services. They are listed by neighborhood, but some may prefer to stay within a few blocks of their house. Contact them to discuss availability and fees.

## Northside:

- Sophia Constantine, dog walking, cpconstantine@comcast.net, 703-841-9229
- Isaac and Marika Mortimer-Lotke, snow removal, 703-276-9046
- Joshua & Sammy Patecell, snow removal, joshuapatecell@yahoo.com, 703-524-6891
- Bo Sampson, babysitting (Red Cross certified), Trombone lessons (4th and 5th graders), Bo.i.samps@gmail.com, 703-522-2761

## Southside:

- Samantha Harris, snow removal, pet sitting, dog walking, samanthaharrisservices@gmail.com, 571-225-5604
- Jon Tiernan, snow removal, dog walking pet sitting, mother's helper (Red Cross certified), jonny.boy4@hotmail.com, 703-979-5046
- Liz Tiernan, snow removal, dog walking, pet sitting, mother's helper (Red Cross certified), liztytiernan@hotmail.com, 703-979-5046

## Greenbrier Section:

- Andrew Bryant, snow removal, skatebk93@aol.com, 703-312-9310
- Zephren Collinson, snow removal, collinson@igc.org, 703-528-3595
- Kate Felsenheld, pet sitting, dog walking, k.cliffhero@gmail.com, 703-276-9874
- Emily Goldman, babysitting (Red Cross certified), dog walking, Tsukiko8@gmail.com, 571-288-5198
- Alex Hendel, snow removal, dog walking, tutoring (pre-K to 5th grade in science, math and history), alexhendel@gmail.com, 703-763-0070
- Alice Naland, snow removal, mother's helper, pet sitting, dog walking, nalandfamily@yahoo.com, 703-888-0125
- Lucy Naland, snow removal, babysitting (Red Cross certified), pet sitting, dog walking, nalandfamily@yahoo.com, 703-888-0125

Middle school or high school students who want to be added to this list next month should send their name, e-mail address and/or phone number, neighborhood and list of services to John Naland at nalandfamily@yahoo.com. Babysitters note if you are Red Cross certified.

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# Culpepper Garden Senior Center

For info or to register, call 703-228-4403. Unless otherwise noted, these programs are free for adults 55+:

**THE SEVEN CHAKRAS:** Wed, Mar 2, 11 AM-Noon. Join Ruthann Pippenger as she explores the teaching of "chakras." Within every living body there are said to be a series of energy fields or centers of consciousness, which are called chakras. Associated with the chakras is a latent subtle energy. Learn more in this interesting presentation.

**TAI CHI:** Tai chi is a slow, graceful exercise that will improve balance, strengthen the body and enhance range of motion. Instructor Takeshi Toma will teach the "Simplified Yang Style". A beginner classes with no experience necessary. Demos on Wed, Mar 9, 1-2 PM. Class Series: Mondays and Wednesdays, 1-2 PM, Mar 21-July 13.

**BOOK DISCUSSION:** Mar 8, 1:45-2:30 PM. Arlington County librarian Carolyn Barton will lead a conversation about *The Things They Carried*, by Tim O'Brien, with stories of American soldiers in Vietnam. Books are available at County libraries.

**LINE DANCING:** Tuesdays, 11 AM-Noon. Kick up your heels with line dancing - easy for beginners and lots of fun for all. No partner needed; line up as the leader explains the steps.

**FOLDING MIND BENDER:** Fri, Feb 18, 10:30-11:30 AM. For a different kind of mental challenge, try the gentle art of origami! The therapeutic and academic benefits of this paper-folding art form have been promoted for centuries to refine mental skills including listening and reading, hand-eye coordination, visual/spatial memory, and problem solving. Practice using these skills in a fun activity led by an experienced origami instructor.

**MAH JONGG:** 10 AM-2 PM. Fridays beginning Mar 4. Our senior centers offer recreational games of Mah Jongg in both American and Chinese styles. Our Mah Jongg groups typically play American style at Aurora Hills and TJ and prefer the Chinese style at Langston-Brown. If you are interested in learning American style at Langston-Brown, an instructor will teach you how to follow the standard hands.

**PANCAKE DAY:** Tues, Mar 8, Noon-1 PM. Culpepper Garden will be serving hot pancakes with all the fixings! Music and fun provided by the Merymakers. \$1 per pancake.

**OSTEOPOROSIS & ARTHRITIS:** Fri, Mar 11, 11-Noon. A speaker from The Medical Team, a home health care agency, will discuss the differences between osteoporosis, osteoarthritis and rheumatoid arthritis.

## How Much Home Can You Afford?

Home prices skyrocketed in the early 2000's up through 2005 and 2007. The housing bubble burst in the Spring of 2007 and markets tanked. Now house values are resetting, and some areas still in decline while other certain neighborhoods in the Washington DC area have remained more stable in comparison. Many buyers are cautious and wary to make a mistake of buying a home they can't pay for. How much home can you really afford? Home affordability includes a range of factors:

**Employment status:** Do you have a stable job and income? Lenders will want to know if they can rely on you to make monthly payments for many years to come.

**Credit Score:** Over your adult life you have built up a credit score. Every card and loan you have opened has figured into a 3 digit number from 300 - 850. The higher your number, the less "risk" you are perceived to be, and you'll be extended higher sums of credit at a lower rate. How faithfully you've repaid loan and credit cards and how many of them you have open, dictates your score.

**Savings:** Some experts recommend you put at least 20% downpayment. Other loan programs allow from 3.5% to 10% down. You will also need additional cash for closing costs, as well as maintenance and repairs (inevitable with home ownership!)

**Emergency Fund:** Do you have a separate savings account worth 8 months of bills? You must have an emergency fund as things do and will happen. Without this fund, you can't afford a house. You may be able to "borrow" money for a house... but in reality you really can't afford one.

**Interest Rates:** Interest rates are still at historical lows. At this writing, the 30-year fixed rate mortgage is 4.75% (Rates in the 1980's were between 13% and 18%). In recent years, "What can I afford?" has turned into "How much monthly payment can I afford?" or "How much credit am I approved for?" These do not equate with affordability as you need to think about what kind of home is appropriate for you and your family. If you would like a free handbook explaining the home buying process, contact me for a free copy as well as a no obligation consultation!



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