

# The Arlington Forester



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## New Year, New Challenges

The Arlington Forest Citizens Association enters 2011 ready to continue its mission of advancing the interests of our neighborhood as it has since 1940. As a member of the countywide Civic Federation, AFCA representatives frequently interact with County officials on issues of concern to the 853 households in Arlington Forest. Many improvements over the years that we now take for granted such as cross walks and additional street lighting were installed as a result of AFCA advocacy. AFCA also organizes several fun events each year and publishes the oldest community newsletter in Arlington County to keep you informed of neighborhood events and issues.

If you have not yet sent in your \$10 AFCA dues for the Sept 2010 to Aug 2011 fiscal year, please do so today using the form on page 7. As of Dec 31, only 234 of the 853 households had paid. The participation rates are Southside-29%, Greenbrier Section-28% and Northside-25%. In comparison, membership was 525 (62% participation) in 1945 soon after AFCA was formed. The record high was 655 (77% participa-

tion) in 1972. As Arlington Forest approaches its 75th anniversary in 2014, we want to increase AFCA membership along with the community spirit that it represents.

The next AFCA meeting is Jan 19 at 7 PM in the Barrett School library. If you have an issue to raise or just want to see your association in action, please attend. The agenda includes initial planning for the first annual Arlington Forest Day neighborhood-wide clean-up to be held in April. Each spring in recent years some Southside neighbors have gotten together to clean up the buffer strip along Route 50 and some Greenbrier Section neighbors have cleaned up a stretch of Four Mile Run. This year, those existing efforts will be expanded neighborhood-wide by recruiting volunteers from other parts of Arlington Forest to clean up community spaces near their homes. For example, Lubber Run Park, the 2nd St traffic circles, Four Mile Run near the foot of S Park Dr and the buffer strip on the north side of Route 50. Watch for details in future newsletters.

## Northside Traffic Circles

Substantial progress has been made over the past two months in beautifying the traffic calming circles on North Second Street from Henderson Road to Park Drive. The four traffic circles were installed in the mid-1990s after lobbying by residents who were tired of traffic speeding past their homes. The County installed them on the condition that local residents take care of their upkeep. That worked for a while, but eventually the original volunteers drifted away and the circles became overgrown eyesores.

After discussing this problem at several AFCA meetings last fall and the publication of a call for volunteers in the *Arlington Forester*, all four traffic circles now have been adopted by at least one volunteer. The civic-minded residents who have generously stepped forward so far include: Feike Jansen, Cathy Thurston, Jeffery Wingate, David Barkley, Charlene Mahoney and Allison Kennett.

To assist these volunteers, AFCA spent \$600 on low-maintenance plantings to replace unsightly weeds. The County also donated tulip bulbs and Cathy Thurston donated lilies. Other circle adopters donated other plants. Those plants have been installed and the circles look great. While this represents a great start, AFCA urges ...*Continued page 3*

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*AFCA Meeting 7 p.m. Jan. 19 at Barrett School*

## THE ARLINGTON FORESTER

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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 a caption summarizing an event. Please e-mail submissions to John Naland at [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com). Upcoming deadlines (which vary depending on the date of the monthly AFCA meeting) are: Feb 4, Mar 4, Apr 8 and May 6. Available space often fills up before the deadline, so e-mail the editor in advance to reserve space for a long article or photo. Submissions are subject to editing to meet space constraints.

## President's Column

By Julie Kirchhoff, AFCA President

Hello & Happy New Year, Foresters! I hope you all were able to enjoy the holiday season with family and friends and maybe even a little down time! It seems like all of that comes in a rush and passes just as fast.

The holidays are now behind us and the new year is coming into full swing ... getting back to school, to work and to our daily, weekly, monthly duties!

We're looking forward to yet another good year in the Forest with only a couple of pressing items: mainly the traffic concerns along the service road on the south side of Arlington Boulevard & Columbus Street, parking on North Park Drive near the school and community center, the new snow removal ordinance and the continuing concern about the future of the Lubber Run Amphitheatre. If anyone is interested in being involved with any of these issues, please let us know and we can get you in touch with the right folks.

The traffic circles on North 2nd Street seem to have all found themselves some care takers - at least for the moment. We look forward to a beautiful spring and seeing what surprises they have in store for us. If you happen to see one of our neighbors out there working in the circles, be sure to stop by and say "Thanks!" Or, better yet, lend a helping hand!!

As we're still in the winter season, don't forget to ask our neighborhood kids for help. We've got a list of willing and able individuals to assist with shoveling snow. I'm sure some would be willing to do other things around the yard for a small fee!

This new year and coming spring promise to bring us many happy days ahead. And don't forget to send in your annual AFCA dues to your neighborhood VP using the reply coupon on page 7! Your newsletter depends on it!

Here's to the New Year and wishing everyone health and prosperity in 2011!! See you around the Forest!



## Southside Traffic

by John Naland

Southside residents received a mixture of good and bad 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 Dec 13 e-mail to Southside resident Lilli Tnaib, County traffic engineer Ramzi Awwad reported that the County's monitoring of vehicle volume and speed on the Arlington Blvd service road showed that 85 percent of vehicles were traveling at or below the speed limit and thus the service road does not qualify for a traffic calming program. In addition, collision data over the past three years showed just one reported collision and no trend towards an increasing safety problem. Finally, he reported that the traffic and collision data did not justify closing the access point to Arlington Blvd at S Columbus to traffic (including emergency response vehicles).

On the positive side, Engineer Awwad reported that the County does see the need for re-striping the intersection to slow down vehicles turning from southbound S Columbus onto the eastbound Arlington Blvd service road. The County has forwarded that recommendation to the Virginia Department of Transportation asking for a center-line on S Columbus between Arlington Blvd and the service road to re-enforce the requirement that left-turning vehicles perform the maneuver in two stages. The new striping is subject to VDOT approval. Engineer Awwad promised to follow-up with VDOT. These developments will be discussed at the Jan 19 AFCA meeting.

### Traffic Circles ...from page 1

other Northside residents to get involved. If you benefit from the better quality of life and higher property values resulting from the traffic calming provided by these circles then please volunteer to help with ongoing maintenance. To do so, please contact AFCA Northside Vice President Allison Kennett at [allison\\_kennett@sra.com](mailto:allison_kennett@sra.com). She will put you in touch with the team leader at the circle nearest you. As the saying goes, many hands make for light work.

---

Robin McEwen and Jose Comacho who decorated the room and assisted throughout the evening. Thanks also go to Captain Higgins and his crew at Fire Station 2 which provided the fire truck and to the residents who worked behind the holiday treats tables. Special thanks to Santa's elves, Katherine and Abigail Taylor.

This neighborhood gathering has taken place annually since 1946. Initially it was held outdoors at the "Holly Circle" in front of the Arlington Forest Shopping Center, but it shifted in the 1980s to the Lubber Run Recreation Center which has hosted it ever since. We hope to see you there next holiday season!



## Holiday Party

by John Naland

Over 300 festive Arlington Foresters turned out on Dec 3 to welcome Santa to the annual AFCA Holiday Party at the Lubber Run Recreation Center (Pictured above and below left). Santa rode past the lighted Christmas tree on a strobe-flashing, siren-screaming Arlington County fire truck and then entered the rec hall where he was greeted by excited kids, camera-toting parents and other residents who could not resist this long-standing neighborhood tradition. Santa sat on his throne hearing each child's holiday gift wishes. Santa's elves handed out gift bags as the children left. Kids and grownups alike swarmed over a long line of tables laden with holiday treats brought by parents and neighbors.

Forester David Mog and wife Gloria made sure that Santa showed up right on schedule. Holiday music was provided by foresters Ken Schellenberg (piano) and Chris Bosch (bass) along with Tommy Greco on saxophone (private music instructor to many Arlington Forest children). Girl Scouts sang carols.

As he has for 20 of the past 25 years, Chris Scheer coordinated the party on behalf of AFCA. Special thanks go out to the Lubber Run Recreation Center staff, particularly

# AF101: News You Can Use

by John Naland

There is more going on in our neighborhood and surrounding areas than can fit in this newsletter. Therefore, this month's "Arlington Forest 101" column lists websites and e-mail lists that can keep you informed on a day-to-day basis:

**AFCA Listserv:** Your neighborhood association's listserv typically sends a handful of messages per month about neighborhood issues and AFCA activities. To join the 400+ member listserv, e-mail [ArlingtonLife@gmail.com](mailto:ArlingtonLife@gmail.com).

**AFCA Website:** AFCA's official website is located at <http://www.capaccess.org/forest>. Webmaster Elroy Nieweg posts a variety of current and historical neighborhood-related information on the site. A recent addition is back issues of the Arlington Forester.

**AFMoms Listserv:** This online group focuses on Arlington Forest household and family issues. For example, recent e-mails polled members for recommendations on good plumbers and offered various used goods for free pickup. The listserv sends out an average of 150 messages per month which can be received individually or in once-a-day batches. To join the 180+ members of this online community, go to <http://groups.yahoo.com/group/AFMoms/join>.

**AFC:** The Arlington Forest Club has a website and a members' listserv. For details, go to <http://arlingtonforestclub.org/>.

**Arlington County:** The County website at <http://arlingtonva.us/> has a wealth of information. The County also distributes over two dozen e-mail newsletters covering a variety of topics such as the arts, nature center programs and youth sports. For example, the biweekly "Arlington Insider" newsletter features news, events, tips and more. To subscribe to a County newsletter, go to <https://www.arlingtonva.us/subscriptions/subscribe.asp>.

**ARLNow.com:** Launched in Jan 2010, this commercial website at <http://www.arlnow.com/> is updated multiple times each day with local news, views and things to do around Arlington. For example, it has a database of Arlington crime reports displayed over a map.

**Other:** There are numerous other websites and publications reporting on news and events in Arlington. For example, the weekly Arlington Sun Gazette newspaper has a frequently-updated website at <http://www.sungazette.net/arlington/news/>.



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## *Your Neighbor in Arlington Forest*

If you are considering selling, please call me and let's arrange a time when we can discuss your future sale; there is no obligation. I want to show you how I market homes and help you determine what your selling price should be, and I have all the tools that Long and Foster has to offer. Don't wait too long to market your home as timing is very important. I look forward to meeting with you.

*Jim*

# Snow Watch

by John Naland

If we get more snow this winter, the County has created an online form at <http://egov.arlingtonva.us/snowrequest> where residents can report streets that need plowing. That form may also be used to report sidewalks where residents or businesses have failed to remove snow and ice within 24 hours after snowfall ceases (within 36 hours if snowfall exceeds 36 inches). Noncompliance can result in a \$50 fine plus being billed for removal fees if the County does the shoveling. 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.

The County urges all residents, including those with disabilities or who may be out of town, to make arrangements to maintain clear sidewalks adjacent to their property. Residents who do not 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 carriages, etc.

If you need help complying with the sidewalk snow removal ordinance, below is a list of Arlington Forest students who are for hire for snow shoveling:

## Northside:

- Isaac and Marika Mortimer-Lotke, 703-276-9046
- Joshua & Sammy Patecell, [joshuapatecell@yahoo.com](mailto:joshuapatecell@yahoo.com), 703-524-6891
- Gabriel Yudken, [gabriel\\_y@verizon.net](mailto:gabriel_y@verizon.net), 703-623-7015

## Southside:

- Samantha Harris, [dddano@hotmail.com](mailto:dddano@hotmail.com), 703-892-8456

## Greenbrier Section:

- Margot Austin, [mhaustin@mac.com](mailto:mhaustin@mac.com), 703-312-4792
- Andrew Bryant, [skatebk93@aol.com](mailto:skatebk93@aol.com), 703-312-9310
- Zephren Collinson, [collinson@igc.org](mailto:collinson@igc.org), 703-528-3595
- Alex Hendel, [alexhendel@gmail.com](mailto:alexhendel@gmail.com), 703-763-0070
- John Mutty, 703-965-9763
- Lucy & Alice Naland, [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com), 703-888-0125

## Kids for Hire

The first "Kids for Hire" list in the November *Arlington Forester* was a success with many of the neighborhood kids on the list landing snow shoveling jobs. For the February newsletter, we will expand the list to include baby-sitting, dog walking, pet sitting, and other services. Any middle school or high school student who wants to be on this list should send his/her name, e-mail address, phone number, neighborhood, and list of services offered to John Naland at [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com). Babysitters please note if you are Red Cross certified.



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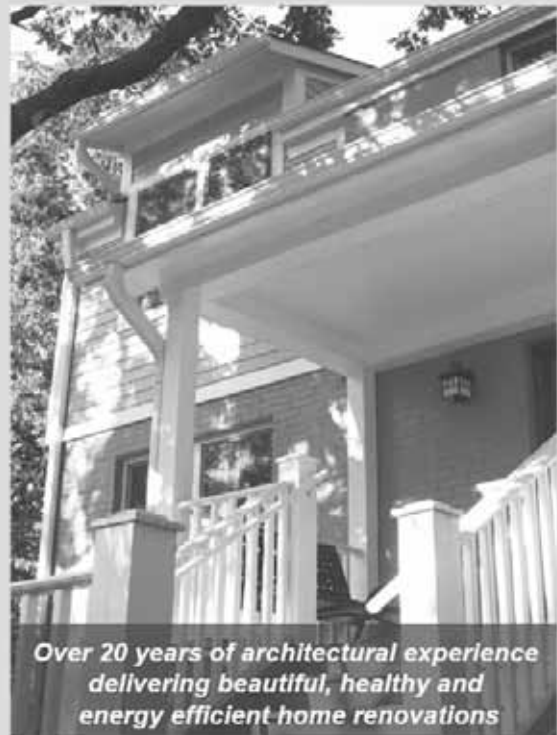
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## Around the Forest

**Crime Watch:** A rash of vehicle break-ins in the past month along several streets including N Granada serve as a reminder to all residents to not leave valuables visible inside cars. Of course, some thieves will break in looking for valuables even if none are in sight. In all cases, it is vital to report the crime even if the crook is long gone, nothing was stolen and the car was not damaged. The police routinely fingerprint cars that have suffered break-ins and such evidence could help to identify and convict a crook responsible for dozens of crimes. Non-urgent incidents should be reported to the police via an online form on the County website or by phoning 703-558-2222.

**Upgrades at Park Dr and Route 50:** The County is in the early stages of planning to improve conditions for transit users, pedestrians and cyclists at the intersection of Park Dr and Route 50. The new work will probably include high-visibility crosswalks and pedestrian countdown signals; better and more visible traffic signals; better bus stops; and improved drainage, since hydroplaning has been a contributing factor in vehicle crashes at this location. Forster Jane Stevens is monitoring the planning for AFCA.

**Leaf Collection Over:** The County's annual fall leaf collection is over. To be a good neighbor, please rake up and bag any remaining leaves in your front yard so they do not blow onto your neighbors' lawns or clog storm drains.

**Planetarium Update:** Thanks to community support, Friends of the Planetarium has collected over \$240,000 so far in its effort to save the Arlington planetarium. The final goal is \$402,000 by June, so support is still urgently needed. Details about memberships, seat dedications for the refurbished planetarium and other Friends' efforts can be found at <http://www.saveplanetarium.org>. Supporters can also help by purchasing save-the-planetarium t-shirts and bumper stickers at Casual Adventure at 3451 N Washington Blvd. To sign up for updates about the Friends' events and progress e-mail [save.the.planetarium@gmail.com](mailto:save.the.planetarium@gmail.com).

**Aspiring Lifeguards:** If you are 15 or older and would like to join the lifeguard staff at the Arlington Forest Club this summer, please apply by February. Numerous applicants were turned away last season because they applied too late. Hiring is done through the management company High Sierra Pools ([www.highsierrapools.com](http://www.highsierrapools.com)). The contact person is Desislava Lazarova at [dessie@highsierrapools.com](mailto:dessie@highsierrapools.com). High Sierra offers training (for a fee) for Red Cross certification, which is required to be a lifeguard.

**Introduction to Robotics:** Arlington Forester John Kauffman is teaching a class on robotics offered by Arlington Adult Education on Tuesday evenings from Jan 18 to Feb 15. Students aged 12 and up will learn how to control the brains of the robot and then how to translate that knowledge into movement and navigation. The final project will have the robots navigate a trail without human input. The instructor has experience with parents and students signing up together. For details and to register, see the catalog entry for Robotics 1 on the Arlington Adult Ed website: <https://registration.arlingtonadulthood.org/CourseStatus.awp?&course=11WBE496>

**Student Honored:** Arlington Forester Jonathan Tiernan, a student at Gunston Middle School, was recently honored at a statewide awards ceremony for gifted children held by the Johns Hopkins University Center for Talented Youth (CTY). Jonathan was recognized for his exceptional performance on a rigorous, above-grade-level test given to CTY Talent Search participants.

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## Forest Exchange

**Help Wanted:** Crystal Coiffure in the Arlington Forest Shopping Center has a position opening for a beautician. Contact Sunny at 703-525-6828.

**Hard Worker For Hire:** Twelve-year-old honor roll student and travel soccer player with two dogs can help with pre-K thru 5th grade tutoring in science, math and history; pre-school thru 2nd grade private soccer lessons; dog-walking and snow shoveling. Call 571-216-9751 or e-mail alexhendel@gmail.com.

**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.

**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 Feb. 4.

## 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

NAME: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Please inform me of Arlington Forest activities by e-mail:

E-MAIL ADDRESS: \_\_\_\_\_

## Arlington Forest United Methodist Church

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# Shop Local: New Forest Valet

by John Naland

*This is the first in a series of articles profiling businesses in the Arlington Forest Shopping Center. Please support our local economy by thinking of your neighborhood merchants first when you need goods or services.*

A consistent focus on quality by hands-on owners has kept New Forest Valet going strong since Arlington Forest resident Edgar McIntosh, Jr. and his father opened for business here in April 1967. Now joined by Chris McIntosh representing the third-generation of owner-operators, their motto "Fussy Cleaning for Nice People" reflects an attention to detail that applies whether the item is a \$30 shirt or a \$1,000+ garment. That technical excellence is matched by superior customer service as the McIntoshes warmly greet repeat customers by name.

New Forest Valet consistently receives high marks for quality in consumer ratings such as Washington Consumers' Checkbook and the online rating site Yelp. Here is a typical customer posting from [www.yelp.com](http://www.yelp.com): "Excellent service and quality cleaning. They are family owned and operated. Don't confuse them with the discount chains. You get what you pay for, so take your clothes here and you will."

In addition to standard dry cleaning services, New Forest Valet specializes in cleaning and restoring delicate or



fancy items such as wedding gowns, table linens, draperies, leather, suede and furs. They also clean oversize items such as comforters and do tailoring, alterations and shoe repair. Almost all work is done on site.

New Forest Valet is open Monday through Friday from 7 AM to 7 PM and on Saturday from 9 AM to 3 PM. Their phone number is 703-525-4354.

## Get Connected with AFCA!

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

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

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

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# Barcroft School News

There are many interesting events happening at Barcroft Elementary in January and February. Join us for **Monday Mornin' Movers** (MMM) exercise program. Depending on the weather, we meet at the outdoor track or the gym from 8:30–8:50 AM. MMM meets on January 24 and 31, and February 7, 14, and 28.

On Tuesday evenings in January from 6-7 PM, there are **Chats with the Principal**, Mrs. Miriam Hughey-Guy. Join us for Tea and Cookies, come with questions, and learn more about Barcroft. The Chat for 3rd Grade is on January 18, and for 4th and 5th Grades on January 25. All neighbors/parents are welcome to these chats. Everyone is also invited to attend the **Winter Concert** on Friday, January 21 at 2 PM and 7 PM. The concert features the Fourth and Fifth Grade Chorus, School Band and Orchestra, and Spanish Chorus.

The **PTA Rummage and Bake Sale** is Saturday, January 29, from 9 AM –1 PM. Buy some great household bargains and delicious home-baked goods! Neighbors may donate furniture, clothing, toys, household goods, CDs, and other knick-knacks for the sale from January 24-28. There will be tax receipts in the Office for all donations.

Barcroft Elementary will host an **Orientation/Open House** for prospective parents of Barcroft Elementary from 9:15–11:15 AM on Tuesday, February 8. Join us for a tour of the school and learn more about Barcroft. Also in February, Barcroft will celebrate the 100th Day of School. Students will each bring in 100 pennies to be used in classroom math activities, and then donate the change to the Pennies 4 Peace project.

Please save the date: **African American Heritage Night** and the **Annual PTA Silent Auction** will be held on Friday, February 25. All are welcome to 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 family entertainment including student performances to commemorate Black History Month. And a number of wonderful items will be available to the highest bidder. Please join us, and don't forget to bring your checkbook!

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 Jan 19, Feb 16, Mar 16, Apr 20 & May 18.



## Real Estate Facts

Samuel R. Davis

Long & Foster Real Estate, Inc.

2300 Calvert Street, NW

Washington, DC 20008

Office: 202-238-2867

Cellular: 202-256-7039

Email: [samuel.davis@Inf.com](mailto:samuel.davis@Inf.com)

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<http://matrix.mris/Matrix/Public/Email.aspx?ID=23147515646>

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# Barrett School News

**Barrett Elementary wins James B. Hunter Human Rights Award:** Project Interaction at Barrett Elementary received the 2010 James B. Hunter Human Rights Award that is given by the Arlington County Human Rights Commission to recognize sustained commitment and outstanding achievement in the area of human rights made in Arlington. Barrett's Project Interaction was recognized in a ceremony on Dec 9 because of its work in the past 10 years building a welcoming, respectful and inclusive school community that affirms the diversity and advances the human rights of Arlingtonians:

The Family Involvement program, led by Rosa Briceno, creates and supports a wide range of opportunities for families from all backgrounds to participate in their children's learning, contribute their knowledge and talents to the school, and strengthen their advocacy skills.

The Communication Arts/TV Studio, led by Renee Shaw, engages teachers and children in the production of videos that use the power of the story to increase awareness about diversity and build cultural competence.

A video about Project Interaction can be seen at <http://youtu.be/7ISCMpiY1h0>

**Attention Parents of Fall 2011 Kindergartners:** Will your child be five years old on or before Sept 30, 2011? If so, you will want to learn more about the exciting programs offered at Barrett. The staff and PTA are hosting a series of orientations for parents of prospective kindergarten students on these dates: Tues, Feb 8, 9:15-10:45 AM; Tues, Mar 8, 9:15-10:45 AM; Thurs, Apr 14, 12:45-2:15 PM. Each orientation will include an informational presentation, a school tour, and exhibits of students' products. Principal Terry Bratt and Barrett PTA members will elaborate on Barrett's focus in math, science, and the arts and answer questions about Barrett's program. If you have questions about the orientations or want to schedule a follow up visit, please call Principal Terry Bratt at 703-228-6288.

**Congratulations:** As a result of the collaborative interdisciplinary project coordinated by Barrett's Project Discovery teacher Laurie Sullivan, 4th Grade Teacher and ILT Angela Lambert, and Art Teacher Ruth Streeter, 4th grader Nicole Canedos, artwork 'represents the United States in the 2011 International Childrens Art Calendar presented by the Mangrove Action Project. Although their artwork is not featured in the calendar, Yesly Calderon-Deleon and Zac Crespo were awarded 2nd and 3rd prize. To learn about the project and view the calendar, visit <http://tinyurl.com/BarrettMangroveProject>



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# Nature Center

## Update from Naturalist Matt Neff:

Visit Long Branch Nature Center (LBNC) this winter. To register for any of the following programs, call 703-228-4747 or register online at: <https://registration.arlingtonva.us>.

**See, Hear, Sketch:** Sat, Jan 22, 3-4:15 PM. Kids, ages 5-8. Come learn about some natural history topics, listen to a story, and make a craft! Register child only. \$3 fee. Program #622920-I

**Candle Making:** Weds, Jan 26, 3:30-5 PM. You'll light up with this craft, by making your own candles. We'll try our hands at some new and old ways to make these luminaries. \$5 fee. Program #622920-D

**Hanssen Spy Talk:** Sat, Feb 19, 3-4PM. Adults. Back by popular demand! The infamous spy Robert Hanssen worked in secrecy around the nation's capital 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 spy and his eventual downfall, including the FBI's nature center operations. \$5 fee. Program #622940-I

**Flying Squirrels Galore!** Saturdays during January through March 12 in early evening. Jump, Glide, Crash, Scamper. 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 surrounding LBNC. Although they are related to the common grey squirrel, they are about one third the size. Flying squirrels also have fur that is brownish-grey, they have a cream-colored belly, a flat furry tail, big black eyes, and a little nose surrounded by dozens of whiskers. Flying squirrels also have a flap of skin that extends from their ankles to their wrists called a patagium which enables them to glide up to 150 feet. They dine on insects, nuts, fungus, carrion (dead

animals), and eggs. These creatures are truly one of the natural wonders of Arlington! Stop by LBNC to learn a thing or two about flying squirrels and have the chance to see some buzzing around the nature center for an early evening snack. The nature center offers these programs every Saturday, Jan through Mar 12. \$5 fee per person; \$20 max. per family.

**Candle Making:** Weds, Jan 26, 3:30-5 PM. You'll light up with this craft, by making your own candles. We'll try our hands at some new and old ways to make these luminaries. \$5 fee. Program #622920-D

**Pooh Bear Storytime:** Tues, Jan 18, 10:30-11:15 AM. Kids, ages 3 & up. Join a naturalist for some of our favorite winter stories! Register child only. Free. Program #622920-K

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# FCB in Arlington

by Alice Naland

[Editor's Note: In late December, the U.S. Environmental Protection Agency issued a 15 year plan to restore the Chesapeake Bay. Below, a Kenmore Middle School sixth grade student explains how we can reduce pollution runoff into the bay.]

As you know, Arlington Forrest in located right next to Four Mile Run, one of several streams that run into the Potomac River which goes into the Chesapeake Bay, which goes into the Atlantic Ocean. Because of that, it is important that we keep the stream clean, because it impacts people, animals and plants somewhere else if the water is unhealthy.

FCB (fecal coliform bacteria), a bacteria that can make humans sick or die, is in Four Mile Run. FCB comes from warm-blooded animal waste (dogs and humans) that will not harm you unless it is in water. Waste containing FCB enters Four Mile Run from either pet waste on the ground that is washed into the stream by rain, or from broken sewage pipes. One way to decrease the amount of FCB in Four Mile Run is by cleaning up after your pets like picking up dog poop and putting it in a bag in your trash can.



**LEAF PLAY:** As we look forward to the winter and potential snow, we reminisce about how much fun we had playing in the leaves. Two Arlington Forest boys gleefully jump in leaf piles in preparation for the county leaf pick-up. Arlington County had two passes through the Forest via a vacuum truck (one in November and one in December) and had weekly collections for leaves in biodegradable bags. County leaf bag and Christmas tree collection ended January 14<sup>th</sup>.

**The next AFCA Meeting is on January 19th, 7 p.m. at Barrett Elementary School**

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# Culpepper Senior Center

For info, call 703-228-4403. These programs are free for adults 55+

**TAI CHI PRACTICE:** Join others to share serene practice sessions at Culpepper Garden Senior Center. Mondays & Wednesdays, 12:30-1:30 PM, Saturday, 9-10:15 AM.

**SQUARE DANCE:** Join John Brooks and the Square Dance group at Culpepper Garden for a round or two of dancing. The group meets every Monday and is in need of new members. Novice and/or experienced dancers are welcome. It's a fun way to exercise! Mondays, 10 AM-12 PM.

**A GOOD NIGHT SLEEP:** Getting enough sleep helps you stay healthy and alert. But many older adults don't sleep well. Come join Senior Adult Specialist Nancy Connors explore strategies for getting a good night's sleep. Mon, Jan 24, 11 AM-12 PM. Call 703-228-4403 to register by Jan 20.

**FREE LEGAL SERVICES:** Legal Services of Northern Virginia visits Culpepper Garden on the last Wednesday of each month to offer advice, counsel and services to seniors on a range of issues: Social Security retirement and disability benefits, Medicaid, Medicare, consumer and housing law and more. LSNV representatives meet with individuals in a confidential setting. Please call ahead to schedule an appointment. (Non-U.S. citizens should bring proof of immigration status.) Wednesday, Jan 26, 12-2 PM.

**15 STEPS WE CAN TAKE FOR OPTIMUM HEALTH:** Dr. Andrew Weil, M.C. is recognized as an authority on integrative medicine and Natural healing. Come join Senior Adult Specialist Nancy Connors discuss and share ideas from his book "8 weeks to Optimum health". Wednesday, Feb 9, 11-12 PM.

**MEDITATION TECHNIQUES:** The aim of free meditations is to bring inner peace within our self and the world in a positive and spiritual way. Meditation is one of the best methods to bring about transformation and nurture the natural qualities within. The lectures will be taught by Ruthann Pippenger who holds an MA in Guidance and Counseling and devoted years of study to a wide variety of wisdom topics that she integrates into her talks. Join her to learn the basics of meditation. Wednesday, Feb 2, 11AM- 12 PM.

**TAX HELP!:** Ask Jackie! A tax consultant will be available to answer tax questions every Wednesday in February at the same time. Wednesday, 10 AM-12 PM.

## What Are Discount Points?

**Discount points are fees paid to a lender** in order to purchase a lower interest rate, also known as a "rate buydown". The net result is a lower monthly mortgage payment over the life of the loan.

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**Does it make sense** to pay discount points? That depends on a few factors. Usually, it is best to avoid discount points if you'll be in the home less than four years, are applying for an adjustable rate mortgage or plan to refinance within a few years. Discount points are generally a good idea if you plan to remain in the home over five years and don't plan on refinancing in the near future.

**When considering discount points,** it's best to conduct a break-even analysis done by calculating the monthly mortgage payment with no points, then subtracting the monthly mortgage payment with points. The difference is the monthly savings. Then divide the cost of the discount points by the savings. The result is the number of months until you breaks even.

**Discount points for residential property** are tax deductible in the year they are paid. Discount points are available when refinancing, but those are deductible over the life of the loan. It's best to consult with a tax advisor regarding details of these deductions.

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