



## Whither the Lubber Run Recreation Center?

The future of the Lubber Run Recreation Center will be discussed at the Arlington Forest Citizens Association meeting this Wednesday, January 15, at 7 PM in the Barrett School library.

Arlington County's current Capital Improvement Plan (adopted in 2012) calls for rebuilding the Rec Center at the end of this decade with funding from the 2016 and 2018 bond issues. However, last month a group called VOICE (Virginians Organized for Interfaith Community Engagement) petitioned the County Board to consider building a high-density housing development for low-income tenants on the site. Soon thereafter, the County Board instructed its staff to identify three to five County-owned sites that could be redeveloped as government-subsidized housing. That list is due to be presented to the County Board soon with final approval likely to come this spring.

Both VOICE and the County Board point to the recently-completed Arlington Mill Community Center (located near

the intersection of Columbia Pike and Four Mile Run) as a model. That facility combines a 64,000 square feet, four-story Community Center building with a four-story housing development containing 122 apartment units that are available only to low-income applicants. Promotional material says that underground parking is provided for 156 cars at the Community Center and 122 cars at the housing development (278 cars total).

AFCA invited the Director of Arlington's Department of Parks and Recreation (which runs the Lubber Run Rec Center) to attend this week's meeting, but she was unavailable. However, Arlington Forest residents who have been gathering information on the proposal will be on hand to discuss the issue. In addition, the County Manager's office has committed to sending representatives to the February 19 AFCA meeting to discuss the Rec Center's future.

Also on the agenda of this week's meeting will be planning for celebrating Arlington Forest 75th anniversary.

## Happy 75th Anniversary Arlington Forest!

The arrival of 2014 marks the beginning of AFCA's celebration of the 75th anniversary of the founding of Arlington Forest. While the majority of our homes were built between 1940 and 1946, the first construction permit was issued 75 years ago on July 13, 1939. AFCA is organizing a series of activities this year to celebrate that anniversary and to carry out projects to improve our public spaces.

Celebrations will include an Arlington Forest Shopping Center appreciation and family fun day (this coming September), the triennial neighborhood home and garden tour in May (see page 2), and updating and reprinting the Arlington Forest history book (see page 5). Community improvement projects will include the already-initiated survey of sidewalk/curb repair needs (see page 5) and the fourth annual neigh-

borhood-wide spring cleanup of public spaces in April.

Hundreds of Arlington Forest residents joined in commemorations marking the 50th, 60th, and 70th anniversaries. We hope for similar wide-scale participation this time. See upcoming newsletters for details on each event.

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*AFCA Meeting 7 p.m. January 15 at Barrett School Library*

## 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 articles, news notes, letters, and photos focusing on non-commercial events or issues specific to our neighborhood. We publish eight times per year (Sept to Nov and Jan to May). Deadline for submissions is the first of the month. E-mail submissions of up to 400 words to newsletter@arlingtonforestva.org. Space often fills up before the deadline.

## Home and Garden Tour on May 3

By Monica Darnell and Jennifer Claffey  
AFCA Home Tour Chairpersons

The Arlington Forest Home and Garden Tour will take place on Saturday, May 3. This event is only held every three or four years and is not to be missed. It is a great way to show off all the sacrifice that goes along with additions and renovations. We are looking for a dozen plus Forester

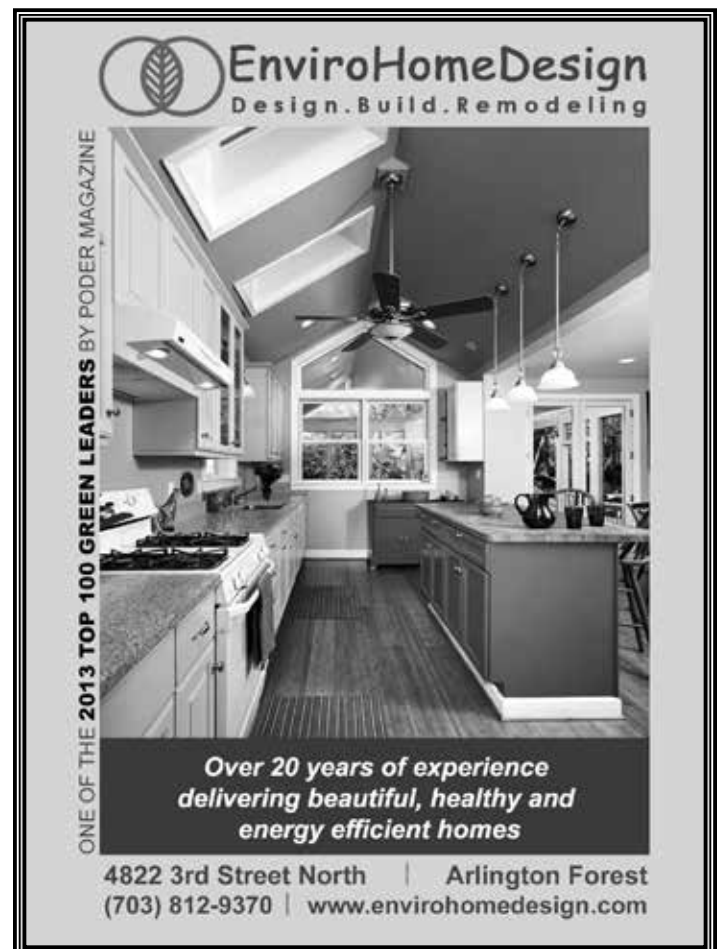
*Save the Date:  
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homes to showcase. The tour enables us to share the different ways we customize these special brick colonial homes. We are also looking for original homes that have creative

solutions to small space living, well-decorated homes and/or beautiful gardens to admire.

We also need volunteers for the planning committee. This is a great way to get involved in the community. We meet once a month and you can choose how involved you want to be (start to finish, just one task, or just helping on the event day).

*If you are interested in having your home or garden on the tour, or if you want to join the planning committee, please contact Monica Darnell at 703-217-4559 or darnell70md@verizon.net*



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# Make Bird Feeding Healthy and Safe for Birds

By  
**Cliff Fairweather**  
 Park Naturalist,  
 Long Branch  
 Nature Center

Many of us feed the birds in the winter. You can actually feed birds all year round but this is the most popular time of year to put out feeders.

baths. The National Audubon Society recommends cleaning feeders at least twice a year and more often if you offer food during the summer. You should inspect feeders when refilling seed to make sure no damp seed is clumping in them. Damp, clumping seed can become moldy and should be discarded right away.



We should keep in mind, though, that we feed birds because we enjoy seeing birds around our homes - they rarely depend on feeders for survival.

Since we feed birds for our enjoyment, I believe we are ethically bound to make our bird feeding as healthy and safe for the birds as possible. By offering food in feeders, we cause birds to concentrate unnaturally, exposing them to possible disease and predation. There are steps we can take, however, to reduce the risks to birds visiting our feeders and bird baths.

One of the most important things we can do to keep birds healthy is to regularly clean bird feeders and bird

Use a hose sprayer, dish detergent, and a brush to scrub feeders, followed by soaking them in a 10% solution of non-chlorine bleach. Rinse them well and allow them to dry thoroughly before refilling. Also, be sure to clean under

your feeders occasionally by raking up spilled seed and seed hulls. These can become moldy and sicken birds that eat them.

Keep your bird bath clean as well. Bird baths should be emptied and refilled every day or two and any algae scrubbed off the bottom. Frequent water changes provide healthier water for birds and get rid of mosquito larvae, which is good for both birds and us!

Where you place feeders and bird-baths is an important safety consideration. Windows are a collision hazard for birds, so feeders should be either within three feet of, or more than thirty feet away from, windows.

In addition, feeders should be placed near shrubs, small trees or other cover so that birds have a chance to escape from hawks and other predators. However, feeders should not be so close to cover that a predator can use it to ambush birds.

Feeding birds and letting your cat outdoors is likely to end badly for the birds. If you have an outdoor cat, keep it inside until after breakfast and get it back in before dinner so that it is not outside during twilight hours when birds are most vulnerable.

For more info about bird feeders, visit [www.audubon.org](http://www.audubon.org) or [www.allaboutbirds.org](http://www.allaboutbirds.org).



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## AFCA Holiday Party

Cold weather did not deter several hundred Arlington Forest kids of all ages from turning out on December 6 to welcome Santa to the annual AFCA Holiday Party at the Lubber Run Recreation Center (see accompanying photos). Santa arrived riding on a strobe-flashing, siren-screaming Arlington County fire truck. He then entered the rec hall where he was greeted by excited kids, camera-toting parents and other residents gathered for this neighborhood party which has taken place annually since 1946.

Santa sat on his throne hearing each child's holiday gift wishes. Kids and grownups alike swarmed over the community goodie tables laden with holiday treats.

Forester David Mog made sure that Santa showed up on

schedule. Festive holiday music was provided by Foresters Ken Schellenberg (keyboard) and Chris Bosch (bass). Barrett Elementary School Daisy, Brownie and Girl Scout members led singing of seasonal songs and helped Santa with the kids. As he has for more than two decades, Chris Scheer organized the party.

Special thanks go to the Lubber Run Recreation Center director Marco Dillon and his staff who decorated the hall and assisted throughout the evening. Thanks go to Captain Randy Higgins at Fire Station 2 (at Wilson and George Mason) who arranged for Santa to be delivered to the party in a dramatic way. Thanks also go to all those who brought treats to share and to the residents who worked behind the holiday goodies tables. Fun was had by all. We hope to see you there next holiday season!



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# Around the Forest

**Sidewalk Survey:** The comprehensive survey of our neighborhood's 75 year-old sidewalks is underway. Responding to the call for volunteers in the November Arlington Forester, residents stepped forward in the Northside and Greenbrier sections. Those teams are in the process of identifying Northside and Greenbrier section sidewalks, curbs, and gutters that present serious tripping hazards or are severely spalled (i.e., the concrete surface has crumbled). That list along with illustrative photos will be sent to the Department of Environmental Services so they can schedule replacement over the next few years. If Southside residents wish to participate in this project, volunteers should contact John Naland at [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com) by January 31.

**AFCA Dues Drive:** The results are in from our fall dues drive that requested \$10 from each household to support AFCA's activities. A total of 317 of the 853 households in Arlington Forest paid their 2013-2014 dues. That is up slightly from last year. Participation rates are Greenbrier Section-39%, Southside-39%, and Northside-33%. If you meant to pay your dues but never got around to it, you will need to wait until next September for the 2014-2015 dues drive.

**Thank You:** AFCA thanks Southside resident Elizabeth Grossman for her work in sending out invoices twice a year to this newsletter's two dozen advertisers. Since ad revenue covers the cost of printing and distributing the newsletter, her efforts allow AFCA to devote 100% of dues to activities and advocacy to enhance the quality of life in our neighborhood.

**Volunteer Needed:** AFCA is looking for a Southside resident to serve as AFCA Vice President for that section of Arlington Forest. Duties include attending most AFCA meetings and receiving AFCA dues payments from Southside residents each fall. For more info or to volunteer, contact AFCA President Julie Kirchoff at [juliek4828@yahoo.com](mailto:juliek4828@yahoo.com).

**Playground Project Advances:** Construction is expected to begin in March on the \$485,000 project to expand the playground in Glencarlyn Park near the end of S. Park Drive. Construction is expected to be completed by late this year. Park elements will include a "sand stream" with climbing and story rocks, a climbing dome, larger swings, and a picnic area. Many features will be geared towards older children.

**Forester Named Rhodes Scholar:** Arlington Forest resident Brian McGrail was one of just 32 Americans named Rhodes Scholars last November. McGrail, currently a senior at Williams College, will receive funding to pursue a Master's Degree at Oxford University in the United Kingdom starting next fall.

**Scouting News:** Arlington Forest and the Boy Scouts of America joined together to support several local food banks through the Scouting For Food event on November 9, 2013. Scouts collected food donations from all over Arlington and McLean. The cooperative effort for the entire area resulted in 73,696 pounds of food overall. This is a 20% increase over last year! A total of 52,928 pounds of food were delivered to the Arlington Food Assistance Center (AFAC), 16,920 pounds were delivered to SHARE of McLean, 3,600 pounds were delivered to Food For Others. A total of 1,253 Scouts assisted with the effort along with 775 adult volunteers from various organizations. A big "Thank You" goes out to Arlington Forest from the Cub Scouts of Pack 548 and the Boy Scouts of Troop 648 for your continuing support of Scouting For Food.

**Post No Bills:** No notices should be posted on telephone poles except those put up by the County announcing zoning changes or the fall leaf collection schedule. If you do post a notice about a lost cat, a yard sale, or other such topic, please remove it after a reasonable length of time. A tacky commercial "We Buy Your Junk" sign was recently posed on an Arlington Forest telephone pole that had begun to look like a permanent advertising platform after neighbors left up numerous homemade notices for months on end.

**Snow Removal:** After the January 2 three-inch snowfall, most, but not all, residents quickly cleared their sidewalks as required by the County code. Residents with winter travel plans or who otherwise are unable or unwilling to shovel their sidewalks should make arrangements to have someone else remove any snow and ice. See the Kids for Hire section for a list of neighborhood youths who are available (look under "yard work").

**Arlington Forest History Book:** AFCA is marking the 75th anniversary of our neighborhood by updating its history of Arlington Forest (last printed for the 60th anniversary) which will be available for purchase. Included will be previously-published remembrances by original home owners documenting daily life in our neighborhood during the 1940s and 1950s. For the updated volume we seek new essays covering more recent years. Potential topics include: a snapshot of neighborhood life in the 1960s or 1970s, last decade's campaign to clear invasive plants from Lubber Run Park, and the recent saving of the Lubber Run Amphitheater. To contribute such a short essay, contact book editor John Naland at [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com).

*Next AFCA Meeting:  
Jan 15th, 7 p.m. at Barrett School*

# January - A Time for Rest and Reflection

By Danylo Kosovych

Owner of Arlington, VA based Organic Edible Gardens LLC

With the arrival of winter all of the season's agricultural work is finished. The days are dark and cold. People are indoors and free of the bulk of their chores. If you make your living as a landscaper like I do then the agricultural ebb and flow of the seasons still largely applies. In reference to the suburban garden, the plants are in dormancy and the ground is frozen, now is a good time to rest, relax and reflect.

While snow will have to be removed from paved surfaces like the driveway, walkways and streets, it can be left alone on planted surfaces. Plants with marginal cold hardiness should have been mulched and protected from frost before the onset of winter. Late winter is the best time of the year for dormant pruning but not until February or March. The year's gardening work is finished. Take some time off.

Many companies have realized that giving their employees time off of work can actually increase productivity and quality of work when their employees return. This is especially true in reference to creativity. Progressive companies like Google are known to give employees an entire month off in an effort to boost creativity.

Removing yourself from direct mental and physical engagement with your work allows you to return to your work refreshed and with a new perspective. Simply being able to rest and refresh the mind and body will lead to improved results when one returns. A change of scenery and a break from the ordinary routine can produce new insights.

If you kept records of your garden, now is a good time to look them over and think about the next year. Walk the garden in winter and take note of the structure of trees and shrubs as they are bare of leaves. Pay attention to the garden beds and pathways, their layout is easier to see without all the vegetative growth of the summer.

But most importantly, take a load off. Read a book next to the fire. Go on vacation. Meet with family and friends. Drink, eat and be Merry!



*Electronic versions of this newsletter are available:*  
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*Jim*

# Community Calendar

## HAPPY NEW YEAR!

**Next AFCA Meeting:** Wednesday, January 15. See page 1 for details.

**Neighborhood Spring Cleanup:** April date TBD. Look for details in next month's newsletter.

**Home and Garden Tour:** May 3. See page 2 for details.

**Annual Community Yard Sale:** May date TBD. Turn unwanted stuff into cash.

**Lubber Run Amphitheater 2014 Season:** Live entertainment under the stars resumes in June.

**Arlington County Fair:** August 6-10.

### Future AFCA Meetings and planned speakers:

February 19: County staff to discuss future of Lubber Run Rec Center

March 19: Dominion VA Power

April 17: Gardening and tree experts

May 14: Annual picnic at Lubber Run Park shelter

# Forest Exchange

**Long Branch Nature Center:** Nature abounds at our nearby nature center which is open Tuesday to Saturday, 10 AM to 5 PM and Sunday, 1-5 PM. Check the newsletter The Snag on the County website for a list of the many programs for children and adults.

**St. John's Game Night:** St. John's Episcopal Church in Glencarlyn will host a family game night on Saturday, January 25 from 7-9 p.m. Come and bring your favorite games and a non-perishable food item for the Arlington Food Assistance Center. Hot chocolate and popcorn will be served. St. John's is located at 415 S. Lexington St., Arlington 22204. For more information, please contact the church office at 703-671-6834 or check our website at [www.stjohnsarlingtonva.org](http://www.stjohnsarlingtonva.org).

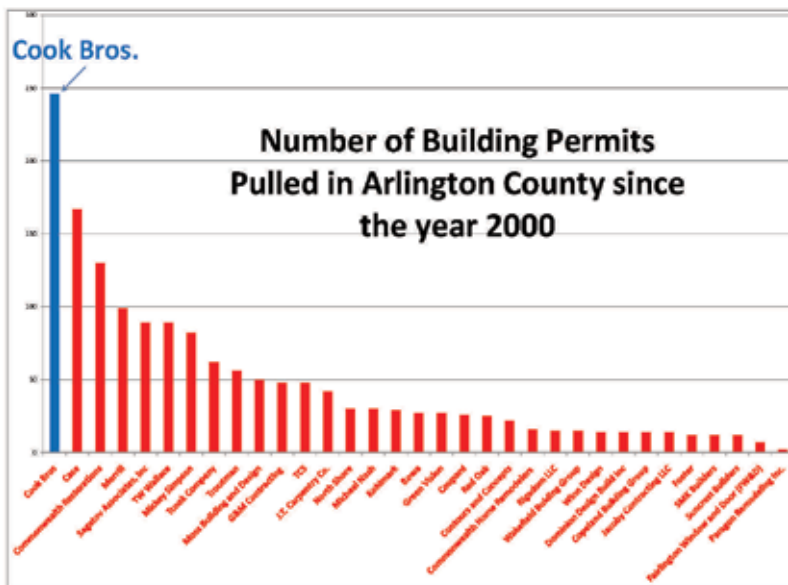
**Kids for Hire:** Need reasonably-priced help with babysitting, yard work, pet sitting, or other tasks? Check out Kids for Hire on page 10.

**AFCA Listserv:** Follow late-breaking neighborhood news by joining the AFCA listserv by e-mailing your address to [ArlingtonLife@gmail.com](mailto:ArlingtonLife@gmail.com).

**Put Your Free Notice Here:** Send it by February 6 to [newsletter@arlingtonforestva.org](mailto:newsletter@arlingtonforestva.org).

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[www.CookBros.org/ArlForest](http://www.CookBros.org/ArlForest)



# Barcroft School News

Barcroft Elementary wishes our neighbors a happy, healthy New Year. May all of your resolutions for 2014 come true!

Many thanks to our wonderful neighbors for your support in 2013. We appreciate you taking the time to link your grocery and store cards to Barcroft Elementary, your attendance at school and PTA programs and events, and your patronage of PTA fund-raisers. Your support and participation is always welcome.

The students enjoyed an extended Winter Break. School resumed on January 6, and the third quarter commenced. On January 15, beginning at 6:30 p.m. the Arlington County Council of PTAs (CCPTA) will host a Reception and Awards Ceremony to recognize all APS student participants and winners of the county PTA Reflections art contest. First place winning PTA Reflections art entries from all APS schools qualify to be judged at the county level. This is a great event that showcases talented APS student artists in the fields of photography, visual arts, literature, dance choreography, musical composition, and film production. Congratulations to everyone who participated! On January 21, students will have no school to recognize the Martin Luther King, Jr. holiday.

Looking ahead in 2014: March is "Arts in the Schools" month, so look for some great faculty art and music

presentations at the March 4 PTA meeting as well as the ever-popular Coffee House and Book Exchange. Three student teams will be competing in the March 15 preliminary Odyssey of the Mind competition. The student teams have been meeting and working hard since November 2013. We wish them the best of luck.

From March 31 to April 11 is Spring Intersession. Students may take enrichment classes offered by the school or enjoy time off. May is Staff Appreciation Week. Around this time, plan for special fund raisers to celebrate Mother's Day! And the annual Farm to Table week will occur in June. We hope that you will join us!

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# Barrett School News

Happy New Year from Barrett! 2013 drew to a close with our annual PTA Bingo Night. This fun family event was well attended and many children went home with exciting prizes. Thank you to the volunteers who make this a success each year. Also, a warm thank you to all of the Barrett families who so generously donated toys, clothes, and gift cards to the Barrett Gives gift drive. You made the holidays happier for many families in need.

Don't forget to submit your box tops by Friday, January 31. Turn them in by the front office in a bag labeled with the child and teacher's name. Arlington Forest neighbors are welcome to turn in any collected box tops as well.

Congratulations Barrett students! Several participants will be recognized at the county Reflections Ceremony on January 15. The annual Reflections contest celebrates the arts by encouraging students to create original works of art in various categories.

Parents of prospective kindergartners as well as all Barrett families will want to attend Barrett's annual Science Discovery Night on Thursday, February 27. Special events will include a live NASA videoconference, presentations from NASA and the US Fish and Wildlife Service, and an interactive lesson on bats.

Check out what the students at Barrett are doing with our exemplary project, Project Discovery: reading about

NASA and space; using NASA vocabulary in non-fiction writing projects, animal adaptations projects, and NASA's Orion Spacecraft Radiation Protection design challenge (<http://www.apsva.us/Page/4180>).

Save the Date for Barrett's Silent Auction on Saturday, March 22. The theme will be March Madness!

.....  
**Upcoming Events:**

- Family Library Night, Tuesday, Jan 14, 7:00 p.m.
  - PTA Reflections Awards Ceremony, Jan 15, 6:30 p.m.
  - No School-Martin Luther King, Jr. Day, Monday, Jan 20
  - No School-Grade Prep Day, Tuesday, Jan 21
  - EverWonder Camp, Tuesday, Jan 21
  - Winter Concert, Thursday, Jan 30, 2 and 7 p.m.
  - Box Tops Deadline, Friday, Jan 31
  - Roving Readers-African American Heritage, Tues, Feb 4
  - PTA Meeting: Science Info, Tuesday, Feb 4, 7-8:30 p.m.
  - Early Release, Wednesday, Feb 5
  - Valentine Family Party, Friday, Feb 7, 6:30-8:30 p.m.
  - Class Picture Day, Monday, Feb 10
  - Club and Team Picture Day, Wednesday, Feb 12
  - No School – President's Day, Monday, Feb 17
  - Middle School Orientation, Tuesday, Feb 18, 6:30-8 p.m.
  - Science Discovery Night, Thursday, Feb 27, 6-8 p.m.
  - Barrett Silent Auction, Saturday, March 22
- .....

## Real Estate in 2014

Here are a few predictions about where the market is likely headed this year.

**Home sales** - Sales are expected to continue to outperform 2013 levels in markets with hot economies. In the Metro DC market we don't anticipate any slowing whatsoever.

**Values** - While sales will be more intense in some markets and just as steady or slightly cooler in others, home values will increase all around. This is because demand continues to be really strong and the shortage will create more intense situations for buyers – more competition, more multiple bids. All of this points to increased home values.

**Inventory** - As already mentioned above, inventory again in 2014 will pose challenges in some markets. The good news is that rising home values have put homeowners in a better place overall last year and pulled a lot more owners out of negative equity. That means more freedom to sell. We do still expect

lower inventory than demand in certain areas – namely those that have had the worst inventory situations in the last few years as they are still trying to catch up with the pent-up demand.

**Mortgage rates** - Mortgage rates are at incredibly low levels, yet every time there's a slight uptick the market goes crazy. Mortgage rates do impact home sales to a certain degree. And while we expect some little increases here and there this year, the Fed hasn't indicated any major moves in the near future that would impact rates – and therefore home sales - on a serious level.

**The economy** - Trying to predict the economy is like trying to control an angry teenager. It's a volatile situation that's nearly impossible to predict at times. So far, the news we're hearing is of steady growth. But like many things in housing, the economy's impact on buyers and sellers really is more of a local thing. Where local economies strengthen, their housing markets follow.



**Casey O'Neal**

Associate Broker

703-217-9090

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# Kids for Hire

These Arlington Forest youths are available for babysitting, pet sitting, and other services. To be added or deleted, e-mail [newsletter@arlingtonforestva.org](mailto:newsletter@arlingtonforestva.org).

## Southside:

- Daniel O'Mara, dog walking, pet sitting, yard work, 703-769-3767
- Julia Rogers, babysitting (RC certified), yard work, [juliaerogers23@gmail.com](mailto:juliaerogers23@gmail.com), 703-892-0226
- Jon Tiernan, babysitting (RC certified), dog walking, pet sitting, [Wonton81@gmail.com](mailto:Wonton81@gmail.com), 703-967-7813
- Liz Tiernan, babysitting (RC certified - two for the price of one with my brother Jon Tiernan), dog walking, pet sitting, [lizzytiernan@gmail.com](mailto:lizzytiernan@gmail.com), 703-979-5046
- Caroline Rogers, pet sitting, dog walking, yard work, [carolinearogers@verizon.net](mailto:carolinearogers@verizon.net), 703-892-0226

## Greenbrier Section:

- Zephren Collinson, babysitting (references), pet sitting, dog walking, yard work, tutoring, 703-528-3595
- Alex Hendel, babysitting (RC certified), experienced Tot Camp counselor (high school student), [alexhendel@gmail.com](mailto:alexhendel@gmail.com), 703-622-2884
- Sarah Keyser, babysitting (RC certified), pet sitting, dog walking, [Stealers12@gmail.com](mailto:Stealers12@gmail.com), 703-243-8777

## Northside:

- Riittisha Choudhary: tutoring, babysitting ages 4-12, yard work, [riittishachoudhary@gmail.com](mailto:riittishachoudhary@gmail.com)
- Sophia Constantine, pet sitting, dog walking, [srconstantine@comcast.net](mailto:srconstantine@comcast.net), 703-841-9229
- Fiona Hickey, babysitting (RC certified), 703-351-7013
- Sophie Hickey, babysitting, 703-351-7013
- Alyssa Luz-Ricca, babysitting (RC cert), dog walking, pet sitting, [alyssa.luz.ricca@gmail.com](mailto:alyssa.luz.ricca@gmail.com), 703-740-6972.
- Isaac Mortimer-Lotke, odd jobs, 703-276-9046
- Marika Mortimer-Lotke, babysitting (RC certified), housesitting/chores, 703-276-9046
- Allison Vernon, pet sitting, babysitting (references), [catharinevernon@aol.com](mailto:catharinevernon@aol.com), 703-522-9147
- Gabby Young, babysitting, mother's helper, pet sitting, dog walking, [merrywesing@yahoo.com](mailto:merrywesing@yahoo.com), 703-622-4229

## All Neighborhoods:

- Donna Corina, babysitting (RC certified), dog walking, pet sitting, 703-248-8885
- Mary Corina, babysitting (RC certified), dog walking, pet sitting, 703-248-8885
- Julia Franchi, babysitting (RC certified), mother's helper, pet sitting, dog walking, yard work, 703-220-4894
- Girl Scout Troop 5837 (a group of responsible Arlington Forest 7th graders), babysitting, mother's helper, pet sitting, dog walking, plant watering, leaf raking, [buggah66@gmail.com](mailto:buggah66@gmail.com), 703-528-3595

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