

The Arlington Forester



Volume 55, Number 7

Arlington, VA

April 2014

Long-term Issues on AFCA's Agenda

Two long-term issues are on the agenda of the last regular meeting of the 2013-14 AFCA service year: 1) the health of our neighborhood tree canopy and 2) the future of the Lubber Run Community Center. The meeting is this Wednesday, April 9, at 7 PM in the Barrett School library (that is earlier in the month than usual due to the timing of this year's Spring Break).

Our neighborhood's Tree Steward Jim Graham will discuss how to care for trees in order to keep the "forest" in Arlington Forest (see page 5 for information on AFCA's Tree Grant

Program). His wife Susan will give advice on growing native plants that are both attractive and well-adapted to our soil and climate.

Also on the agenda is continued discussion of the future of the Lubber Run Community Center. Come learn about and discuss recent developments and future prospects. See the article below for background information.

Finally, we will get an update on AFCA's 75th anniversary planning.

Update on the Lubber Run Community Center

By John Naland

At the March 19 AFCA meeting, the approximately 35 participants unanimously adopted a resolution (see text on page 9) opposing the construction of an 800 to 1,200 seat middle school on the site of the Lubber Run Community Center (LRCC). The resolution went on to support construction of a new community center in accordance with the County's 2012 Capital Improvement Plan (CIP).

The meeting participants also voted to transform the existing AFCA ad hoc committee into a standing committee whose membership is open to any Arlington Forest resident. The ad hoc committee was formed at the January AFCA meeting to address both the middle school proposal and the potential inclusion of affordable housing units into the scheduled redesign of the LRCC site. The ad hoc committee crafted a Vision Statement for development of the site and arranged for all four County Board members and two County Board candidates to tour the LRCC and discuss issues of concern.

Following the March AFCA meeting, standing committee members met with School Board Member Dr. Emma Viola-Sanchez, who is the Board's liaison to Barrett School. The AFCA standing committee now includes members holding a range of views about the best option for replacing the

aging LRCC building. To join the committee or to receive updates, send an email to LRCC@gmail.com. To join online discussions, sign-up for the Future of LRCC Yahoo group at future-of-lrcc-subscribe@yahoogroups.com and specify your Arlington Forest address.

Arlington Forest residents who support building a combined middle school and community center on the LRCC site have been communicating their views to County and School Board officials. Other residents who favor building a combined affordable housing building and community center on the LRCC site have also been active. Those Foresters who support an updated community center that incorporates

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AFCA Meeting 7 p.m. April 9 at Barrett School Library

THE ARLINGTON FORESTER

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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 Tour on May 3

By Monica Darnell

The Arlington Forest Home Tour Committee has planned a wonderful weekend that is a special tradition our neighborhood holds every three years. We have 13 homes with amazing additions and one garden to tour on Saturday, May 3, 2014 from noon to 4 pm.

Tickets can be bought in advance at these times and locations (please bring an ID as proof of Arlington Forest residency):

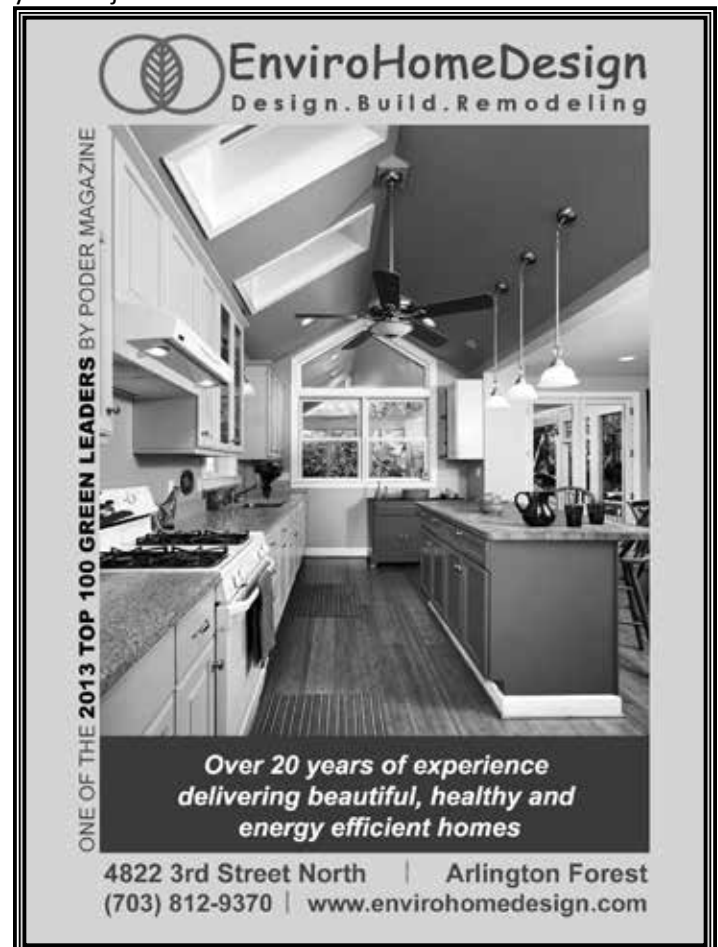
-- Allison Kennett at 139 N. Park on Wednesday, April 30, 6-8 pm

-- Katherine Roberts at 5160 North 3rd Street on Wednesday, April 30, 10 am-2 pm

-- Lee Bory at 39 South Park on Tuesday, April 29, 2-5 pm and Wednesday, 6-8 pm

Getting tickets in advance gives you the opportunity to read the tour catalog early to see what each home has to offer. You can plan your day and the homes that you most want to see. And you will not have to wait in line to buy tickets on tour day. Advance-sale tickets are \$8 per person. On tour day, the price is \$10. Tickets are needed for ages 12 years and older. Please make other arrangements for younger children.

The Arlington Forest Home Tour coincides this year with our neighborhood's 75th anniversary celebration. We hope you will join us.



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Spring Cleanup on April 26

The fourth annual Arlington Forest Spring Cleanup is Saturday, April 26, from 9 to 11 AM. Depending on the site, we will pick up trash, remove invasive plants, or otherwise beautify public spaces around our neighborhood. This year, organized groups will focus on three areas:

- Lubber Run Park: remove trash from the streambed
- Arlington Blvd southside buffer strip: remove trash and clean up the area
- N. Granada/N. Greenbrier trailhead area: remove trash and invasive plants

In addition, individual residents who live near the following areas are encouraged to grab a garbage bag from home and make a quick sweep picking up trash:

- Lubber Run just south of Arlington Blvd: remove trash from upper slopes
- Arlington Blvd nouthside buffer strip: remove trash along highway
- Four Mile Run near foot of S. Park Drive: remove trash from streambed

Many hands make for light work, so the more volunteers who participate, the more progress can be made to improve community spaces for our spring and summer enjoyment. Even if you can only help for an hour, please do so. Again this year, we welcome the participation of Arlington Forest's Cub Scout Pack 548.

We start at 9 AM, rain or shine. If you arrive late, look around for those who are already at work. Please wear old clothes and sturdy shoes and bring drinking water. If you have them, wear garden or work gloves.

Please join in this effort if you enjoy walking, jogging or biking in our neighborhood parks; if you have children who you want to learn to care about the environment; if you want to get out in the fresh spring air to benefit from some light exercise; and/or if you want to help protect the Chesapeake Bay watershed.

Whether or not you help out April 26, you can protect our environment any day by doing a quick sweep of the curb in front of your house to pick up plastics and other

trash that may have floated down the street or fallen from the trash truck. That will keep the next rain storm from carrying the debris into our streams and rivers.

If you have questions about the cleanup event, e-mail John Naland at nalandfamily@yahoo.com.





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A Look at Our Local Bedrock

By Hutch Brown

Next time you have a chance, take a good look at our local bedrock along Lubber Run and Four Mile Run. It is roughly half a billion years old!

You can actually see evidence of ancient sediments in the gray-brown boulders. The rocks have visible layering, formed as one bed of sediment settled over another. Sediments ranged from silt, to sand, to cobble. Some boulders contain sizable rock fragments, often pieces of quartz.

Geologists call this kind of rock a sedimentary *mélange* (meaning mixture). The rock formation in our area, first recognized through geological studies along Indian Run in Annandale, is called the Indian Run sedimentary *mélange*. It formed in a unique way. Undersea rock slides carried sediments of various sizes into an ocean trench. As the trench filled, the sediments thickened and hardened into sedimentary rock, and the rock was eventually lifted by mountain-building forces onto dry land.

Over hundreds of millions of years, the Indian Run sedimentary *mélange* underwent four separate mountain-building events. The final one placed the *mélange* where it is today, shaping the Piedmont's underlying geology. In the process, tremendous heat and pressure changed the makeup of the rock in a process known as metamorphism. Although the sediments are still partially recognizable, there are new mineral components. Look carefully and you

will see bits of mica sparkling in the sun.

The Indian Run sedimentary *mélange* is prone to weathering. Along the creeks, you can find pieces of crumbling gray-brown rock that are in the process of becoming the red clay soils so distinctive of our area. You can also find boulders with nodules of quartz standing out from the rock surface. The rock matrix weathers faster than the erosion-resistant quartz, which eventually falls into the creek. That is partly why our creek beds are so disproportionately rich in light-colored quartz.

So next time you are in the park, take a good look at the bedrock. It formed in an ocean that no longer exists; it underlay mountain ranges long since gone. In the process, it has undergone tremendous changes, and it's the oldest rock type in northern Virginia.

If you are interested in rocks and geology, check out the Northern Virginia Mineral Club at www.novamineralclub.org/. We have monthly meetings at Long Branch Nature Center, plus occasional field trips to collect minerals and visit Virginia's mineral museums.





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Around the Forest

AFCA Election: The annual election of AFCA officers takes place at the association's May meeting. Any AFCA member interested in running for a position should attend the May 14 meeting to place their name in nomination and ask meeting participants for their votes.

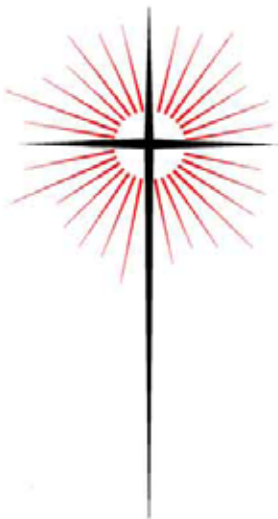
Tree Grant Program: To help keep the "forest" in Arlington Forest, AFCA will pay you to plant a tree on your property. AFCA offers matching grants to neighbors who plant tree from an approved list of shade trees. Grants of up to \$125 will cover one-half of the cost of buying and planting a tree. There is a limit to two grants per property and the application must be approved before the purchase. For details and the application form, go to the AFCA website at www.arlingtonforestva.org and click on the AFCA tab.

E-CARE: Saturday, April 19. Arlington's semi-annual E-CARE event allows residents to safely get rid of hazardous household materials and electronics which cannot be discarded with your regular trash. E-CARE takes place at Thomas Jefferson Middle School in the West Parking Lot (one block east of Glebe Rd.) between 8:30 AM and 3 PM. Just load up your car with the unwanted items, bring your driver's license to prove Arlington residency, and then drive

through the various stations -- dropping off paint cans at one station, TVs (\$20 recycling fee) at another station, and so on. The non-profit group Bikes for the World will collect serviceable bikes to send to countries where they are needed for basic transportation. For more info, go to www.arlingtonva.us/recycle.

Spring Plant Sale: Saturday, April 26, 1-5 PM. Come to Long Branch Nature Center for its annual native plant sale. There will be a variety of spring and summer bloomers along with ferns, vines and shrubs. Cardboard boxes will be provided for transporting purchases. Payment can be made by cash or check (sorry, no credit cards). Plant advice is free.

Ball-Sellers House: On Saturday, April 19, the historic Ball-Sellers House in Glencarlyn will host a guided historic walking tour of Washington's Forest. George Washington purchased property adjacent to the Ball property; the walk will cover areas that Washington surveyed with the Ball family. The walk, designed by Arlington Historical Society tour guide Kevin Vincent, will start at the Ball-Sellers House at 1:30 pm and is free. Participants should wear good walking shoes and be able to walk up to four miles of easy terrain.



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-The Rev. Ann Barker, Rector

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Sunday Christian Education
Adults 9 am — Youth 9:30 am

- | | |
|-----------------------|--|
| Sun. Apr. 13 | Holy Eucharist and Blessing of the Palms - 8 am and 10 am |
| Thurs. Apr. 17 | Loaves & Fishes Meal & Service - 6:30 to 8 pm |
| Fri. Apr. 18 | Good Friday Services - 12 noon and 7 pm |
| Sun. Apr. 20 | Easter Holy Eucharist - 8 am
Easter Festive Holy Eucharist with children's message - 10 am
Easter Egg Hunt and reception after the 10 am service |

Book Club - 7:30 pm
Tues. May 6 *Caleb's Crossing* by Geraldine Brooks

All are welcome to all services and activities!

St. John's Episcopal Church

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Community Yard Sale on May 18

Arlington Forest's long-running annual Community Yard Sale takes place the morning of Saturday, May 18 (rain date May 19). With over 50 Arlington Forest households participating each year, the event attracts many bargain hunters drawn to the convenience of cruising through one concentrated area to visit many sales in a short time.

AFCFA publicizes the event by placing classified ads in local newspapers. Sellers who live near Arlington Blvd, Carlin Springs Rd., George Mason Dr. and Henderson Dr. are encouraged to post signs along those thoroughfares pointing

into the neighborhood and to their sales (please remove the signs at day's end).

Next month's newsletter will publish a map showing the sale sites. To get on the map, e-mail your address to nalandfamily@yahoo.com by May 2. Arlington Forest residents can use the map to locate nearby sales. Sellers are encouraged to make photocopies (or download copies from the online Arlington Forester at www.arlingtonforestva.org) to hand out so that, once shoppers find one site, they can pick up a map leading them to other sites.

There are no rules governing this community-wide event, but past experience suggests strategies for success:
--Sort clothes by size and toys by user age. Group similar

items together. Find shopper-friendly ways to display your merchandise (tables, clothes rack). Have grocery sacks on hand. Save dollar bills and coins to make change. If selling electronics, set up an extension cord to show the item works.

--Price items reasonably. Savvy shoppers will buy elsewhere if prices are too high. Be prepared to negotiate down from the displayed price, but feel free to say "no" instead of feeling taken advantage of.

--If you want to snag professional buyers who make yard sales their business, start setting up at 7 AM. At the other end of the day, people looking for close-out prices and even freebies come out in late morning and early afternoon. If you are left with large items that you simply want to get rid of, leave them at the curb with a "free" sign and they will probably be gone by Sunday.

--Keep your cash in a pocket, purse or fanny pack. If you do use a cash box, have someone assist you so it is not left unattended while you are with a shopper. Decline personal checks. If you go indoors, have someone watch your merchandise.

For many people, yard sale success is not measured by profit, but by how much unwanted stuff is moved out instead of left cluttering the house. It is also a great community event. Families can check out neighbors' merchandise. Kids can set up a lemonade stand.

So, whether you are a seller, a buyer or both, please join us on May 18.

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Lubber Run Amphitheater Free Summer Show Season begins June 13

By Chris Scheer

The 2014 Lubber Run Amphitheater summer season of free live entertainment opens Friday, June 13 with popular singer/song writer Mary Ann Redmond. Her music covers a wide range, from down-home country to urban soul. This is the third year she is opening the Amphitheater's summer season and the stage is already set for another full house in Lubber Run Park on June 13.

This year's schedule of Friday and Saturday evening shows (with a few Sunday and Wednesday specials thrown in) runs through August 17, two weeks longer than last year. It includes many of last year's favorites such as Margot MacDonald, The Grandsons, and Ted Garber, and features a variety of performers new to Arlington's only full production outdoor stage such as Synetic Theater.

The Amphitheater's June schedule is packed with special Monday, Tuesday and Sunday performances by Arlington-based groups including the Potomac Harmony Chorus, the Arlingtones, the Metropolitan Chorus and the Arlington Philharmonic.

"The county has kept its promise to support our amphitheater with fine local programs. This year's schedule is bigger and better than ever," said Marsha Lederman, co-chair of the Lubber Run Amphitheater Foundation. The Foundation was created by citizens a few years ago to work with the county to reopen the amphitheater which had been closed because of maintenance and safety concerns.

See the accompanying chart for this summer's schedule which is subject to change. Foresters can keep track of any schedule adjustments and other news related to the amphitheater by friending the Lubber Run Amphitheater Facebook page or

searching "Lubber Run" on the Arlington County website or at www.arlingtonarts.org/. For more information, contact Foundation member Chris Scheer at scheerjchris@gmail.com.

2014 Lubber Run Amphitheater Schedule


Friday	June 13	8pm	Mary Ann Redmond
Saturday	June 14	8pm	Mystic Warriors
Monday	June 16	8pm	The Metropolitan Chorus
Wednesday	June 18	8pm	The Potomac Harmony Chorus
Thursday	June 19	8pm	The Arlingtones
Friday	June 20	8pm	Army Blues
Saturday	June 21	8pm	King Teddy
Sunday	June 22	6pm	Halau O'Aulani
Friday	June 27	8pm	Margot MacDonald
Saturday	June 28	8pm	Bowen McCauley Dance Company
Sunday	June 29	6pm	Arlington Philharmonic
Saturday	July 5	8pm	Grandsons
Sunday	July 6	6pm	Two Car Living Room
Friday	July 11	8pm	Synetic Theatre
Saturday	July 12	8pm	Synetic Theatre
Sunday	July 13	6pm	TBD
Friday	July 8	8pm	Synetic Theatre
Saturday	July 19	8pm	Synetic Theatre
Sunday	July 20	8pm	Synetic Theatre (Rain date)
Friday	July 25	8pm	Dave Chappell
Saturday	July 26	8pm	CAMMO
Sunday	July 27	6pm	Shenandoah Run
Friday	Aug 1	8pm	Ted Garber
Saturday	Aug 2	8pm	Russkie Musikante
Sunday	Aug 3	6pm	Laurie Rose Griffith & Peter Mealy
Friday	Aug 15	8pm	Rose Moraes
Saturday	Aug 16	8pm	Andrew Acosta
Sunday	Aug 17	6pm	Rico Amero



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Spring Programs Presented by Arlington Neighborhood Villages

By Pete Olivere

The following programs are presented by your local chapter of the Arlington Neighborhood Villages (ANV), a non-profit organization dedicated to enabling older residents of Arlington to continue living in their own homes and communities as they age. ANV will begin providing services to members on April 7. Interested in finding out more on becoming a member or volunteering? Go to our website at arlnvil.org or contact LindaReck@arlnvil.org or 703-892-5178.

Ball-Sellers Tour, Brown Bag Lunch & Social, April 22: Join us for a tour of the Ball-Sellers House followed by a Brown Bag Lunch Social at Carlin Hall, hosted by your local chapter of Arlington Neighborhood Villages on Tuesday, April 22. We provide the location and presentation, and you bring your lunch. We will meet outside the Ball-Sellers House at 5620 3rd St., at 11:45. Built in the 1750s, the house is the oldest structure in Arlington County and gives

you a glimpse about what life was like for a farmer in the life was like for a farmer in the Colonial Era. Marty Orth, our guide, will tell us about the house, its owners, and its role in the history of Arlington. After the tour we will travel the two blocks to Carlin Hall, 5711 4th St. South, where we will gather for lunch. We will have plenty of time to ask more questions and just socialize.

Getting the Most from an Appointment with Your Doctor, May 8:

Today, an appointment with your doctor is often very complicated. Learn how you can increase your satisfaction and minimize your frustration by making the most of your next visit with your doctor. On May 8, at 7 pm, at Carlin Hall, 5711 4th St South 22204, Jean Anderson, Family Nurse Practitioner (FNP) will offer some suggestions on how to increase the value of your visits with your doctor. As a FNP she has worked in private medical practices in the area and most recently as a FNP with Kaiser Permanente in Falls Church. Topics include:

--A look at what happens behind-the-scenes in a doctor's office and how this impacts your time with the doctor

--How to prepare for a visit with your doctor and equally important, what to avoid during the visit.

--Why, and how, you should keep your personal medical record.

We will have light refreshments at 7 pm with the presentation starting at 7:30.



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Lubber Run Community Center ...continued

outdoor recreation areas into the surrounding green space have established an online petition (available at <http://goo.gl/Ofhq42>) that has been signed by over 200 people. In an effort to determine if any one of these options is supported by a majority of Arlington Foresters, the AFCA board launched an online survey in late March that was publicized on the AFCA listserv. The results will be announced at the April 9 AFCA meeting and on the AFCA listserv.

At a March 26 Arlington Public Schools (APS) community forum, APS released cost estimates for construction options at the middle school level, including at the LRCC site. Those estimates and related information can be viewed at www.apsva.us/moreseats.

The final APS community forum on options for the APS 2015 CIP is on Wednesday, April 23, 7-9 PM, in the Thomas Jefferson Middle School Theater. On May 13, the School Board will begin public discussion of those options. By June 5, the APS Superintendent will formally present the preferred CIP options to the School Board, which will vote to approve the final options on June 17.

It is not known whether sites for high-density affordable housing will be included in the County's CIP. In a March 25 e-mail to AFCA, County Board Chair Jay Fisetete stated that

"the County Manager is expected to publicly release her proposed CIP in mid-May."

AFCA Resolution adopted March 19

The Arlington Forest Citizens Association (AFCA) fiercely objects to the Arlington Public Schools proposal for an 800 to 1,200-student middle school at Lubber Run Community Center (LRCC) site. The plan will negatively affect Barrett School, the Arlington Forest neighborhood, surrounding civic associations and all residents who use LRCC's outdoor and indoor spaces for recreation, a preschool, after school care, sports and classes.

The plan will degrade the quality of life in Arlington Forest by increasing traffic and parking problems while decreasing safety for pedestrians and school children and disrupting neighborhood access to Ballston and the Metro. Any school of this size on this site is unacceptable and AFCA opposes it in the strongest terms.

AFCA urges Arlington County to rebuild the community center according to the schedule outlined in the County's current Capital Improvement Plan budget. Rebuilding of the Center has been delayed and deferred for nearly 20 years – and that is enough.

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ARLINGTON FOREST NEIGHBORHOOD ACTIVITY

Status	Address	List Price	Sold Price	Close Date
Contract	5125 1st St N	\$575,000		4/7/14
Contract	245 Galveston St N	\$669,900		
Contract	201 N. Edison St	\$725,000		3/31/14
Sold	4851 Arlington Blvd	\$574,900	\$580,900	1/6/14
Sold	125 Columbus St S	\$599,500	\$582,500	2/20/14
Sold	125 N. Abingdon St	\$589,900	\$612,000	12/20/13
Sold	353 Granada St	\$575,000	\$615,500	2/19/14
Sold	5332 N Carlin Springs Rd	\$629,500	\$620,000	11/15/13
Sold	119 Columbus St	\$665,000	\$658,000	12/3/13
Sold	304 Granada St	\$725,000	\$750,000	12/5/13
Sold	34 Park Dr	\$799,900	\$799,900	3/21/14

Updated as of 3/28/14



Nature News

By
Cliff Fairweather
Park Naturalist,
Long Branch
Nature Center

Strengthening our Natural Connections

It's in the spring -- with the emergence of both nature and people from winter's relative somnolence --

that the many connections in nature seem most vital and urgent: connections between different species, between ecosystems, between continents, and between natural processes and phenomena. Connections also happen through nature between people and between people and nature.

Earlier this year, I was in Panama where I saw many of the familiar warblers that pour through our area this month and next on their northward migration. Many can be seen in the woods around Long Branch as they make brief stops to rest and feed.

We are fortunate that Arlington still has places where we can connect with nature and that help nature stay connected with itself. Glencarlyn and other parks provide critical stepping stones for migrants, helping them connect with their nesting areas and to a new generation of birds. Those birds also provide a living connection between our home and places as far as northern Canada and South America.

These connections can be tenuous, however. Migrating songbirds face a growing list of threats such as habitat loss and light pollution. An even more imperiled migration could break another one of our living connections. Dramatically shrinking amounts of milkweed, the monarch butterfly caterpillar's sole food plant, due to new agricultural practices has helped result in a record drop in the numbers of monarch butterflies reaching Mexico.

But there is good news: these are problems we can help fix! And one of the best things we can do to help is to grow native plants in our backyards, front yards, school yards, common areas, places of worship...anywhere that can host native plants to create habitat for birds and butterflies.

Most birds will benefit from the seeds, fruits, or nuts these plants produce and, more importantly, from the insects that feed on the plants. Few native insects feed on non-native plants and nearly all native songbirds, migratory or year-round residents, eat insects at some point in their life-cycle. You can help monarchs by growing native milkweeds for the caterpillars and a variety of native flowering plants to provide nectar for the adults.

To help you get started in growing native plants, the Long Branch Nature Center native plant sale is on Saturday, April 26, 1-5 p.m. Try some natives this spring and help strengthen our natural connections!



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Your Neighbor in Arlington Forest

The Spring Market for selling homes is just a few weeks away. If you are considering putting your home on the market, I would suggest that you begin getting your home ready as soon as possible. By having your home ready and in great shape for the new owners, the price that you get will be higher than if you don't prepare the home for sale. I have a list of things that owners should do in preparation to market their home. If you would like to meet with me to see your home and give you some ideas on how to prepare it, please call me for a free, no obligation consultation. With the inventory low, it is an ideal time to sell your home. 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. I look forward to meeting with you.

Jim

Community Calendar

- Next AFCA Meeting:** Wednesday, April 9.
- E-CARE:** April 19 at Thomas Jefferson Middle School.
- County Board Special Election:** April 8. 6 am-7 pm at your usual polling place.
- Neighborhood Spring Cleanup:** April 26.
- Home and Garden Tour:** May 3.
- School Board Election Caucus:** May 15 and 17.
- Annual Community Yard Sale:** May 17. To get on the map in next month's newsletter, e-mail your address to nalandfamily@yahoo.com by May 2.
- Lubber Run Amphitheater 2014 Season:** June 13 to August 17.
- Arlington County Fair:** August 6-10.
- Arlington Forest Shopping Center Family Fun Day:** September 20.

Future AFCA Meetings and planned speakers:

- May 14: Annual picnic at Lubber Run Park shelter
- Sept 17: Another year of advocacy beings

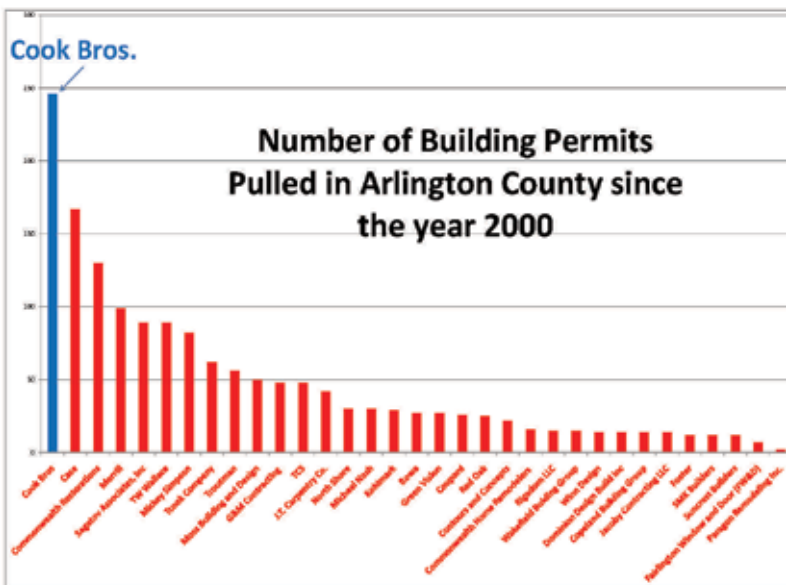
Forest Exchange

Nature Friendly Lawn Care: Dear Neighbors, With spring's arrival, we all come out of our homes and into our yards. In an effort to keep everyone safe and healthy, please refrain from using chemicals on your lawn. Specifically: Don't apply pesticides to your yard, and if you use a lawn care service, don't allow them to use pesticides either. Avoid lawn care and other gardening products that contain insect growth regulators (IGRs). Your neighbors, your neighbors' children and pets thank you for your consideration. Regards, a Southside Neighbor

Arlington Fencers' Club: Three years ago some Arlington Forest parents realized there was no practical option for their kids to fence locally. We started a middle school after-school fencing league that now the second-largest fencing club in Virginia, meeting four days per week. Damien Lefelt, a coach with London Olympic credentials leads Epee, and double-Olympic-medalist Becca Ward leads our youth saber program. If you are interested in fencing, attend a free "Fun with Fencing" day with demonstrations and hands-on fun, Saturday May 10. Or register for an introductory fencing class series, one Thursdays 6 PM and another Saturdays 9:20 AM. Open to adults and kids age 7-up. See www.Arlingtonfencers.com or call 571-522-0402.

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For a larger Graph image and more information about the Graph, visit our website at

www.CookBros.org/ArlForest



Barcroft School News

Spring is finally in the air, much to everyone's relief! From March 31 to April 11 is Spring Intersession, a two-week break from traditional classes where students may take interactive, hands-on enrichment classes in areas such as science, architecture, math, literature and physical fitness. As a special treat for students, Author/Illustrator Michelle Nelson-Schmidt, will visit Barcroft on April 1. Michelle has planned a wonderful presentation to the students and will read several of her books, including Bob is a Unicorn and Jonathan James and the Whatif Monster.

Of general interest, Arlington Public Schools will be hosting at Washington-Lee High School on April 6 from 12-2 p.m. a Bicycle Show & Tell. This is a great opportunity for both experienced and inexperienced bicyclists to learn more about bike safety, bike maintenance, and the wide variety of choices when it comes to bikes.

The Spring Break holiday is from April 14-18. Once school resumes on Monday, April 21, third grade classes will have two weeks of swimming at Wakefield Pool. Also that week, fifth graders will be practicing for their Spanish Language Proficiency test, and a group of students will be joining our Marine Buddies for some activities to celebrate Earth Day. On Thursday, April 24, Barcroft will host the annual countywide Arbor Day celebration. With guests including Superintendent Dr. Patrick Murphy and school board members Noah Simon and Abby Rafael, we will

plant a new tree near the playground.

May 3 is the Barcroft Spring Fair from 11:00 a.m.-3:00 p.m. There will be games, cash prizes, great food, raffles, cake walks, bakes sales, jewelry sales, and lots of FUN for the entire family. Stop by and support your neighborhood school as we raise funds for field trips and other important activities.

May 5-9 is Staff Appreciation Week. During that week, the PTA is planning special activities to thank our wonderful teachers and staff for all that they do for our students. Annual Virginia Standards of Learning (SOL) testing will also commence for Grades 3-5 this month and end in June.

Farm to Table week will occur on June 9-13. During the week, students will have an opportunity to sample fresh, local produce during lunch. On the evening of June 13, there will be a special dinner and Leonardo learning event. Please join us!



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As a resident of Arlington Forest, I work hard to provide my neighbors with the very best service. Right now, demand for homes like ours is extremely high, with interest rates at an all-time low and very little inventory available. If you are considering selling or buying a home, let me show you how working with a knowledgeable professional can make the experience great! I look forward to meeting with you.

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Barrett School News

Barrett's March Madness Silent Auction was a slam-dunk! Thank you to Jennifer Sauter-Price, Jennifer Claffey, and the many contributors and volunteers whose teamwork made this night a winning success. What a fun way to spend an evening supporting Barrett Elementary! Additionally, thank you to Principal Redding and Assistant Principal Smingler for bravely allowing Barrett students to duct tape them to the wall. Fox News even came out to "tape" a segment for the evening news. The March Madness fundraisers' combined efforts generated more than \$20,000 for Barrett's new literacy initiative. Way to go Barrett families!

Congratulations to the four Barrett Elementary teams who participated in the Odyssey of the Mind regional meet on March 15 at West Potomac High School. All of the teams had a great time working together on creative and unique solutions to challenging problems to prepare for the tournament.

Do you enjoy working with Barrett students? A new Parent Assistants Corps has been formed to help support Barrett students and teachers. Teachers will call available parents as needed to help with special projects, independent student work, and small group activities. Community members can also be referred to serve in the volunteer corps. For more information, please contact Dr. Rosa Bri-

ceno at rosa.briceno@apsva.us or Wendy Cohen at wendy.cohen@apsva.us.

Barrett's 4-H Save the Earth Environmental Club is sponsoring a Pennies for Patients fundraiser for the Leukemia & Lymphoma Society. Small boxes have been distributed for individual students to collect money. Neighbors are welcome to drop off their pennies at Barrett to support the cause until April 10. Please contact Stephanie Shaefer with questions at 703-228-8532.

It was great meeting so many rising kindergartners at the Kindergarten Play Date on March 15. Prospective kindergarten families will want to attend the next school information session on Thursday, April 10, at 12:45 p.m. to take a tour of Barrett, meet Principal Redding, and learn more about Barrett's exemplary projects (Project Discovery and Project Interaction).

Upcoming Events:

- **Spring Musical**, Thursday, April 10, 2:00 p.m. & 7:00 pm
- **School Information Session**, Thurs, April 10, 12:45 to 2:15 pm
- **Spring Break**, No School, Mon, April 14 - Fri, April 18
- **Earth Week Celebration**, Mon, April 21 - Fri, April 25
- **Early Release**, Wednesday, April 23, 12:51 pm
- **Garden Work Day**, Friday, April 25, 3:15 to 5:00 pm
- **Barrett Students vs. Teachers basketball game**, W-L High School, Friday, April 25, 6:30 pm

Remodels That Payoff

Which home upgrades resonate most with buyers? Realtors in 101 markets across the country judge the effects of 35 home improvement projects on sales prices in Remodeling magazine's annual Cost vs. Value Report (www.costvsvalue.com)

This year's report showed exterior updates and improvement projects really pay off, winning the buyers' eye and providing sellers with the most return on investment. This is the second year in a row that all of the projects in the report saw more home improvement dollars recouped upon a home's resale than the previous year.

The numbers vary dramatically in regions of the country. **Washington DC naturally had higher cost-value ratios than the national average.**

Here are the **2014 National Averages.**

Top 5 Midrange Projects

1. **Entry Door Replacement (steel)**
Job Cost: \$1,162, Resale Value: \$1,122 Cost Recouped: 96.6%

2. **Deck Addition (wood)** Job Cost: \$9,539, Resale Value: \$8,334 Cost Recouped: 87.4%

3. **Attic Bedroom** Job Cost: \$49,438 Resale Value: \$41,656 Cost Recouped: 84.3%

4. **Garage Door Replacement**
Job Cost: \$1,534, Resale Value: \$1,283 Cost Recouped: 83.7%

5. **Minor Kitchen Remodel** Job Cost: \$18,856, Resale Value: \$15,585 Cost Recouped: 82.7%

For the Washington DC area here are some popular projects: **Minor Kitchen Remodel** Job Cost: \$18,689, Resale Value: \$18,674, Cost Recouped: 99.9% **Bath Remodel** Job Cost: \$15,942, Resale Value: \$15,702; Cost Recouped: 98.5%. **Basement Remodel** Job Cost: \$62,254, Resale Value: \$56,494 Cost Recouped: 90.7%

Results at resale will depend upon congruity of other upgrades along, neighborhood & market trends. As your neighborhood real estate consultant I can help you & those you care about with real estate buying & selling needs.



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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.

Southside:

- Daniel O'Mara, dog walking, pet sitting, yard work, 703-769-3767
- Caroline Rogers, pet sitting, dog walking, yard work, carolinearogers@verizon.net, 703-892-0226
- Julia Rogers, babysitting (RC certified), yard work, juliaerogers23@gmail.com, 703-892-0226
- Jon Tiernan, babysitting (RC certified), dog walking, pet sitting, 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, lizytiernan@gmail.com, 703-979-5046

Greenbrier Section:

- Zephren Collinson, babysitting (references), pet sitting, dog walking, yard work, tutoring, 703-528-3595
- Allison Ferrell, babysitting (RC certified), pet sitting, Allisonrocket@aol.com, 703-276-2840
- Alex Hendel, babysitting (RC certified), experienced Tot Camp counselor (high school student), alexhendel@gmail.com, 703-622-2884

- Sarah Keyser, babysitting (RC certified), pet sitting, dog walking, Stealers12@gmail.com, 703-243-8777

Northside:

- Riittisha Choudhary: tutoring, babysitting ages 4-12, yard work, riittishachoudhary@gmail.com
- Sophia Constantine, pet sitting, dog walking, 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, 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, 703-522-9147
- Gabby Young, babysitting, mother's helper, pet sitting, dog walking, 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, 703-528-3595

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