



## VA Power and the Future of LRCC

Two key topics are on the agenda of this month's AFCA meeting: 1) what Dominion Virginia Power is doing to ensure safe and reliable power distribution in our neighborhood and 2) the future of the Lubber Run Community Center. The meeting is this Wednesday, March 19, at 7 PM in the Barrett School library.

Representatives from Dominion's Local Operations, Reliability, Forestry, and Governmental Affairs departments will brief AFCA members on recent storm events and on future electrical work scheduled in our neighborhood. They will also

answer questions. This is your opportunity to get authoritative information on the causes of power outages, rerouting power lines, and related issues.

Also on the agenda is discussion of the future of the Lubber Run Community Center. Will it be rebuilt as a community center, or will it be replaced by high-density housing or a large school? Come hear AFCA reps discuss their recent meetings on this issue with County Board members. See the article below for background info.

## Save the Lubber Run Community Center

The fate of the outdated Lubber Run Community Center (LRCC) and its prized outdoor recreation facilities and open spaces will be in the hands of Arlington County Board and School Board members later this spring. Funding to replace LRCC is currently included in the County's Capital Improvement Plan (CIP), with facility design to begin in 2016, construction to begin in 2019 and completion in 2021.

At issue is whether the CIP will be changed from the option favored by the Arlington Forest Citizen's Association (AFCA) for a low-rise enhanced community center which retains existing green space to an alternative option that would replace LRCC with a multiple-story, large-footprint building for an 800 to 1,200 seat school or for an affordable housing/community center complex using the Arlington Mill model.

AFCA representatives over the past month have been actively promoting the low-rise, small-footprint option. In early March, all current County Board members (Chair Jay Fissette, Vice Chair Mary Hughes Hynes, Member Libby Garvey, and Member J. Walter Tejada) made personal visits (one or two at a time) to LRCC to meet with interested Arlington Foresters. AFCA reps also met on-site with County Board candidates Alan Howze and John Vihstadt.

Several of the County Board members advanced a com-

ination of approaches that possibly incorporate one or two other modest-scale uses (such as pre-school education or senior affordable housing units) with a new community center.

While the County Board members listened carefully to AFCA's concerns about the need to preserve and enhance LRCC's role as a green, urban oasis that serves the recreational, social and educational needs of central Arlington, they also stressed the countywide need for additional schools and for affordable housing units. The County is currently drawing up a list of county-owned land parcels that might meet these needs.

The County Board members said that no decisions have been made yet and encouraged .....continued on page 4

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*AFCA Meeting 7 p.m. March 19 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](mailto:newsletter@arlingtonforestva.org). Space often fills up before the deadline.

## Arlington Neighborhood Villages: Brown Bag Lunch and Presentation

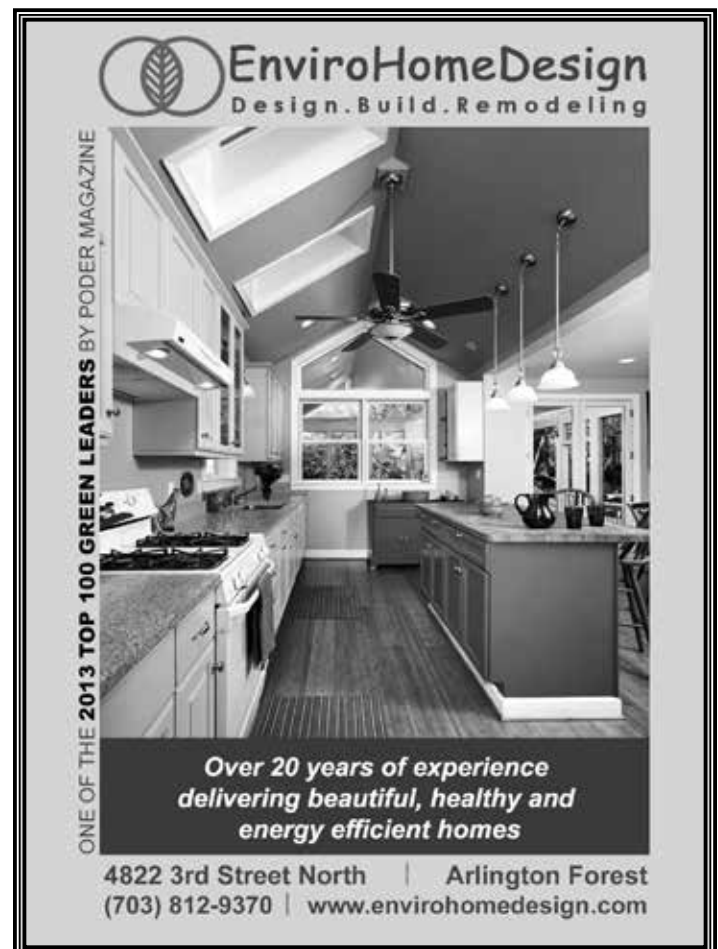
*Save the Date:*  
**Tuesday**  
**March 25**

Arlington Neighborhood Villages is a non-profit organization dedicated to enabling residents to continue living in their own homes and communities as they age. Everyone is welcome to join us for our first Brown Bag Lunch, Presentation and Social, hosted by your local chapter of Arlington Neighborhood Villages, at noon on Tuesday, March 25, at Carlin Hall, 5711 4th St. South. We provide the location and presentation, and you bring your lunch.

We will begin eating at noon. About 12:20pm, Barbara Leupold of Arlington Forest will give a short presentation on "Enjoying and attracting Backyard Birds." It will discuss birds found in Arlington, feeding birds, and plants that you can use to attract birds to your yard. Afterwards, there will be time to ask questions and socialize.

The next Brown Bag will be April 22 and will include a guided tour of the Ball-Sellars House, the oldest house in Arlington, c.1750s, followed by lunch and social time.

To find out more on becoming an Arlington Neighborhood Villages' member or volunteer, go to <http://arlnvil.org> or contact Linda Reck, 703-892-5178. We are looking for volunteers of all ages.



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# Arlington Forest in Life Magazine - Part 2

By Brendan Meyer



Last month's Arlington Forester reproduced an aerial photo (see left) of part of Arlington Forest from the March 10, 1941 issue of Life Magazine. Could you identify which part of our neighborhood is in the photo?

There are three tricks to identifying the exact location: the snow, the lack of trees, and orientation. The snow tells us the photo is from the winter of 1940 or 1941. The Greenbrier section didn't start until spring '41, so that leaves Southside and Northside.

The second trick is that the builder, Meadowbrook, Inc., tried to keep two trees standing in the front of each house wherever possible. This was easy to achieve on Southside because it was densely wooded. So since the Life photo shows an area mostly devoid of trees, the photo is likely of Northside. There are aerial photos of Arlington County from 1934 and the one for our neighborhood was included in the 1991 Arlington Forest Neighborhood Conservation Plan

(available at [www.arlingtonforestva.org](http://www.arlingtonforestva.org) under the Neighborhood tab). In that photo you can see a large, treeless area roughly between Henderson, 2nd Street, Abingdon, and about 3rd Street.

The last trick is to realize that the Life photo is oriented, not with north at the top like most maps, but with east at the top.

All together it becomes easy to see that the photo shows the houses between Wakefield and Park, 2nd Street and 2nd Road, and with Abingdon running across the center. While most of the photo is treeless, you can see at the bottom, along Park and closest to Lubber Run, that many trees were indeed kept by Meadowbrook.

You also see how our homes were massed produced in sequence, starting with the house in the upper right at the corner of 2nd Road and Wakefield. It's pretty much finished. Then going around the block clockwise, each house is a little less finished. All the houses on Abingdon are framed and most have their roof shingles. Only a few have their brick veneer walls completed and one is in the middle of the job, half-way complete. The houses on Wakefield show the progression of excavation, pouring concrete basements and framing first floors.



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## Home Tour on May 3

By Monica Darnell

The Arlington Forest Home Tour Committee is gearing up for wonderful weekend that is a special tradition our neighborhood holds every three years. Coinciding with the Arlington Forest 75th anniversary celebration, we hope you will join us. We have 13 homes with amazing additions and one garden to tour on Saturday, May 3, 2014 from noon to 4 pm.

We will be pre-selling tickets. Purchasing them in advance gives you the opportunity to get the catalog early and read through what each home has to offer. This way you can plan out your day and the homes that you most want to see. You also won't have to wait in line to buy tickets the day of the tour. Pre-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.

Tickets can be purchased at the following 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



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## Lubber Run ...from page 1

Arlington Foresters to continue to provide input both to the County Board and to Arlington Public Schools. However, since the Superintendent presents his proposed school expansion plan to the School Board in just a couple weeks on April 3, time is running short for our community's input on school options.

Here is what you can do:

-- **Sign the AFCA petition**, which calls for preserving LRCC as a modest-sized community center. Go online today to <http://petitionsite.com> (search "Lubber Run Community Center") or click on the shortcut link: <http://goo.gl/Ofhq42>. Add your ideas for what you would like in a new LRCC in the comments box or email [LubberRunCC@gmail.com](mailto:LubberRunCC@gmail.com).

-- **Write to both the County Board and the School Board** and urge them to keep further dense development out of the heart of Arlington Forest. They can be reached at: [countyboard@arlingtonva.us](mailto:countyboard@arlingtonva.us) and [school.board@apsva.us](mailto:school.board@apsva.us).

-- **Attend the March 26 School Board community meeting** at the Career Center from 7 to 9 p.m. to see proposed plans from the School Board staff for a middle school at LRCC. Or, go online to view the presentation at <http://apsva.us> (click on "More Seats for Students").

The AFCA "Vision Statement for Lubber Run Community Center" that was sent to the County Board and School Board on February 2 was published in the February Arlington Forester (available online at [www.arlingtonforestva.org](http://www.arlingtonforestva.org) under the Newsletter tab).

On the agenda of the March 19 and April 9 AFCA meetings will be planning for further advocacy efforts. Any Forester who wants to get involved should attend those meetings or contact the AFCA Committee for Lubber Run Community Center at [LubberRunCC@gmail.com](mailto:LubberRunCC@gmail.com).



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# Around the Forest

**Neighborhood Spring Cleanup:** Our fourth annual Arlington Forest Spring Cleanup will take place Saturday, April 26, from 9 to 11 AM. Confirmed cleanup sites are the Lubber Run streambed, the Arlington Blvd southside buffer strip, and the Four Mile Run streambed at the foot of N. Greenbrier St. We will pick up trash, remove invasive plants, and otherwise beautify our public spaces. Mark your calendar and join your neighbors in improving our shared environment. If we can get volunteers to serve as site coordinators, then one or more of the following sites can be added: the Arlington Blvd northside buffer strip and the Four Mile Run streambed at the foot of S. Park. Coordinator duties only consist of keeping the other volunteers generally pointed in the right direction on cleanup day. To volunteer to coordinate one of these two sites, e-mail [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com) by March 28.

**Sidewalk Survey:** The first comprehensive survey in 25 years of Arlington Forest sidewalk repair needs is two thirds complete. Larry Bowring (Northside section) and Todd Lee and John Naland (Greenbrier section) have photographed and catalogued 85 sections of sidewalk that present serious tripping hazards or are severely spalled (i.e., the surface has crumbled). To complete the project, we still need a Southside resident to volunteer to survey that section. Given the relatively small size of the Southside section, an energetic volunteer could probably complete the task in two hours. To volunteer, contact John Naland at [nalandfamily@yahoo.com](mailto:nalandfamily@yahoo.com). Once the project is completed, AFCA will forward the data to the County's Department of Environmental Services asking them to schedule replacement over the next few years at no cost to the adjacent property owners

**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](http://www.arlingtonforestva.org) and click on the AFCA tab.

*Home & Garden Tour  
May 3rd, 2014  
Noon - 4 pm*

*For more info, please contact Monica Darnell  
at 703-217-4559 or [darnell70md@verizon.net](mailto:darnell70md@verizon.net)*



## **Arlington Forest Shopping Center Appreciation Day:**

As part of Arlington Forest's 75th anniversary celebration, AFCA is organizing an Arlington Forest Shopping Center Appreciation Day to be held on Saturday, September 20. Details are still

being worked out, but we expect many of the merchants to offer special deals while activities such as a Moon Bounce will provide entertainment for our youngest residents. In the meantime, please think of our neighborhood shopping center and our newsletter advertisers when you need a good or service.

**E-CARE:** Do you have half-empty paint cans gathering dust in your basement? What about unneeded car fluids, household cleaners or garden chemicals? Or maybe an obsolete computer monitor or television? 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. The next 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 on Saturday, April 19. 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 be sent to countries where they are needed for basic transportation. For more information, go to [www.arlingtonva.us/recycle](http://www.arlingtonva.us/recycle).

**Spring Yard Waste Collection:** Believe it or not, the annual spring yard waste collection begins on March 17. The collection includes most types of yard waste except grass clippings and large branches: acorns, bamboo trimmings, dead plants, straw, ivy, leaves, pine cones, shrub trimmings, small tree limbs, weeds, and wood chips. Place them in biodegradable paper bags or your own 32 gallon trash container on the day after your regular trash pickup. Bags are available at several locations including the Thomas Jefferson Community Center. Do not use plastic bags.

**Reporting Potholes:** Has a pothole formed on your street? If so, get it fixed by reporting it to the County. Call 703-228-6570 or use the app available on the County website (search "pothole").

# Why is Your House Cold and Drafty?

By Scott Donelson

Are you uncomfortable in parts of your house now that it is colder, or did you cringe when that last gas bill came? Is your home dry in the winter and you have to run a humidifier? Do you feel drafts by the windows and think you need to replace them? Did you think you just needed to add some insulation to solve the problems?

Most comfort and energy consumption issues are related to air leakage. Air leaks are caused by small gaps and cracks in the home and are caused by items such as recessed lights, electrical and plumbing penetrations in the tops of walls, framing gaps, ductwork problems, leaky bath fans, unsealed band joists, and many more. As warm, moist air goes out of the house in the winter, cold dry air comes in causing humidity levels to drop. Stopping the air loss keeps cold air from coming in, thus no more drafts!

Air sealing is the number one priority by the EPA/DOE when it comes to home weatherization improvements. Insulation is number two, but adding insulation is only about 50% effective without air sealing first. Air leakage and insulation

problems can generally be solved with much less expense than replacing windows.

A home acts as a system and can involve many complex interactions which require the proper tools and training to diagnose problems correctly. So where do you start to address your comfort problems and other concerns? Start with a home energy audit. It is an in home analysis using sophisticated diagnostic equipment to evaluate the home for comfort issues, energy savings, indoor air health, and combustion safety issues. The audit will find the root cause of problems and develop solutions to address them.

Attributes of a quality audit/auditor are: Company is BPI accredited and auditor BPI certified both as a building analyst and envelope professional ([www.BPI.org](http://www.BPI.org)); Includes combustion safety testing, infrared imagery, energy bill analysis, and other mechanical systems assessment; Includes comprehensive report tailored to home with pictures and prioritized list of recommendations; Includes post improvement validation. Cost: about \$400 and four hours in home.

Additional Resources: [www.HomeEnergyMedics.com](http://www.HomeEnergyMedics.com) (answers to frequently asked questions); [www.energystar.gov](http://www.energystar.gov) (search "home sealing")

Author Scott Donelson is an Arlington resident and president of Home Energy Medics, [www.HomeEnergyMedics.com](http://www.HomeEnergyMedics.com)

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# Could a Rain Barrel Be Right for You?

By Alexander Brown

Spring is almost upon us, and it might be a good idea to think about rain barrels this year. A rain barrel connected to a downspout from your roof can catch runoff, letting you put it where you want it -- or store it for future use!

We bought a pair of rain barrels two years ago, and we just got a third this year. They work great and are very beneficial, for both you and the environment.

Since rainwater is free, you can use it to water your garden at no cost. Your plants will love you for it, because tapwater contains chemicals to make it safe to drink. That makes it harder than rainwater, leading to mineral buildups in the soil.

Rain barrels also benefit the environment. Huge quantities of water run off our roofs into our streams. Along the way, it picks up nasty things like pesticides, silt, fertilizer, and fecal bacteria, all of which degrade our streams. Fast moving stormwater runoff also causes erosion, which can be seen along practically every stream in Arlington. Rain barrels reduce stormwater runoff and decrease pollutants, helping our streams stay healthy.

You can get a rain barrel in a number of ways. A number of local stores including Home Depot and Lowes sell them. You can also get them through the Northern Virginia Rain Barrel Program. The program has great workshops where you can assemble your own rain barrel and learn how to install it for about \$55 per barrel. They also have premade rain barrels for sale for \$65 per barrel.

Two years ago, I attended a rain barrel workshop with my family and built two rain barrels. We installed both of them under two of the rain gutters at my house. They have been very useful, because the hoses from the rain barrels reach places that our regular hoses can't reach. Each rain barrel holds 50 gallons of water, and we have used them many times throughout the summer to water especially thirsty plants.

For more information, contact Taylor Beach at [taylor.beach@fairfaxcounty.gov](mailto:taylor.beach@fairfaxcounty.gov) or do an Internet search of "rain barrel Arlington va".



# Dormant Pruning

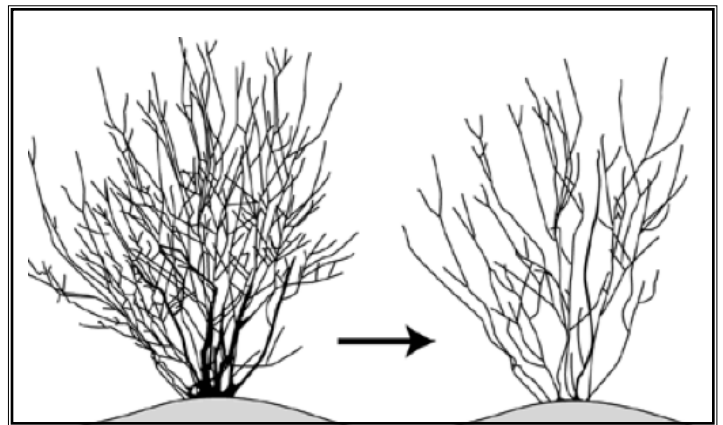
By Danylo Kosovych

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What most people consider pruning is taking a power tool to the exterior of a shrub and turning it into a perfect ball, or hedge row. While this tactic applies to hedges it does not benefit most shrubs and trees. A much more practical way of pruning, which enhances the aesthetic structure of the plant, while aiding in pest and disease resistance, is pruning from the inside out. This process is called thinning.

The primary objective of thinning is structural; open up the canopy for air and light penetration. Allowing more air to flow in the center of a tree or shrub canopy reduces disease by allowing limbs and leaves to dry sooner. Shaded branches from the interior use nutritional resources despite being unproductive.

During the winter, woody plants store their energy in their trunks and roots. Branches have little stored energy and can be removed without altering the stored energy of the tree or shrub. Plants heal best in the spring and summer, when their physiological processes are at their peak. Wounds from fresh cuts are prone to winter injury; therefore late winter is the best time of year for dormant pruning.



Before you cut anything, analyze the plant. Find the large structural branches that reach the canopy. Remove any dead limbs and branches that do not reach the canopy. When making a cut it is best to remove an entire branch from the trunk at the end of the branch collar.

The resulting tree or shrub will have a cleaner look. There will be less small limbs in the interior of the canopy making the larger structural branches more visible. It will also be more resilient and require less ongoing maintenance as plants pruned from the top down.

# A recent walk through Lubber Run Park

By Chris Clark

Arlington Forest resident 1941-1963

I am walking down the path at the main entrance to Lubber Run Park. As soon as I reach the bottom, I immediately smell it -- the creek, the creek which runs the entire length of the park. This smell is unlike any I have experienced in New England where I have lived for the last 45 years. The creek smell is pungent, earthy, dank, and a little rank -- but, oh, the memories it evokes!

My first memory -- I was a child of three, wearing a little woolen coat and leggings with a matching hat with strings which tied under my chin. I was walking in the park with my father, holding his hand, crossing over the creek on a wooden bridge, stopping to gaze down at the ice, small bubbles of water appearing through cracks in the ice surface, patches of snow on the ground on either side of the creek. I was constantly talking, talking -- asking "Daddy" so many questions. You just couldn't shut me up. He would always answer my questions. He gave me his full attention.

Later, when I was nine, Mom told me not to go to the park. "It is dangerous", she said. "Bad things can happen there." This was a 'red flag' for me. At the earliest opportunity, I went. Snowfall in Arlington in those days was a rare occasion, one to take advantage of. I was sledding with a group of friends. We were in one of the friend's backyard on Columbus St. The yard sloped steeply down towards the park. The snow was coated with a top layer of ice. We got on our sleds--Flexible Flyers--wooden sleds with red metal runners. Our sleds literally flew, as we scrunched down on our stomachs as flat as we could, barely clearing the low rails of a wooden fence at the bottom of the hill. We could have killed ourselves that day. But once in the park, it was magic. Snow covered the park, the creek was frozen, and the wooden bridges were slick with ice. After that day, the park was mine to explore. I had broken the barrier.

Summertime was "picnic" time in Lubber Run. Today there are still picnic tables and those small iron grills of yesteryear scattered throughout the park. The grills are new-looking and I know they are not the original ones. But how wonderful that they look the same as I remember! They were just big enough to cook a few hot dogs or perhaps a small steak. Dad called these picnics "Weiner Roasts". I remember Mom bringing the whole picnic dinner down to the park. The occasion, no doubt, a family picnic or get together with friends. I also remember Mom muttering under her breath saying, "I hate picnics." But she was a sport and did it anyway. Our picnics were usually in the evening. We would linger over our s'mores until the mosquitos arrived. We would then pack up our baskets and head home, back up the path to our house at 113 N. Columbus Street.

Other memories of Lubber Run Park during those muggy Virginia summers: I was nine or ten and it was fun to go down with my friends and play in the creek. We would remove our shoes and go wading. What fun! And watch the boys catch crayfish. Yuck! Let the boys do this -- not me! Or we would walk to the other end of the park to the large culvert where the creek flows under Route 50. The water was deeper there. Playing in the culvert seemed more adventuresome and even a bit scary.

Another memory was when I was ten and almost at the end of childhood--a time when playing with dolls would soon end. Jeannie Hilger, my best friend who lived across the street, and I would bundle up our dolls and stuffed animals in paper bags. We would take them to the park where we would have "Doll Scout meetings." We prayed the boys would not discover us doing this!

Many years later I remember another picnic in the park. I was nineteen. I was with a new friend. He was a young CIA employee I had met at work. On a late afternoon in July, we had gone swimming at the new pool across the park--the Arlington Forest Club. Mom had packed us a gourmet picnic dinner of fried chicken, devilled eggs, rolls and butter, lemonade and a mouth-watering dessert. Seated on a picnic bench, we kissed and thus began a "summer romance". It ended too soon. In September, I sailed to Europe to study French for a year. I returned to Arlington Forest briefly, but my carefree days in Lubber Run Park had ended. - Chris Dorner Clark, chrisdor@comcast.net

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## 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.

**Remove Invasives at LBNC:** Sunday, April 20, 2 - 5 PM. Ages 9-Adult. Not all plants are good for the environment. Kids and adults will learn what these trouble-some beasts look like and can help rescue the park from these alien invaders!

**Spring Plant Sale:** Saturday, April 26, 1 - 5 PM. Join us for our highly anticipated native plant sale! The vast majority of our plants are propagated on site. There will be a variety of spring and summer bloomers along with ferns, vines and shrubs. Cardboard boxes will be provided for transporting your new purchases. Payment can be made by cash or check (sorry, no credit cards). Plant advice is free, fee per plant as marked.



# Barrett Girl Scout Troop 6100

By Elizabeth Vizard

Barrett Girl Scout Troop 6100 has been busy this year. What haven't these girls done!?! In September, the girls attended an Arlington County Board meeting to learn about local government and civic engagement.

In October, the girls and scout mom Steph Dempsey handmade braided dog toys from recycled t-shirt fabric scraps to sell at the Lucky Dog Animal Rescue Pit Bull Awareness event. Did you know only 1 in 600 pit bulls will be rescued from a shelter? The 1st annual "Pit Bulls in the Park" was a day of appreciation and education designed to change perceptions and stereotypes about pit bulls and other "bully breed" dogs. All proceeds from the Troop 6100 dog toys were given to Lucky Dog Animal Rescue. Plus, the girls wrote an original song called "Pit Bulls Rock!" and performed it at the event and on Barrett's TigerTV.

November brought the girls to the nonprofit Miriam's Kitchen (MK) in NW DC which helps chronically homeless individuals. The girls each donated a box of cereal to the food bank and a pair of warm socks and participated in a cooking class with one of the MK's chefs. The girls learned first-hand the effort that goes into preparing just one of the over 73,000 meals MK provided in 2013.

Our annual GS cookie sale is in full swing. If you are

looking for your favorite Thin Mints or Samoas just look for one of our booth sales around town or contact your local Girl Scout!



Troop 6100 gathered around Miles the Marine Corps Marathon mascot after the County Board meeting.

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Status	Address	List Price	Sold Price	Close Date
For Sale	4754 Arlington Blvd S	\$579,000		
Contract	353 Granada St	\$575,000		
Contract	125 Columbus St S	\$599,500		
Sold	4844 Arlington Blvd	\$499,000	\$515,000	9/24/13
Sold	4851 Arlington Blvd	\$574,900	\$580,900	1/6/14
Sold	125 N. Abingdon St	\$589,900	\$612,000	12/20/13
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



# Nature News: Woodpeckers

By Cliff Fairweather  
Park Naturalist,  
Long Branch  
Nature Center

Winter is a great time to see woodpeckers. With few leaves on the trees they are easier to spot on trees and they come readily to feeders, especially if nuts and suet are offered.

Woodpeckers are most common in wooded areas, including neighborhoods with lots of trees.

From bill to tail, woodpeckers come well-equipped for making a living in trees. The business end of a woodpecker is its chisel-like bill used for opening up insect hiding places inside wood or under bark, carving out nest holes in trees, and for sending messages to other woodpeckers. Woodpecker bills come in a variety of sizes, depending on the species and the kind of work they need to do.

Our largest local woodpecker, the Pileated, is a crow-sized bird with a big bill it uses to penetrate into the heartwood of a tree where it finds carpenter ants. The sparrow-sized Downy Woodpecker has a bill that seems too short for a woodpecker but it is strong and stout and works well for extracting insects from under bark. Also inhabiting Arlington all year are the Hairy and Red-bellied Woodpeckers, both about robin-sized, and the somewhat

larger Northern Flicker. Our winter resident woodpecker is the Yellow-bellied Sapsucker.

All that chiseling and pounding requires a firm grip. Most birds have feet adapted for perching, with three toes extending forwards and one pointing backwards. Woodpeckers, however, have two toes pointing forward and two pointing backwards to help get a strong grip on tree bark. A woodpecker's tail is stiff and pointed at the end to provide a firm brace while pecking or moving up and down the trunk.

A woodpecker uses its bill to get to insects in wood but uses its long, sticky, barb-ended tongue to do actual catching. The tongue and its supporting structures are so long that they wrap around the inside of the skull and can extend up to five times the length of its bill. This long, sticky, barbed tongue is perfect for grabbing insects inside their tunnels.

Woodpeckers also use their bills for communication. Instead of announcing their availability as a mate with a song, male woodpeckers drum on a resonant branch, trunk – or sometimes house siding or metal chimney! Females join the males in drumming to proclaim a pair's territory. A shock absorber system protects the woodpecker's brain from all that pounding.



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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

# Forest Exchange

- Next AFCA Meeting:** Wednesday, March 19.
- E-CARE:** April 19 at Thomas Jefferson Middle School. Semi-annual recycling event.
- County Board Special Election:** April 8.
- Neighborhood Spring Cleanup:** April 26. See page 5 for details.
- Home and Garden Tour:** May 3. See page 4 for details.
- School Board Election Caucus:** May 15 and 17.
- Annual Community Yard Sale:** May 17. Turn unwanted stuff into cash.
- Lubber Run Amphitheater 2014 Season:** Live entertainment under the stars resumes in June.
- Arlington County Fair:** August 6-10.

**Arlington Fencers' Club, born in Arlington Forest:** Just three years ago some Arlington Forest parents realized there was no practical option for their kids to fence locally. With help from Parks & Rec, the club started a middle school after-school fencing league which grew to include Kenmore, Williamsburg, H-B Woodlawn and Thomas Jefferson, and a Wakefield High School student-run club.

We are 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. When she was just 16, Becca locked up all five ways to claim a 'World Champion' title winning the overall World Cup circuit, plus Team, Cadet, Junior and Senior World Championships. Today she is teaching Arlington kids how to win at Saber.

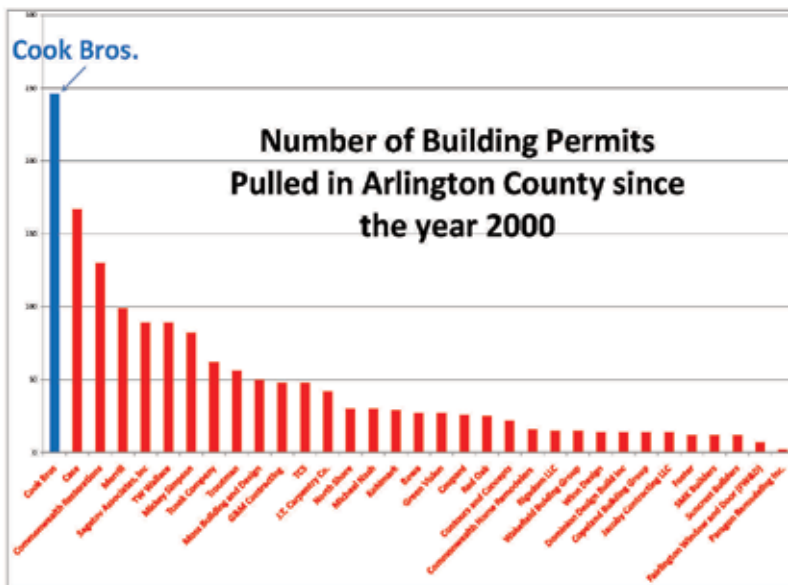
If you are interested in fencing, attend a free "Fun with Fencing" day with Becca, with demonstrations and hands-on fun, Saturday May 10. Or register for an introductory fencing class series, one starts soon Thursdays 6 PM and another Saturdays 9:20 AM. Open to adults and kids age 7-up. See [www.Arlingtonfencers.com](http://www.Arlingtonfencers.com) or call 571-522-0402

### Future AFCA Meetings and planned speakers:

- April 9 (new date): Gardening and tree experts
- May 14: Annual picnic at Lubber Run Park shelter

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# Barcroft School News

March has been busy at Barcroft. Additional snow-storms notwithstanding, Grade 5 Standards of Learning testing in Writing were completed over a three-day period in early March. Moreover, three student teams from Barcroft participated at the recent Odyssey of the Mind Competition on Saturday, March 15.

Is your child attending Kindergarten in Fall 2014, or would you like to learn more about Barcroft Elementary? If so, please join us for Kindergarten Information Night to be held on Monday, March 17 from 6:30 to 8 p.m. Everyone is welcome. On March 27, there will be a Leonardo Learning Night where students showcase third quarter learning to their families and the community. All are welcome.

From March 31-April 11 is Spring Intersession. Intersession provides a wonderful two-week break from traditional classes each Fall and Spring. Instead of business as usual, learning comes alive as students are invited to take interactive, hands-on enrichment classes in areas such as science, architecture, math, literature and physical fitness. Children needing additional assistance with the core curriculum may also take remedial classes provided in a format that ensures that learning is fun. Students may take morning and afternoon classes offered by the school during these two weeks or enjoy time off. The Spring Break holiday is from April 14-18.

May 3 is the Barcroft Spring Fair. There will be games,

fun, food, cake walks, bakes sales, jewelry sales, and much more for the entire family. Please join us for a fun time, and support your neighborhood school. May 5-9 is Staff Appreciation Week. During that week, the PTA will plan 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 is June 9-13. Students will have an opportunity to sample fresh, local produce during lunch. On June 13, there will be a special dinner and Leonardo learning event. We hope you will join us!

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# Barrett School News

While anxiously waiting for spring, Barrett families still managed to come together to experience exciting learning opportunities and to plan future events.

Barrett's Science Discovery Night was a huge success! We appreciate our partners in education that participated in the event--NASA, Smithsonian National Air & Space Museum, Einstein Fellows, Lockheed Martin, National Wildlife Refuge System, National Institutes of Health, APS Career Center Animal Science Program, and Barrett families! The students were thrilled to have their science passports stamped at all of the stimulating stations.

Attention current, past, and future Barrett families: Join March Madness and help raise money to support Barrett's new Reader Workshop Initiative. Barrett's March Madness Silent Auction is Saturday, March 22, from 6:30 p.m. to 9 p.m. at the National Rural Electric Cooperative Association (NRECA), 4301 Wilson Boulevard. The cost is \$25 per person in advance or \$30 at the door. Unique prize offerings include private tours of the Pentagon and the National Archives, a training consultation with marathon record holder Michael Wardian, four tickets to Nationals vs. Cardinals on Friday, April 18, two round-trip tickets on Amtrak to NYC, a tour of ABC7/WJLA-TV and News Channel 8 studios, two slots in an eight-week fencing class, Disney Park 1-Day Tickets, an Instant Wine Cellar, and MANY

MORE items that will excite your children. Don't forget to review the auction catalogue with your children so you'll be prepared to bid on the many special events for your family!

Worried about childcare the night of the auction? EverWonder camps will be providing a Parents' Night Out at the school from 6:30 p.m. to 9:30 p.m. The cost is \$30 per child and includes dinner. Register at <https://www.ultracamp.com/camps.aspx>. So, come on and wear your favorite team colors and join us for raffles, games, live streaming of the NCAA tournament games, and bidding on some AMAZING prizes! Visit: <http://barrett.my-pta.org> to order tickets or find out more about the auction. Please email Jennifer Sauter-Price at [familyprice@me.com](mailto:familyprice@me.com) for questions.

## Upcoming Events:

- Rising Kindergarten Playdate, 10-11:30 am, Sat, March 15
- Pre-K Parent Workshop, March 18, 8:20 am or 6:15 pm
- Silent Auction, Sat, March 22, 6:30-9:00 pm
- Roving Readers, Women's History Month, Wed, March 26
- School in Session (Teacher Workday canceled), March 31
- PTA Meeting/Social Studies Info, April 1, 7:00-8:30 pm
- Spring Musical, Thurs, April 10, 2:00 pm & 7:00 pm
- Family Library Night, Tues, March 11, 7:00-8 pm

## There's Peace in The Walsh Family

When the Walsh siblings flew into town for their dad's funeral, a neighbor of their dad's suggested they talk to me. The two sisters and two brothers were faced with disposing of their dad's estate, beginning with his home. The good news was that the home was paid for and the neighborhood values had appreciated considerably in the 25 years he'd lived there. The not-so-good news was that the property needed a lot of work and was filled with furniture and lots of personal possessions, and the Walsh's couldn't agree on how much money to commit to the project. Two siblings wanted to do nothing and the other two wanted to make minor cosmetic repairs. There was also the issue of disposing of all the personal property which had accumulated over the years. All four siblings lived out of the area and were overwhelmed with the scope of the job. I suggested that we all meet with my Professional organizer who could consult with them on how she

could arrange to dispose of the personal property. We developed a plan to get the property and grounds cleaned up after the home was vacated and it was decided that the home would be sold in strictly "as-is" condition. The strategy was to market the home as a fixer upper at a bargain price in anticipation of attracting a crowd - which is a popular sales strategy. Once the home was listed, I employed my 66 point marketing plan including an advertised open house along with a contract deadline into the following week so that the property could get adequate exposure. The end result netted 12 offers with the highest offer at 8% above asking price. The Walsh family was thrilled with the outcome since we got them a much higher net profit from the sale than they could have received from a few private offers prior to going on the market. Who is the next family you know that's facing a home selling challenge? Be sure to give me a call to discuss how we can let them know how I can help.



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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
- Caroline Rogers, pet sitting, dog walking, yard work, [carolinearogers@verizon.net](mailto:carolinearogers@verizon.net), 703-892-0226
- 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

## 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](mailto:Allisonrocket@aol.com), 703-276-2840
- 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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