



2013 Holiday Fund Drive Kickoff

by Adam Henderson

One of the very best traditions of Douglas Park is our annual Holiday Fund Drive. Each year, we raise money to help neighborhood families in need with holiday gifts and food. For the past several years, we have raised nearly \$3000 annually so that several families identified by the staff of Randolph Elementary School could have toys, clothes and food for Christmas. Your generosity and that of your neighbors—in good times and not so good times—has been a lifeline for our neighbors who need help.

We will again need help again with shopping and wrapping—but most importantly, we need your contributions. An envelope addressed to the DPCA treasurer can be found in the newsletter. Please use it to make a donation, payable to 'DPCA', and put 'Holiday Fund Drive' in the memo line. If your envelope is missing, simply mail your donation to Treasurer, DPCA, 1609 South Quincy St, Arlington VA 22204-5051.

For these families, we are Christmas. Please give generously.

And if you'd like to help in a more hands-on way, with either shopping or gift-wrapping, please contact Rita Wiggins at (703) 228.2321 or at rita.wiggins@apsva.us.

Return of the Trail of Terror

by Rebecca Krafft

S shrieks, howls, and blood-curdling cries pierced the darkness over Douglas Park on the evening of Saturday 26 October. The place crawled with zombie farmers, witches, ghouls, vampires, trolls, folks in evil masks carrying unpleasant stuff, plus random scary people and a zombie chicken. Dozens of your neighbors were unrecognizable in creepy, gory costumes and makeup. Others helped younger visitors paint pumpkins and enjoy a less scary Halloween.

And whenever dozens of people get together for fun, it makes you feel even better to help others in the process. In that spirit, visitors brought 800 pounds of food as the price of admission, and the event organizers donated it to the Arlington Food Assistance Center (AFAC) on Sunday morning.

Now in its second year, the Haunted Trail would not have been possible without Debbie Hill, organizer-in-chief, and Bret Alexander, who designed and built the scenery last year.

SEE PHOTOS FROM THE EVENT ON P 9.

HOLIDAY FUND DRIVE 2013

Your generosity helps to make Christmas bright for neighborhood families in need. Please use the enclosed envelope to mail your donation payable to 'DPCA' today.

THANK YOU!



Treasurer, DPCA,
1609 South Quincy St,
Arlington VA 22204-5051

NEXT DPCA MEETING

The next meeting of the Douglas Park Civic Association will be Tuesday evening, 19 November 2013, at 7.45p in the Randolph Elementary School Cafeteria, 1306 South Quincy Street. Please enter through the door marked 'No 10'.

In addition to our normal updates on neighborhood projects, we will have a presentation from and short Q&A session with John Vihstadt, chair of the Arlington Urban Agriculture Task Force regarding backyard hen-keeping. For details, please see the President's Corner on p 2. All are welcome to attend.

INSIDE

<i>President's Corner</i>	pp 2-3
<i>Holiday Bonfire and Caroling</i>	p 3
<i>Randolph News</i>	p 4
<i>Understanding Wellness</i>	pp 4-5
<i>Aachen Student Exchange</i>	p 5
<i>DPCA Recognized</i>	p 6
<i>Health for the Holidays</i>	pp 6-7
<i>November Business Profile</i>	p 7
<i>Neighborhood Photos</i>	pp 8-9

DOUGLAS PARK CIVIC ASSOCIATION • ARLINGTON, VA

MEETING CALENDAR

The Association conducts general membership meetings on the third Tuesdays of February, April, June, September and November at 7.30p. Meeting dates and locations are subject to change; up-to-date information is available at <http://www.douglasparkca.org/> or in the *Douglas Park Neighbor News*.

NEXT REGULAR MEETING

Tuesday evening, 19 November 2013 at 7.45p in the cafeteria of Randolph Elementary School, 1306 South Quincy Street. Please see the full agenda in the 'President's Corner' column in this issue of the *Douglas Park Neighbor News*. All are welcome.

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DOUGLAS PARK NEIGHBOR NEWS

EDITORIAL, DESIGN AND LAYOUT

Adam Henderson, 703.608.8615, douglaspark.news@gmail.com

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UPCOMING DOUGLAS PARK NEIGHBOR NEWS DEADLINES

	Articles and Adverts Due	Distribution
Issue 88.01:	Fri 31 Jan 2014	Sat/Sun 15/16 Febr 2014
Issue 88.02:	Fri 4 Apr 2014	Sat/Sun 19/20 Apr 2014

DOUGLAS PARK ON THE WEB

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<http://www.douglasparkca.org/>

LISTSERV

Send email to
douglaspark-subscribe@yahoogroups.com

FACEBOOK

<https://www.facebook.com/pages/Douglas-Park-Arlington-VA/133420103436696>

President's Corner

by Adam Henderson

NEXT CIVIC ASSOCIATION MEETING

The next Civic Association meeting will be held Tuesday 19 November at 7.45p in the cafeteria of Randolph Elementary School, 1306 South Quincy Street. Please enter the building through doorway 10. Our main focus will be a presentation by John Vihstadt, chair of the Arlington Urban Agriculture Task Force regarding 'backyard' hen-keeping. As you may know, the County Board has charged the Arlington Urban Agriculture Task Force with reviewing regulations regarding hen-keeping on private property in the County, as part of updating agricultural regulations in general in the county. Mr Vihstadt will update us on the current status of the review and the forthcoming recommendations to the County Board. All are welcome to attend.

LAST CIVIC ASSOCIATION MEETING,
TUESDAY 17 SEPTEMBER

Approximately twenty people attended the Civic Association meeting on Tuesday evening 17 September at Firehouse 9. The agenda included:

- We discussed Capitol One Bank's offer to donate land for the completion of the 11th Street South segment between South Glebe Road and South Monroe Street. While most attendees were in favor of the extension, as it has long been part of the Columbia Pike redevelopment plan, we did have concerns with the intersection designs at South Glebe Road and South Monroe Street. Working with staff and the County Board, we were able to remedy the majority of these issues. The project was approved by the County Board at their October regular meeting.
- We heard presentations from 49th District Virginia House of Delegates candidates Alfonso Lopez and challenger Terrence 'Terry' Modglin. Both candidates were given fifteen minutes to speak, followed by 15 minutes of questions from the audience.

Douglas Park noticias
noviembre 2013

REUNIÓN DE LA ASOCIACIÓN CÍVICA

La reunión de la asociación cívica sera el 19 de noviembre a las 19.45 en la cafetería de escuela Randolph, 1306 Calle Quincy Sur. Entre a través de la puerta número 10. ¡Atienda por favor!

OTHER NEIGHBORHOOD UPDATES:**COLUMBIA PIKE UNDERGROUNDING AND STREET IMPROVEMENTS**

Roadway reconstruction of the Pike from South Wakefield St to Four Mile Run was scheduled to begin on 11 November and run for approximately six weeks. Land closures for the project are as follows:

- **Eastbound Lanes**

9.30a—3.30p: Two lanes will be closed for excavation

3.30—6p: Lane closure will be reduced to one lane to install subbase

7p—6.30a: Laying of asphalt; one lane will remain open to traffic

6.30—9.30a: Both lanes will be open to traffic

- **Westbound Lanes**

7p—6a: Two lanes will be closed for excavation and installing subbase

6a: Lane closure will be reduced to one lane

7a—3.30p: Laying of asphalt; one lane will remain open to traffic

3.30—7p: Both lanes will be open to traffic

The realignment of South Four Mile Run Minor at the Pike is also nearing completion.

BIKE BOULEVARDS

To provide safe and convenient bike routes along the Pike, Arlington County has been creating two bike boulevards parallel to Columbia Pike on low-volume and low-speed (25 MPH) streets. The County has completed street markings and new signage along 9th and 12th Streets South. Staff are currently designing updated curbs, medians, ADA-compliant ramps, sidewalk re-alignments and a HAWK (High-intensity Activated crossWalk) signal. This design phase is scheduled to finish up this winter. Look for a County staff update at a Civic Association meeting in early 2014.

2400 COLUMBIA PIKE

This BM Smith Co project along the south side of Columbia Pike from South Barton St to the Citgo across from Penrose Sq is currently in the design phase. Current plans are for six story building with ground-floor retail, retaining elements of the façades of both Rappahannock Coffee and the former Saah Furniture. The site design is being planned under the Pike FBC and is expected to go before the Arlington Planning Commission in Spring 2014.

DOUGLAS PARK CIVIC ASSOCIATION • ARLINGTON, VA
MEMBERSHIP FORM—FY 2014

MARCH 2013 — FEBRUARY 2014

- ENCLOSED ARE MY ANNUAL HOUSEHOLD DUES OF \$15.00
- I'M/WE'RE DONATING THE ADDITIONAL AMOUNT OF \$ _____
- A CHECK FOR \$ _____ IS ENCLOSED

PLEASE PRINT

Name _____

Street Address (incl Apt No) _____

Arlington, VA 22204

Home Phone (incl Area Code) _____

Email _____

I'D LIKE TO HELP WITH:

- Fourth of July Picnic and Parade Election Day Bake Sale
- Holiday Fund Drive Writing newsletter articles
- Call me any time and I'll see if I can help

MAIL YOUR CHECK, PAYABLE TO 'DPCA', ALONG WITH THIS FORM TO:

Treasurer, Douglas Park Civic Association
1609 South Quincy Street
Arlington, VA 22204-5051

Thank you!

**Bonfire and
Holiday Caroling, 2013****ANNUAL DOUGLAS PARK TRADITION IN NEED OF
ENTHUSIASTIC VOLUNTEER**

Bad news: our esteemed **Holiday Caroling** and Bonfire leader, Becky Carroll, relocated out of state earlier this year. The Civic Association is in need of a new volunteer (or two). If you are interested in helping, please be in touch with Rebecca Krafft at rebecca_krafft@hotmail.com.

This is a straightforward, finite commitment. And if you like socializing and music, you are just right for the job. The traditional date for this is sometime in the two weeks before Christmas, usually on a Friday or Sunday.

Randolph Notes

by Rita Wiggins

The Bedford Falls Book Fair is coming to Randolph Elementary and everyone is invited. Note that we are having a special event on Wednesday evening 4 December from 6.30-8.00p: put on your robe and slippers, grab your favorite cuddly, and come on in for Bedtime Stories Night. The event is open to the community and the book fair will be open for sales at that time. Book fair hours are as follows:

Monday 2 December	11.00a—4.00p
Tuesday 3 December	8.00a—4.00p
Wednesday 4 December	8.00a—4.00p and 6.30—8.00p (Bedtime Story Night)
Thursday 5 December	8.00a—4.00p
Friday 6 December	8.00a—Noon

SAVE THE DATE:

FRIDAY 14 FEBRUARY 2014, 7-9 P,

“I Fell In Love With Math” Sock Hop—open to the community.

Understanding Wellness Starts with Planning

by Dr W Jean-Luc Sansfaute

When I started a wellness practice 10 years ago, something became very clear. Everyone seemed to be interested in wellness, but there was a great deal of confusion about what wellness was...and more specifically how to achieve it. I have always said...start with a plan!

A wellness plan is a plan of action geared towards the achievement of personal wellness. Personal wellness implies a state of multidimensional health and satisfaction. There are many aspects, or dimensions, to personal wellness, and they must each be developed and maintained for optimal overall well-being. Wellness plans take all of those aspects into consideration, and are tailored to the individual.

Follow these steps to create your first wellness plan:

STEP 1: Assess Your Wellness

There are 7 dimensions of personal wellness that overlap and work together to create an integrated system of well-being. Think about the aspects of personal wellness and how they relate to you, then value the amount of wellness, or fulfillment, you feel you have in each area. Use a ranking from 1-10 to evaluate each of the following areas (1 for least satisfied and 10 for most satisfied):

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Age: 77 yrs.
3 bedrooms
1.5 baths

Original crystal door knobs & brass hardware
Custom brick steps on front and back porches
Updated: HVAC, windows, gas stove, and roof

Enjoy sunset from large front porch
House is sited on an elevation and is in a neighborhood
of attractive renovations
One level living—expand into finished upper and lower levels
Upper level can be master suite or several rooms + bath
Lower level can be several rooms

Main level: living room, country kitchen, full bath,
two bedrooms
Upper level: master bedroom and closet
Lower level: rec room, other room, utility room, half bath

- **Physical:** This encompasses nutrition, physical fitness and the avoidance of unhealthy habits like smoking, drinking too much and doing drugs. It also involves health-promoting practices like doctor check-ups, preventative healthcare and health management.
- **Emotional:** This pertains to how well you are aware of, accepting of and able to deal with your feelings. Relationships, stress, self-esteem and life outlook are all factors that play into emotional wellness. It also pertains to your mental health, and encompasses depression and anxiety, which may be either hereditary or circumstantial.
- **Social:** This aspect of personal wellness has to do with how you see your place in the world and in society, and how well you adjust to your personal role in society.
- **Intellectual:** This dimension refers to the amount of information and knowledge you take in, and the amount of creative, analytical thinking you put out. Learning, problem solving and mental productivity are important aspects of intellectual wellness. It also stresses the importance of a positive attitude towards work, and a rewarding and enriching career path.
- **Spiritual:** Wellness plans include spiritual wellness not as a reference to religion, but rather as an indication of what you perceive to be the meaning of life and how you fit into it. Beliefs and value systems are a part of spiritual wellness.
- **Financial:** Being financially stable is an integral part of personal wellness.
- **Environmental:** This relates to your level of environmental consciousness.

STEP 2: Identify Areas To Improve

Be honest with yourself about how satisfied you feel in each aspect of wellness so that you can create a wellness plan tailored to your needs.

STEP 3: Set Goals

There are things you can do to improve each and every aspect of personal wellness. Once you identify the areas that you feel you need to work on, write down specific goals to accomplish in each area that will move you toward greater overall well-being.

STEP 4: Record Your Progress

Keep a chart or a journal outlining each aspect of personal wellness and the goals you set to improve on those aspects. Mark important dates and checkpoints in a calendar designated specifically for the purpose of your personal wellness plan so that you can see your progress.

STEP 5: Update The Goals

As you develop greater personal wellness, you may find that it is taking a longer or shorter time than you'd planned to reach certain goals, or that some goals are no longer inside

the scope of what you want to accomplish. Monitor your progress and reassess your needs frequently so as to keep your wellness plan as tailored to your growth as possible.

Next column: *Stress and Pain Management Go Hand in Hand*

Dr W Jean-Luc Sansfaute lives in Douglas Park, Arlington, Virginia with his family, including a super friendly yellow lab called Dobbie. You can reach him at drjls@skylinewellnesscenter.com with any questions about wellness and health care.

Aachen Student Exchange 2014

HIGH SCHOOL SUMMER EXCHANGE TO ARLINGTON SISTER CITY AACHEN, GERMANY, 1—18 JULY 2014

submitted by Reid Goldstein

As you are making your summer plans for 2014, here's a great opportunity for high school kids!

Live with a German family with a student your age in Aachen, Germany, where you will experience everyday German life in a way that few tourists ever get to see. No German required. Make new friends, try incredible food, and see Maastricht in the Netherlands, the nearby countryside, Belgium, historic cities Cologne and Bonn, and the sites in Aachen. Have fun with a ropes course, bowling, and welcome and farewell dinners. Spend three to four days in Berlin. Applicants must be 16-18 years old and demonstrate leadership, maturity, and an interest in foreign cultures and history. Application deadline is 20 February 2014.

The Arlington-Aachen High School Exchange is also seeking families with students to host a German student in October 2014. The German students have demonstrated academic ability, personal maturity, and a strong desire to learn more about American life. They all speak English. They want to be part of the everyday things you do: soccer practice, high-school football games, homecoming dances, local pizza place, hanging out with friends after school, shopping, etc.

The Arlington Sister City Association (ASCA), is a nonprofit organization established 1993. The ASCA promotes the region's international profile through a variety of exchanges in education, commerce, culture, and the arts. For more information or to apply, please visit www.arlingtonscity.com or email margiebell@juno.com.

DPCA Recognized by AHS

CIVIC ASSOCIATION IS CO-RECIPIENT OF THE 5TH ANNUAL ELLEN BOZMAN AWARD

by Adam Henderson

We're proud to announce that the Douglas Park Civic Association is a co-recipient of the 5th annual Ellen Bozman Award from the Alliance for Housing Solutions. The award recognizes individuals or organizations who have provided leadership in affordable housing in Arlington and Northern Virginia. The award will be presented on Sunday 8 December at a ceremony at the Unitarian Universalist Church of Arlington

Special thanks go to Linda Dye, Reid Goldstein and DPCA immediate past-president John Snyder for their efforts in incorporating affordable housing preservation in the Columbia Pike planning process which lead in part to this recognition.

Health for the Holidays with Half the Hassle?

by Leslie LaPlace

As the days get shorter, temperatures begin to fall and we cozy up by the fireplace in quiet anticipation of the upcoming holiday season, we also need to remember that good health is STILL Important. Many people believe that an expensive gym membership, a big time commitment and or home gym equipment are necessary for life-changing results in their fitness routine and better overall health. A fitness phenomenon has been sweeping the nation called TABATA. Tabata was founded by a Japanese scientist named Izumi Tabata and fellow colleagues at a department of physiology in Japan. Izumi conducted a study to compare moderate intensity training with high intensity training. He conducted the tests on 2 groups of athletes; 1 of the groups used the moderate intensity interval training and the other using high intensity interval training.

In group one; the athletes were training in moderate intensity workouts (70% intensity) for five days a week for a total of six weeks with each training session lasting an hour. Group two trained in the high intensity workouts for 4 days a week for a total of 6 weeks with each session lasting 4 minutes, at 20 seconds of intense training (170% intensity) and 10 seconds of rest.

The Results were AMAZING Group 1 had a significant increase in the aerobic system (cardiovascular system). However, the anaerobic system (muscles) gained little or no results at all. Group 2 showed much improvement in all their athletes. Their aerobic systems increased much

more than those in Group 1, and their anaerobic systems increased by 28%. Conclusion? This is not a passing exercise fad but one used by top professional athletes the world over. You can now have access to this exercise in your own neighborhood!

This is exactly why Tabata exercise programs are founded on High Intensity Interval Training or HIIT and combines two of the most effective fat-burning methods: high-intensity training which pushes the body to maximum effort to achieve muscle fatigue and interval training, which alternates periods of intense effort with periods of moderate-to-low intensity effort. HIIT provides maximum fat-burning and muscle-building through much shorter workouts. Additionally, HIIT boosts metabolism and calorie-burning much more than a steady intensity or even longer duration. 20 minutes of HIIT exercise will give you more benefits than spending 45 minutes doing the same level and resistance on the treadmill, elliptical or bike that you may be doing already.

Here's an example of a heart-pumping Tabata workout to try at home.

1. Warm up for 1 minute (always warm up before doing any exercise)
2. Alternate a strength move (pushups, squats, lunges, bicep and tricep exercises, etc) with a cardio move such as jumping jacks, running in place, mountain climbers or burpees (always know your limitations!). Do your strength move for 20 seconds, followed by 10 seconds of rest. Repeat.
3. Follow with 2 cycles of your cardio moves using the 20/10 work/rest ratio.
4. Go back to the strength move for 2 cycles and then the final 2 cycles will be your cardio.
5. Cool down for 1 minute.

Good nutrition is really 70 to 80 percent of the commitment required for getting fit. I tell clients that you cannot exercise away a bad diet. Some things to keep in mind:

- Nutrient-dense foods provide the most nutrition for the least amount of calories or the "biggest dietary bang for the buck".
- Reduce fat cravings and excess calories by avoiding unhealthy temptations (e.g., vending machines with junk food and sugary drinks, excess caffeine from coffee, snacks and pastries in common areas, birthday cakes, etc.);
- Bringing healthy lunches and snacks from home;
- Watch how much you eat of "low fat" and "fat free" items as they tend to contain a lot more sugar;

Always remember that any new exercise program should

begin slowly with a gradual increase to the intensity of workouts to avoid overtraining and burnout. Allowing time for recovery between workouts can help avoid injuries. Small steps for big success and a healthier and happier holiday.

Leslie LaPlace is a Douglas Park resident and owner of Power of Movement. She can be contacted at leslie@powerofmovement.co or via <http://www.powerofmovement.co>.

November Business Profile

SHAFFER FAMILY BRINGS BARBECUE TO DOUGLAS PARK AND THE PIKE

by Rebecca Krafft

When Matt and Julie Shaffer settled in Douglas Park four years ago, they soon notice that something was missing. “There was no good barbecue,” says Matt. Lucky for us, Matt is a third generation barbecue chef. And before long, Shaffer’s Barbecue Palace, a bright orange barbecue truck was born.



The BBQ Palace is a full-service food truck specializing in smoked meats – pork and beef barbecue, pork ribs and tenderloin, Cajun chicken, and smoked sausage. For the fall, they’ve also added Brunswick stew, a traditional southern stew with smoked meats.

Matt hails from Woodstock, Virginia, located in the Shenandoah Valley halfway between Winchester and Harrisonburg. His grandfather started the barbecue business in 1952, and his family now operates a lunch restaurant and a full catering business in Woodstock. Matt and Julie had lots of support getting into this line of work. And they have catered events locally as a team with Matt’s dad and his catering company.

Julie is from New Orleans, and is the inspiration for their Cajun items. The family also includes three-month-old Samuel Batiste. Sam did his first stint on the BBQ truck a couple of weeks ago.

The business operates on weekends – on Saturdays out of the church parking lot at 3507 Columbia Pike (between Bazaar Anita and Wendy’s), and every other Sunday at the Columbia Pike Farmers Market. It’s a seasonal operation and will soon close for the winter. They work out of the church parking lot from April through Thanksgiving and at the Farmers Market from May through October.

Even though the season is coming to a close, Matt and Julie are offering a Thanksgiving special, Cajun smoked turkey. Check their website at www.shaffersbbq.com in case they are still taking orders.

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To place an ad, contact Adam Henderson at douglaspark.news@gmail.com.



Shaffer’s is supporting other local businesses. They have teamed up with the Livin’ the Pie Life, the Barcroft-based dessert outfit. You

can buy their gourmet pies and cookies on the truck. One last word from Matt is a thank you to neighbors: “Be sure and let everyone know how much we appreciate the community support. We definitely notice it – our neighbors are our best customers, not only in Douglas Park, but also in Alcova Heights, Arlington Heights and Nauck.”

Scenes from the Randolph Elementary School Hallowe'en Parade and Walk for the Homeless

submitted by Rita Wiggins

The Randolph Elementary School Hallowe'en Parade and Walk for the Homeless has been held annually for over sixteen years. This year's parade was held on Hallowe'en day, 31 October. Randolph students collect spare change and walk to raise awareness of homelessness in Arlington and donate the proceeds to A-SPAN. Neighbors can contribute to the effort by donations, payable to 'Help the Homeless'. All donations can be dropped off at the Randolph office.



Did You Know?

That the digital edition of the Douglas Park Neighbor News is now published in color on the Civic Association website at <http://www.douglasparkca.org/newsletter/>. Check it out!

Scenes from the 2d Annual Douglas Park Trail of Terror

photos courtesy Mickey Grammatica-Fletcher, Jamie Bartalon, Allegra Jabo, Gretchen Carter, Debbie Hill and Rebecca Krafft



ABOVE: The cemetery is now receiving guests
FAR LEFT: A cheery welcome to the cemetery!
NEAR LEFT: One of our favorite neighbors, Bob Lee, offers a little something to visitors.



BELOW, LEFT: A dozen ghosts dance in a glowing circle
BELOW: Eight-year-old Amelia Jabo is a cheerful green witch.



ABOVE: Just another creepy scary resident – Joe Reda – in his coffin.
BELOW: This vampire – Rebecca Krafft – is happy to meet you



LEFT: The Haunted Trail welcomes all.





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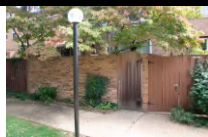
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South Arlington-\$635,000 or TRADE



BEAUTIFUL SINGLE FAMILY HOME WITH ADDITON ON THE SIDE. HUGE LOT! 4 BEDROOMS 2.5 BATHROOMS. FENCED-IN BACKYARD.

Call 703-350-3884 for your **FREE** Property Info. Packet

Nauck-\$699,500 or TRADE



BRAND NEW CONSTRUCTION. 2 DUPLEXES AVAILABLE, 3,000SQFT/PER UNIT. 4 BED 2.5 BATHS/ PER UNIT. HARDWOOD FLOORS THROUGH OUT. ALL ENERGY STAR APPLIANCES

Call 703-350-3884 for your **FREE** Property Info. Packet

Nauck-\$550,999 or TRADE



BRAND NEW CONSTRUCTION! ALL ENERGY STAR APPLICANCES. HARDWOODS THROUGH OUT WITH AN OPEN KITCHEN AND LARGE LIVING ROOM

Call 703-350-3884 for your **FREE** Property Info. Packet

South Arlington-\$549,999 or TRADE



THIS COLONIAL IS IN PERFECT CONDITION WITH EAT-IN KITCHEN AND FINISHED BASEMENT. THIS LOT IS HUGE. WRAP AROUND BACK DECK. PLENTY OF ROOM IN THE BACKYARD

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