



January 2008

Barcroft News

Vol 105, Issue 5

President's Report

by Heidi Wicker

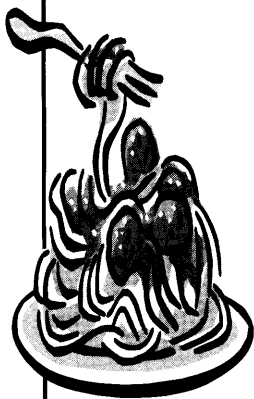
Happy 2008! Our first community meeting of the new year on Thursday, January 3 at 7:30pm will feature a presentation by neighbor Barbara Swart on conducting an energy audit of your home, whether conducting the audit yourself or hiring a professional. This should be a very helpful presentation to help us all conserve energy and keep costs down in these cold winter months. We will also discuss a proposal by the Borremo Housing charity to purchase a home in the neighborhood to house pregnant teens and their children.

Following up on our discussion of the crime and other concerns regarding the area at the intersection of Four Mile Run and Columbia Pike, I

am happy to report that the area neighborhood presidents have a meeting scheduled with a variety of county and state officials for early January. I will keep you all posted on the results of the meeting.

Many thanks to the volunteers who helped put on the annual holiday party, including our rockin' Barcroft holiday band and special thanks to Barbara Swart for taking the lead in planning the party. This is such a wonderful tradition, enjoyed by Barcrofters big and small, and we look forward to next year!

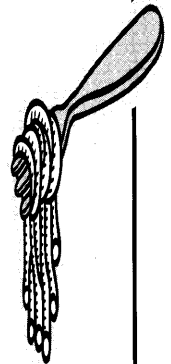
Please mark your calendars and fast now for the annual spaghetti dinner on January 20 from 5 – 7 PM! Dessert contributions are welcome. Also if you would like to volunteer, please contact me at heidi@bscl.org.



The Famous
2008 Barcroft Spaghetti Dinner
Sunday, January 20th, 2007
5:00 PM–7:00 PM

Don't miss this tasty tradition.
Celebrate your (or your neighbor's) Italian roots.
Satisfy your hunger.
Come in out of the cold.

Vegetarian available. Take Out Orders available.



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Deadlines: 14h (ads) or 15th (news/editorial material) day of the month preceding the issue month.

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 All phone numbers are area code 703.

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Is your membership current?

A new membership year started in September.
 The form you need is available at BSCL.org

Thanks to those who have already sent in their dues, and for the contributions that were sent along with them - keep 'em coming!

Become a member today and receive the
 Barcroft News for free...

**Extra.... Extra...
 Read All About It.
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Become a contributor, an editor or
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Your help is needed.
 Contact Heidi at 202 489 6053

Keep up with events by joining the Barcroft
 chat group and news list.
 Go to: www.bscl.org.



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OVERHEARD...

At last year's Barcroft Spaghetti Dinner.

" I just expected a bunch of neighbors opening cans of Ragu
in the back room. Woooo, was I surprised when I was greeted by the genuine
Italian aroma that only sauce simmered with perfect love and attention for days can emit."

"I thought I would find a bunch of little ones running loose but to my amazement
they were all seated and orderly as they twirled spaghetti with their spoons
and fingers and noses and tongues and toes."

Barcroft Snow Brigade

The Barcroft Snow Brigade will be out clearing walkways for homeowner who cannot. Barcroft has two County snow blowers to use for clearing walks to Metrobus, for those who cannot clear their own, and of course our Community House.

If you are unable to clear your own walk and would like to be included on the Snow Brigade route please call Randy at 703 521 2080 or e-mail randy@bscl.org.

If you would like to volunteer please email Jim Kerr for the west side of the neighborhood (jim@bscl.org) or Randy Swart for the east side (randy@bscl.org).

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Hard Working Teachers

Twenty Arlington teachers received National Board Certification from the National Board of Professional Teaching Standards (NBPTS) this year. They help make up the total 89 APS teachers, currently teaching in the APS system, who have earned national board certification from the NBPTS.

The NBPTS, a nonprofit organization established to promote professional teaching excellence, recognized the teachers for meeting and exceeding national standards for outstanding classroom instruction. The voluntary certification process requires a rigorous performance-based assessment that candidates have up to three years to complete.

Congratulations to the following teachers from our neighborhood schools who received National Board Certification this year:

Sarah Lynn – Kenmore Middle School
Scarlett Williams – Barcroft Elementary School

Take A Winter Walk

In a new Brookings report, Metro DC area ranks #1 in the nation in walkability. We even ranked higher than Boston with their famous freedom trail.

Of the 20 walkable areas noted 7 are in Arlington. Ballston, Clarendon, Rosslyn, Crystal City/ Pentagon City, Court House and Shirlington. Barcroft didn't make the list but as an avid walker of the hood, I can vouch for it!

So put on your walking shoes and enjoy our walkable county. Dress in layers to protect from the cold. Don't forget the warm socks (one layer only) with room for toe wiggling, and a warm head covering to keep that 35% of your body heat from flying away with the wind.

Wakefield Alumnus Patch Adams

Wakefield High School alumnus and Arlington native Hunter Campbell (Patch Adams) visited Wakefield High School in December.

Adams, the founder of the Gesundheit! Institute, spoke to all students about careers in medicine and the importance of caring. Wakefield is home to the Academy for Careers in Medicine which is designed to help students explore options for careers in the health care and medical fields.

Dr. Adams is both a medical doctor and a clown, but he is also a social activist who has devoted 30 years to changing America's health care system. His life was the basis for the 1998 movie "Patch Adams" starring Robin Williams as Patch.

After graduating from Wakefield in 1963, Adams completed pre-med course work at George Washington University. Soon after earning his Doctor of Medicine degree, Adams founded the Gesundheit! Institute which operated as a free community hospital for 12 years.



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Energy Audits: A Barcroft Consumer's Experience

Heard a lot lately about energy audits? Want to find out what the straight scoop is on energy audits from someone who isn't selling anything?

Come to the BSCL Community meeting on January 3, 2008 and find out from an experienced consumer.

Barcroft resident Barbara Swart has had a professional energy audit done on her home and has also performed Do-It-Yourself energy audits with Inter-

net tools. She will share what she learned from her experiences, talk about the details of energy audit components, and relate the pros and cons of professional and DIY audits.

Barbara will also discuss how to compare your energy use to the average use in the US, and what the most likely energy issues are for Barcroft homes.

Get Your Game On

Arlington County Central Library is having a party so that kids and teens can "Get Their Game On". The party will feature Wii Sports, Dance Dance Revolution, snacks and other games to amuse and delight! For more information, please call 703-228-5946 or email Youth Services.

Friday, January 11, 3 PM
Get Your Game On
Central Library auditorium
Get Your Game On @ Arlington Central Library.
** This time is just for teens (middle and high school).

Monday, January 28, 1 PM
Get Your Game On
Central Library auditorium
Get Your Game On @ Arlington Central Library.
For kids and teens.

Friday, February 15, 3 PM
Get Your Game On
Central Library auditorium
Get Your Game On @ Arlington Central Library.
For kids and teens.

Want to know a
SECRET?!

Volunteer to help with the Spaghetti Dinner and you might get to sneak a peak at the famous Palance family recipe...

E-mail: editor @bscl.org or call 703 486 0879

NEIGHBORHOOD SCHOOL NEWS

Barcroft Elementary School

Students at Barcroft Elementary School had fun with books a recent weekend in December to raise money for the PTA.

Highlights of the weekend included:

- a visit by Ginjer Clarke, a Scholastic Book author,
- readings by Barcroft teachers in English and Spanish,
- Holiday Sing-Along with students,
- Story Time with APS Superintendent Smith, School Board Member Frank,
- Performance by Barcroft Choral Students, and
- 4th and 5th Grade students reading their own creations.

Kenmore Middle School

Do you miss seeing the old Kenmore Middle School as you go past on Arlington Boulevard. Are you an alumnus of the old structure? Don't stew... You can order your own replica of the old building from the Kenmore PTA. Replicas of the new building are also available.

<http://www2.apsva.us/kenmore/lib/kenmore/replicaform.pdf>

Wakefield High School

Wakefield art teacher Wendy Singer recently received three grants including:

- \$1,500 from the Arlington Community Foundation: for "Artists in Residence working with Stained Glass";
- \$495 from the APS Mini Grants: for "Closing the Gap Through Multicultural Infusion in the Arts"; and
- \$150 from Gifted Services to purchase a digital camera for AP studio art students.

County Proposes New Tax for Stormwater Improvements

At the December 15 Board meeting, the County voted to advertise a sanitary district tax for public hearing on March 27, 2008. This “sanitary district tax” would add up to \$0.014 per \$100 of assessed real property value (real estate tax) to fund an expanded stormwater management program.

Arlington County’s stormwater system was built primarily in from the 1930s to the 1950s. Much of the system is at or past its useful life, and recent significant rains (especially the June 2006 storm) have highlighted glaring capacity deficits in parts of the system. The County also faces new regulatory requirements for the management of stormwater system. To date, stormwater maintenance has been funded out of general funds. A recent stormwater funding feasibility study, however, found that a dedicate source of funding, much like the sewer rates we pay to maintain our sanitary sewer system, is needed to manage the current and future needs of the stormwater system.

The County in its feasibility study explored a number of ways to create a dedicated fund for the stormwater needs. Around 2004, the County convened a Stormwater Advisory Committee and hired a consultant to analyze funding options. The options ranged from creating a separate utility with a dedicated funding stream based on individual lot percent impervious to dedicating a portion of the real estate

taxes to continued reliance on general funds. The first (a separate utility) is being done in many places around the country, but has significant costs in the start up and administration. The real estate tax has been applied in several places in the Capital Region, including neighboring Fairfax County as well as several Maryland jurisdictions.

More information can be found on the Arlington County site about the stormwater needs and the stormwater funding options. The final report by the consultant and the Stormwater Advisory Committee can also be found at this link. I encourage everyone to learn about the issue and send your opinions to the County Board (and even to this fine Newsletter—let your neighbors know what you think!).
<http://www.arlingtonva.us/departments/EnvironmentalServices/epo/EnvironmentalServicesEpoSwfunding.aspx>



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Reflect and pray with us on Wednesdays at 7:30 PM. Informal candlelight prayer and reflection.

Share fellowship a discussion in our book club: Tuesday, January 8, 7:30 PM: *A Wrinkle in Time* by Madeleine L'Engel

Attend our Annual Pancake Supper on Tuesday, February 5 at 6:00 PM. All are welcome.



What Are You Going To Do When it Snows?!

Arlington winters can coat our sidewalks with everything from sleet and ice to snow and whatever you call that nasty gray slush churned up by cars and plows. Help keep Barcroft sidewalks passable this winter.

All Arlington property owners are responsible for clearing their own sidewalks of snow and ice. Residents of houses on corner lots should pay special attention to keeping crosswalk access clear.

Arlington apartment property managers (and business owners) are responsible for removing snow and ice from their properties. Residents/tenants should notify their property managers when sidewalks need to be shoveled.

Arlington snow often turns into ice within one day. Since ice is much denser than snow, it's best to shovel within 24 hours.

Snow should be shoveled onto your yard, not into the street.

If you are going out of town during the winter, please recruit a neighbor to clear your walks. Last year one house was left un-shoveled and proved treacherous to numerous Barcroft Elementary School walkers.

Want to help your neighbors? Are you in need of help yourself? Contact the Barcroft Snow Brigade. Details on page 4.

Shovel With your Back in Mind this Winter.

Snow came early to Arlington this year.

While most people recognize that snow shoveling is very hard work, and can put severe stress on your heart, fewer people recognize the stress and strain that it places on your back.

Below are 10 tips from the Colorado Comprehensive Spine Institute:

Tip # 1.

If you experience pain of any kind, stop immediately and seek assistance.

Tip # 2.

Choose a snow shovel that is right for you!

Be sure that your shovel has a curved handle, as this enables you to keep your back straighter when shoveling.

Obtain a shovel with an appropriate length handle. The length is correct when you can slightly bend your knees, flex your back 10 degrees or less, and hold the shovel comfortably in your hands at the start of the "shoveling stroke".

A plastic shovel blade will generally be lighter than a metal one, thus putting less strain on your spine.

Sometimes, a smaller blade is better than a larger blade. Although a small blade can't shovel as much, it avoids the risk of trying to pick up a too heavy pile of snow with a larger blade.

Tip # 3.

Push the snow, do not lift it. Pushing puts far less strain on the spine than lifting.

Tip # 4.

Be sure your muscles are warm before you start shoveling. Cold, tight muscles are more likely to sprain or strain than warm, relaxed muscles.

Tip # 5.

When you grip the shovel, make sure your hands are at least 12 inches apart.

By creating distance between your hands, you increase your leverage and reduce the strain on your body.

Tip # 6.

Your shoveling technique is very important. The American Academy of Orthopaedic Surgeons recommends:

"If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once; do it piecemeal. Shovel an inch or two; then take another inch off. Rest and repeat if necessary." In addition to these comments, remember to move your feet rather than twisting.

Tip # 7.

Never throw snow over your shoulder.

Tip # 8.

Remember that wet snow can be very heavy. One full shovel load can weigh as much as 25 pounds.

Tip # 9.

Pace yourself by taking frequent breaks to gently stretch your back, arms and legs.

Tip #10.

Consider buying a snow-blower. When used correctly, a snow-blower will put far less strain on your back than snow shoveling.

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www.coloradospineinstitute.com

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A little further away is Capitol Hospice Thrift Shop located in Willston I Shopping Center (Rt. 50 and Patrick Henry Drive). Stop by and browse the gently used items or clean your closets and make a tax-deductible donation.

The Capitol Hospice Thrift also needs volunteers to sort / price donations and to ring up sales. Shifts are usually 4 hour blocks. Contact the shop manager, Michael Murphy at 703.532.5355.

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Big Changes for FHA Loans

The Senate on 12/13/07 approved legislation that would make it easier for homeowners facing potentially higher mortgage payments to get help from the government. The bill will cut in half the down-payment requirement for loans obtained from the Federal Housing Administration, which is currently a down payment of 3% of total loan value. The bill also raises the maximum loan size to \$417,000 (currently \$362,790), in an effort to aid homeowners in high-cost areas. The White House said it would work with House and Senate lawmakers to help craft a final package.

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