



May 2015

Barcroft News

Vol 112, Issue 9

Improving the Energy Efficiency of Your Home

By Alexander G. Chamandy

As a longtime resident of Barcroft who is passionate about sustainability, I've undertaken many projects to increase the energy efficiency of my home. Many of the homes in Arlington, including mine, are older and need extra care and attention to improve their energy efficiency. Through some straightforward analysis Arlington home owners can determine which investments make the most sense. In this series of articles I will provide some insight into the most effective steps to consider.

I started my examination of my home looking at what is wasting energy the most. There are three key considerations:

Climate control: Heaters, air conditioners, water heaters, and kitchen appliances are the biggest consumers (in respective order). The average U.S. household spends about \$2,200 annually on energy – approximately half of which goes to heating and cooling, according to Energy Star and the Lawrence Berkeley National Laboratory. It's best to start your evaluation with your air conditioner, furnace and then air exchanger.

Old appliances: Often a large consumer of electricity and producer of heat. Old appliances that predate the Energy Star program are common in our older homes and will consume more power. Check each appliance's age and energy efficiency. Appliances that are beginning to run poorly or are extremely inef-

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BSCL Meeting is May 7

By Chris Kupczyk

Join us at 7:30 p.m. at the community house for our final regular meeting of 2014-2015. Representatives from Arlington Transit will be on hand to discuss their plans for transit updates in the county and to pass out hard copy surveys for people to fill out (this is the same survey recently announced on our e-mail chat list). In addition, it's time for our annual BSCL election. We will elect new BSCL officers and one board member; we will announce the slate of candidates on the chat list soon. And, if you are interested in standing for election, please contact Eric or Chris. •



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Next Deadline: April 15

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Arlington Civic Fed. Delegates: Eric Harold, Randy
Swart, Pat Williamson *Alternates:* Karen Darner,
David Michelson, Elaine Squeri, Mark Wigfield

Visit Us Online: www.bscl.org

Monthly Happenings

President's Report by Eric Harold

To paraphrase my favorite almost-impeached ex-president, Richard Milhous Nixon: "You won't have Harold to kick around anymore..." Yes, it's my final President's Report, as we elect a new slate of officers at the May meeting. Campaigning has once again been furious, but I'm going out on a limb here that when Barcroft wakes up on Friday May 8, Chris Kupczyk will be the next president of the Barcroft School and Civic League. You heard it here first.

And, it's only fair. Chris, for all intents and purposes, has been doing the job for the past two years. Organizing the monthly meetings, with great topics and speakers. Then, running the meetings because yours truly was busy burnishing his legacy at other County meetings or, mostly, work-related travel that for some reason always seemed to fall on the first Thursday of the month. Chris will be a great president, and I look forward to helping him over the next two years. That is, if I happen to be in town.

Speaking of elections, it's once again a busy year for local elections. There will be a Democratic primary for the two County Board seats and the 45th District of the House of Delegates on Tuesday, June 9. There will be chances to hear from all six (yes, 6!) County Board candidates at debates on the following dates:

Continued on page 6



Kenmore Spirit Day

Saturday May 9th / 10am - 3pm



Join us for a day of fun for the whole family!



Demolition Ball
Dunk Tank
Photo Booth
Velcro Wall
Spin Art

**JUMP, DUNK, KICK, THROW
PAINT, BOUNCE & DANCE**

to

**Help Raise Funds for
Kenmore Middle School!**



Obstacle Course
Game Challenges
Climbing Wall
Guitar Hero Arcade
Soccer Tournament

Every year Kenmore PTA raises funds for Teachers to provide rich hands-on learning experiences for Kenmore Students.

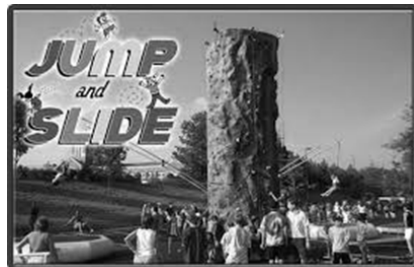


Jazz Band Concert
Moon Bounce
Sports Challenges
Zumba Dancing
Concessions
Raffle Prizes
Door Prizes and More!

To learn more about Kenmore, this event and to purchase tickets go to www.apsva.us/domain/1742

Purchase tickets before May 9th to receive Early Bird Discounts

Children 5 and under FREE!



Spring News from Barcroft Elementary

By Jenny Ditta, Barcroft Elementary Liaison

Barcroft Elementary students returned from Spring Break to fourth quarter studies on Monday, April 6. On Tuesday, April 7, the PTA hosted its monthly meeting with special guests from the Arlington Partnership on Affordable Housing (APAH). APAH President, Nina Janopaul, and her associate, Carmen Romero, gave a presentation on APAH's properties, residents, and programs. On Wednesday, April 15, students celebrated Leonardo da Vinci's birthday and received a free book from the Reading is Fundamental (RIF) program. The Barcroft branch of the Arlington Community Federal Credit Union also re-opened on Wednesday morning, April 15. Students were permitted to open savings accounts with as little as a \$5 deposit, and to make deposits in existing savings accounts. Fourth grade students served as bank representatives. On Thursday, April 16, Barcroft held its first annual International Night. Families were provided an opportunity to explore the continents students studied and the countries where many of our students' families come from. Families provided appetizers that represented their culture and everyone enjoyed entertainment and activities throughout the evening. Thursday, April 23 was Spring Picture Day for students and staff.

As some neighbors may already be aware, the Barcroft Elementary community

was shocked and saddened to learn of the untimely death of our beloved Kindergarten Teacher, Ms. Morgan Harre. Ms. Harre was a favorite of both students and staff alike, and her enthusiastic, caring presence is now sorely missed. A memorial mass for Ms. Harre was held on Saturday, April 25, with a reception afterward at Barcroft Elementary School. In lieu of flowers, the family has created the Morgan Harre Memorial Fund. Checks can be made payable to "Barcroft Elementary" with "Morgan Harre Memorial Fund" noted in the memo line. Drop off checks to the school or mail them to: Barcroft Elementary School, 625 South Wakefield Street, Arlington, VA 22204. We are especially grateful to our friends and neighbors for your thoughtful expressions of sympathy and kindness during this trying time.

Please join us for the following events this Spring! The Barcroft Spring Concert will be held on Tuesday, May 5 at 7 p.m. All are welcome to this wonderful evening of instrumental, band, and choral music. The Barcroft Spring Fair will be held on Saturday, May 9 from 4 to 6 p.m. and will feature games for the family, a cake walk, international themes and a plant sale just in time for Mother's Day! We hope that you can join us and celebrate Neighborhood Day with your neighborhood school!

Flavors of the Season: Lemon

By Kari Hickman,

Virtualgoodyplate.blogspot.com

Happy May and Mother's Day to all the Moms in Barcroft! Here's my Mom's favorite:

Mom's Lemon Pie

Serves 8

- 1 cup graham cracker crumbs
- 3 T powdered sugar
- 3 T butter, melted
- 6 egg yolks
- 2 (14-oz.) cans sweetened condensed milk
- 1 cup fresh lemon juice
- 1 cup whipping cream
- 2 T powdered sugar
- Garnishes: lemon slices, fresh mint leaves, and/or crushed lemon drop candies

1. Preheat oven to 350. Stir together first

two ingredients; add butter, stirring until blended. Press mixture on bottom and up sides of a 9-inch deep dish pie plate. Bake 10 minutes. Let cool completely on a wire rack, about 30 minutes.

2. Whisk together egg yolks, sweetened condensed milk, and lemon juice. Pour into prepared crust.

3. Bake at 350 for 15 minutes. Let cool completely on a wire rack (about 1 hour.) Cover and chill for 4 hours.

4. Beat whipping cream at high speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form; dollop over chilled



Woman's Club Shredding for Scholars Event

By Pat Fisher

The annual Shredding for Scholars neighborhood shred, bake sale and vision and hearing testing by the Lions Club will be held on Saturday, May 30 from 10 a.m. to 12 noon at the Woman's Club of Arlington Parking Lot at 700 South Buchanan Street. New this year,

you can rent a space to sell your yard sale items. Tables will be furnished. For more details or to reserve a table, contact Kathleen Harrison at 571-257-8520. Shredding will be done for a donation to benefit the Woman's Club Scholarship fund (Wakefield H.S. Student attending a Virginia College). •

President's Message, *continued*

Continued from page 2

- Wednesday, May 6, 7 p.m. to 9p.m., George Mason University Founder's Hall, 3351 North Fairfax Drive — during the monthly ACDC meeting.
- Thursday, May 21, 7 p.m. to 9 p.m., Glebe Elementary School, 1770 North Glebe Road.
- Monday, June 1, 7 p.m. to 9 p.m., Campbell Elementary School, 737 South Carlin Springs Road.

In addition, there is one School Board seat open, and two candidates vying for the Arlington Democrats' "endorsement." If you are interested in this race, perhaps the only time you can vote will be at the ACDC School Board Caucus held:

- Thursday, May 14, 7 p.m. to 9 p.m., Drew Model School, 3500 23rd Street South.
- Saturday, May 16, 11 a.m. to 7 p.m., Washington Lee High School, 1301 North Stafford Street.

If you *really* care, you will run as an independent for the seat. School issues, as you are aware, are critical now more than ever. It would be a shame to let less than 3,000 Arlington Democrats decide the next school board member for the 18,000 or so families with students in APS and the more than 140,000 registered voters.

Thanks to everyone who makes Barcroft a great place to live in! I'll see you around the 'hood. ●

Efficient Home, *continued*

Continued from page 1

efficient should be replaced with more energy efficient equivalents.

Insulation: Start by examining your attic. When I moved in to my older Arlington home, the attic had very old insulation that was not properly installed. If your Arlington home has older and/or incomplete insulation then it is very important to replace it. A lot of energy from heating and cooling our home escapes through the attic and causes significantly higher energy bills. Other areas may include unfinished basements, around doorways, outlets and vents. Consultants are also available to help measure areas where air may be leaking in or out.

Windows: The portal to the outside world. Air can leak out in winter and back in during summer. In effect your home's windows may be one of the areas where drafts are diminishing the effectiveness of climate control. Single pane windows are the biggest offender, but even some of the older double pane windows may not be sealed well or not be efficient at deflecting sunlight. My Arlington home had single pane windows in the basement and upstairs. We replaced them with newer double pane windows, which tend to be air tight. Many offer an argon air filling to improve energy efficiency and a UV coating on the outside to deflect harmful sunlight.

Next time we'll talk about solar, lighting and more.

●

Milkweed and Monarchs

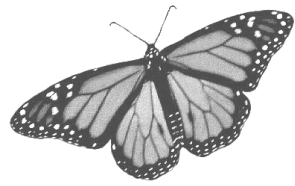
*By Rachel Tolman, Park Naturalist
Long Branch Nature Center*

Milkweed provides a critical link in the life cycle of monarch butterflies; they cannot survive without it. Monarchs lay their eggs on milkweed because it is the only food their caterpillars can eat. Unfortunately, the numbers of milkweed plants across vast areas of North America have been declining for decades due to increased land use for crops and widespread herbicide use.

These factors, along with loss of overwintering habitat in Mexico and climate change, have pushed monarch populations to an all-time low. To counter this trend, there is a push to plant more milkweed and other pollinator plants. This is a conservation effort that everyone can help by planting milkweed.

About eight milkweed species are native to our area. They vary in size, color, and soil type, but most prefer full sun. Three of the most popular species include: **Butterflyweed:** great for hot, dry soils, grows to two feet tall, has bright orange flowers. **Common Milkweed:** thrives in typical VA soils, grows 4ft or taller, has pale pink flowers. **Swamp Milkweed:** prefers moist to wet soils, grows to 3.5ft tall, has dark pink flowers.

Many local native plant sales offer one or more species or you can grow your own from seeds. Free milkweed seeds are available from Long Branch Nature Center. To get started, you'll need seeds, a seed starter kit, soil, water, a heat mat (optional) and a grow



light or sunny

spot.

In nature, milkweed seeds lay exposed on the ground through the winter and germinate in late spring. You can sow your seeds on bare soil in the fall and let nature take care of the rest or you can sow cold stratified seeds on bare soil in late spring. A light sprinkling of soil will help keep the seeds in place.

Another way is to get a jump start and grow the seeds indoors. First, the seeds need to be cold stratified. If your seeds are from Long Branch, this step has already been done and they can be sown on bare soil when the soil is warm enough. Milkweed is a warm weather plant so the soil temperature must be 75 F.

These growing conditions can be achieved several ways: keeping seeds indoors in a warm sunny area, placing a heating mat under the seed tray, or with grow lights. Under these conditions, milkweed seeds should sprout in 7 to 10 days. Once sprouted, check that the seedlings aren't too wet or too dry.

After the seedlings have grown two sets of leaves, start hardening them off. First remove the cover from the tray, making sure the seedlings aren't in a drafty place. Once they have become accustomed to being more exposed, they can spend a few hours daily outside in warm shade. Extend their time outside a little more each day. After they are suited to being outside, transplant them into larger pots. Expect the process to take 3 to 5 weeks from sowing seed to transplanting. ●

Arlington Mill Hosts Family Events

By Markarius Nealis

There are a lot of great family events that happen almost every week at the Arlington Mill Community Center. On April 10, there was a family night which took place from 7 to 9 p.m.. There were several different tables set up to give families an understanding of what great services Arlington has


to offer. Arlington transit was there to give citizens knowledge of their transportation options. AFAC was also there with many great opportunities for volunteer work. Kids could also get their face painted sponsored by Care for a Change. This event was a wonderful time for kids and adults alike to find fun and creative volunteer jobs. ●

Teen Job Expo Held at Wakefield

By Inge Nealis

On April 11 there was a teen job expo held at Wakefield High School. At the expo there were many tables set up to get teens interested in working. There were also quite a few tables set up for those who were interested in volunteering! Most jobs required teens to be at least 16 or older with little to no work experience. Most of the companies had applications available to apply. Last year this event was held at Washington Lee, but it had to be moved to Wakefield because they needed more space. I think that

this is a great opportunity for any teen who is interested in volunteering or getting a job. I'm sure that this expo will be held here next year, so if you're interested make sure you go! ●



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May Greetings from Our Savior Lutheran School

By OSLS National Junior Honor Society

Thank you to everyone who stopped by at our school open house in April. We are currently accepting applications for the 2015-2016 school year for grades PreK through 8. We offer both before and after care. Stop by or call our school office if you have any questions.

Box Tops for Education is a unique way to raise money for schools and make a difference. Box Tops are those little pink coupons you see on box goods at the store. Once you start looking, you'll see them everywhere. At Our Savior, we challenge each grade every month to bring in the most box tops. If you are looking for a way to support our school, and have some box tops for education lying around, you can stop by our school office and drop them off.

Our middle school looks forward to class trips early in May. Our eighth grade travels to New York City, seventh grade heads into

downtown Washington D.C. on a mission trip, and sixth grade journeys to Science Camp.

This May, Our Savior students will celebrate Field Day. Classes rotate during the day participating in different events such as a balloon toss, long jump, football throw, obstacle course, and much more. We end the day off with a fun tug of war between classes. This is certainly an exciting month ahead here at Our • Savior.



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Neighbor to Neighbor Listings

These ads are free to BSCL members, and run on a space-available basis. The listings run for three months unless removal or update is requested.

Babysitter, house/pet sitter: Carmen Dunlap, responsible 17 year old. Available weekends and weeknights. Dunlap.carmen@ymail.com.

Babysitter/Pet Sitter: Neighborhood Wakefield Senior, 18, available for most evenings and weekends. Has her own car; can help with drop off and pick up for evening activities as well. mia.e.field@gmail.com.

Rebecca Bean Babysitter: 10th grader available nights and weekends. Email: Rebeccaahbean@gmail.com or call 571-344-4134.

Babysitter: Experienced, Red Cross certified 8th grader. Call Liza Harold at 703-868-3518.

Jenny's Babysitting, Pet Sitting and Vacation Care: Seventeen-year-old available weekends and some weeknights. Can water plants, bring in mail, etc., while you travel. Contact jennyclare@gmail.com or call 703-998-5338.

August's Pet Sitting: Responsible high school freshmen available to care for pets. 703-892-6712.

For Sale: Two sets of American Girl-type of doll clothes. One is a school dress with matching shoes, the other is a summer pants/top outfit with matching shoes. \$25 for both. Contact Annette at 703-629-1650.

Kevin's Media: Will convert VHS tapes, TC30 tapes, Laserdiscs and 35mm photograph slides to DVD. Professional packaging/artwork included upon prior request. Please inquire for rates. Email kevinmedia118@gmail.com or text/call 703-919-7605.

Babysitting, Petsitting, and Dog Walking: Emily Barton, very reliable 16-year-old. If you need a baby/pet sitter or walker please contact me. Phone: 703-629-5234 Email: emilykbarnton@gmail.com.

Sophia Field: 6th grader, available for pet sitting and dog walking. Experience with small animals and specializing in rabbit care. Current Lost Dog Rescue volunteer. Sophia.b.field@gmail.com

Babysitter, Pet Sitter, Vacation Help: Responsible 9th grader. Will water plants, bring in mail, etc. Email Tyler at tylerchala-pointe@gmail.com or call 571-244-7555. •



Barcroft School and Civic League
800 South Buchanan Street
Arlington, VA 22204

In a recent Nielsen Study, Washington, D.C. ranks seventh among cities popular with Millennials and first among East Coast markets and it has been called the fastest growing destination for the Millennial generation. Thousands move to the nation's capital each year, attracted to its cultural, educational and job opportunities.

The D.C. market also ranks among the top markets in the nation in terms of its median family income, enabling most Washington area families to qualify for more expensive housing. According to the Bureau of Labor Statistics, the median income for the Washington Metro is \$65,250. To purchase a home at \$372,800, 20% down + a 30 year fixed rate loan at 3.98%, needing an annual income of \$77,395.

There are also loan programs where buyers can purchase with 3% to 5% down payment for those who are cash strapped.

RBI (a division of MRIS) created an index to rank local markets by zip code that incorporates

total number of lower priced listings in the hyper local market's inventory and median price of active listings. Among the 25 most affordable neighborhoods are Manassas, VA and Falls Church, VA.

Do you know of someone who is in the market for a home? We specialize in helping first time buyers with guidance and advice with the home buying process. Put my 30 years of local market experience and knowledge to work for you and obtain the best outcome!

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