

# Barcroft News

June/July 2015

Vol 112, Issue 10

## July 4th Parade: A Barcroft Tradition

**By Andrew Hunter**

Mark your calendar for Barcroft's greatest neighborhood event. Come Celebrate Our Nation's 239th Birthday and the 27th Annual 4th of July Barcroft parade. This year held on...drum roll...Saturday the 4th of July! Rain or shine!

As it does every year, the parade begins at 10 a.m. sharp. Anyone can join in and we congregate in the Women's Club parking lot at 9:45 across from the Barcroft community House.

This year's event features: A Boy Scout Color Guard, AFD Fire Engine, our very own Barcroft Marching Band, and Uncle Sam.

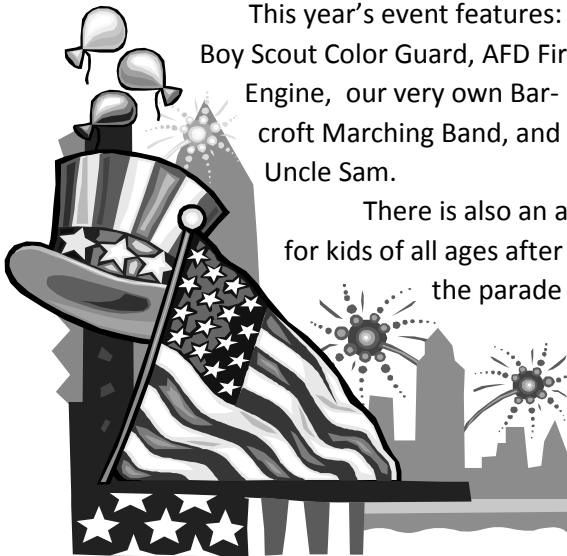
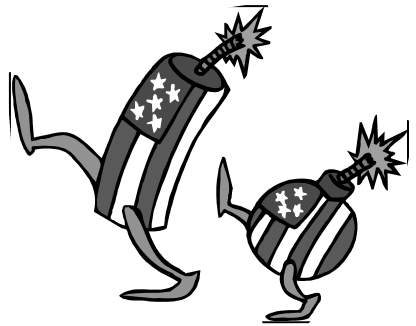
There is also an act for kids of all ages after the parade in

the community house. This year the Unicycle Lady will return with unicycle oriented comedy. This will be followed with an Award's Ceremony for parade medals, food, BBQ, drinks, family and friends and the singing of our National Anthem.

Let's make this the Zaniest year ever!!! Decorate those strollers and bikes, paint those faces

and bellies or come dressed as your favorite super hero or rock star! Turn your bike into a helicopter, put wheels on your surfboard, make a fun float or banner!!! Come and join in the fun, create memories and see what makes this neighborhood so special.

Please bring a dish to share. For more information, call Andrew Hunter at 703-979-8247. If you want to be in the Marching Band contact Melissa Bishop at 703-379-7537. •



## Barcroft News

*Editor:* Alyssa Ford Morel  
703-907-9318,  
editor@bscl.org

*Advertising:* Jennifer Lis  
jenlis@comcast.net

*Publisher/Mailing:* Christine Hopkins,  
christine@bscl.org  
703-350-2101

**Next Deadline: August 15**

## BSCL Officers

*President:* Chris Kupczyk, chris@bscl.org

*Vice President:* Joe Knarich, joe@bscl.org

*Treasurer:* Jennifer Lis  
Jennifer@bscl.org

*Recording Secy.:* Christine Hopkins,  
christine@bscl.org

*Web:* Randy Swart, 703-521-2080  
randy@bscl.org

*Membership Secy.:* Fay Cheung, fay@bscl.org

*Board Members:* Michael Behringer, Keith  
Fred, Bryant Monroe,  
Eric Parker

## Contacts and Committees

*Community House Rental Manager:*

Barbara Swart  
barcrofthouserental  
@yahoo.com

*Fundraising:* Chris Ditta

*Landscaping:* Scott Brinitzer, 703-892-0308

*Traffic Committee:* Heidi Wicker

*4th of July Parade:* Andrew Hunter, 703-979-8247

*Columbia Pike:* Chris Kupczyk  
ckupczyk@verizon.net

*Demeter House:* Darlene Mickey

*Parks:* Shirley Gay

*Signs:* Glen Li

*NCAC Rep.:* Deborah Wood  
wood\_deborah@yahoo.com

*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](http://www.bscl.org)**

## Monthly Happenings

### ***President's Report by Chris Kupczyk***

Let me begin by saying that it's an honor to have been elected as your new president. I'd like to express my gratitude to my predecessor, Eric Harold, and our now-retired recording secretary, Randy Swart, for their leadership in the BSCL and for serving as mentors to me during my "apprenticeship" as vice president over the last two years. I look forward to working with our new officers and board member (Joe, Christine, Eric)--as well as with those with whom I've served already (Jennifer, Fay).

The month of May went out with a bang. As most know, we held a special meeting on May 14 that was very well-attended. We heard a presentation from David Cristeal, housing director for Arlington County, and then proceeded to discuss the county's planned revisions to its affordable housing master plan and its potential impacts on schools such as ours. After a lengthy and sometimes passionate debate, we approved a resolution that supports the county's goals of expanding affordable housing, but only if the county 1) retains language calling for the geographic distribution of such housing throughout the county (as the current master plan does) and 2) implements policies that would meaningfully address that goal. The resolution

***Continued on page 6***

# Improving Energy Efficiency in Your Home (Part 2)

**By Alexander G. Chamandy**

In the last article of this series I discussed climate control, old appliances, insulation and windows – all very critical areas to examine when considering energy efficiency upgrades. This time we're going to focus on important upgrades that are only slightly lower on the efficiency priority list:

**Consider solar** - Using solar powered water heaters can help to save energy and reduce energy costs by using power from the sun. Solar panels are also becoming more cost effective and attractive options for significantly offsetting home electrical energy usage. Many homes in Arlington have enough solar exposure that it may be worth considering. In some situations one may even be paid by their power utility for excess power generation.

**Lighting** - Keeping the lights on creates about 12 percent of U.S. household energy expenses. Many homes in Arlington use inefficient incandescent light bulbs. If you're like me, you probably don't like the spectrum of light that the CFL bulbs produce. That's where LED lighting comes in. It's efficient, but best of all the spectrum of light is much more pleasing to the eyes. There are warm, neutral and cooler light spectrum bulbs depending on your setting and the ideal color of light for it. Another energy improvement may be through considering the use of motion detectors to turn lights on and off. Many motion detectors

automatically turn off the lights after a certain period of inactivity as well.

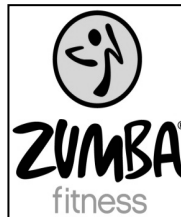
## **Perform your routine repairs to prevent lost energy**

Every few months to every year there are several steps to perform that are important to the energy efficiency of your home.

**Maintenance** - Replace your air filters regularly to improve air circulation and energy efficiency of cooling and heating your home. This includes the air exchanger for your furnace/air conditioner, any window unit A/C, air filters and dryer filters. Have your major appliances checked if they are older or acting up.

**Repairs** - Replace broken window seals or door closers that don't work properly. It's also productive to regularly check for any holes, cracks or leaks of air or water and seal them immediately.

*Next time I'll discuss other simple steps to reduce electrical power draw and recap the information from all three articles in a summarized form. •*



*Dance your way to a fitter you!*  
**Barcroft Community House**

**Tuesdays 10 am &  
Thursdays 7:15 pm**  
*(except 1. Thursday of the month)*

[www.ZumbaElena.com](http://www.ZumbaElena.com) [arlingtonzumba@yahoo.com](mailto:arlingtonzumba@yahoo.com)

***Bring this ad for a FREE class!***

# The Moringa Project in Mali – Two Year Update

By *Mary DeWitt-Dia*

Last year we gave you an update on the progress of the Moringa farm and Mamadou Dia's support to the children at the Centre de Santé in the village of Manabougou in overcoming malnutrition. This year we will tell you how Moringa has become a national sensation for improving health across Mali.

In October 2014, Mamadou Dia made his annual trip to Mali. It was the time of year when the "Centre de Santé de Manabougou" conducts its screenings to register the undernourished children in the community. Fifteen children registered for the 2014-2015 Moringa Program. To date 41 children have been cured of malnutrition by incorporating Moringa into their diet.

The Moringa farm grows bigger by the year. There are now thousands of Moringa trees which can supply the leaves that are ground into a fine green powder and is sprinkled on food. Moringa is like a super vitamin (see Quick Facts below). This year, Mamadou decided to sell some of his Moringa in the local market in Bamako, the capital city. To his surprise, there was so much demand that his supply was sold in less than a week and production at the farm could not keep up with the ongoing demand. In a country where good food and nutrition is hard to sustain year round, Mamadou did not realize that Moringa had become so popular.

Moringa is produced by manual labor and takes quite a while to pound into the fine green powder for sale. Mamadou's goal for this year is to raise \$3,500 to purchase an electric leaf grinder to increase production to meet the growing demand in Mali. With the leaf grinder, he will be able to double his weekly leaf powder production. The health of the Malian population will greatly benefit from the increased capacity.

If there are any children in the neighborhood who need a service project and would like to help raise money for the leaf grinder, Mamadou would be happy to work with them. He can be reached at [mbdia9@verizon.net](mailto:mbdia9@verizon.net). •

## Quick Facts about Moringa:

*Moringa has:*

**7 times** the vitamin C of oranges.  
Fights illness, colds and flu.



**4 times** the vitamin A of carrots. Protects against eye disease, skin disease, heart ailments and many other diseases.



**4 times** the calcium of milk. Builds strong bones and teeth and helps prevent osteoporosis.  
**3 times** the potassium of bananas. Essential for the functioning of the brain and nerves.



**2 times** the protein of yogurt. The



# Flavors of the Season: Popsicles

**By Kari Hickman,**

***Virtualgoodyplate.blogspot.com***

As soon as the temperatures (and humidity) hit the 90s, it's Popsicle season at our house. Over the years we've collected numerous molds, and dozens of recipes. Popsicles are always easy, no-cook, and employ the fabulous fruits and herbs of summer. Here are two of our favorites. Enjoy the bounty and flavors of the season, and stay cool!

## **Watermelon-Jalapeño Popsicles**

- 3 cups fresh watermelon cubes, chilled
- 1/2 cup sugar
- 1/4 cup fresh lime juice
- 1 T light-colored corn syrup
- 1 T liquid pectin
- 1 large jalapeño pepper, halved, seeded and coarsely chopped
- 2 tsp grated lime rind



In a blender or food processor, combine watermelon, sugar, lime juice, corn syrup, pectin and jalapeño. Process until pureed. Stir in lime rind. Pour into 8 (3-ounce) ice pop molds. Freeze at least 6 hours or until firm.

## **Lemon-Mint Buttermilk Ice Pops**

- 2 1/2 cups buttermilk
- 3/4 cup sugar
- Juice and zest of 2 lemons
- 2 tsp finely chopped fresh mint leaves
- 1/4 tsp salt

1. Place the buttermilk, sugar, lemon juice and zest, mint, and salt in a bowl with a pouring spout or a large jug. Stir or shake vigorously until the sugar dissolves.
2. Divide among the ice pop molds and freeze for 24 hours, or until firm. ●



# Rising Kindergarteners Invited to Get Acquainted

**By Gretchen Odegard**

If you have a child who is starting kindergarten at Barcroft Elementary in August, please join us for some summer get-togethers to meet other rising kindergartners and their families. We will meet at the school playground and popsicles will be served! If you

have any questions and/or you'd like to be kept up to date with other events, please contact [gretchen.odegard@gmail.com](mailto:gretchen.odegard@gmail.com).

Sunday, June 14, 1 to 3 p.m.

Wednesday, June 24, 6:30 to 8 p.m.

Thursday, July 30, 6:30 to 8 p.m. ●

# Shred for Scholars Event Report

**By Markarius Nealis**

On May 30 the Woman's Club of Arlington held an annual shred event. This event is a fundraiser held to help raise money for their Wakefield scholarship fund. The scholarship is awarded to a student every four years. The winner receives \$1,250 per semester and last for four years. The student who wins must attend a Virginia college.

The shred truck shreds your papers right before you. After the event is over the truck will unload all of the shredded paper onto a conveyor belt. From there it is bailed in

1,000 pound bales. Once they have baled 43,000 pounds they send it off to a recycling plant where it is processed into new paper.

At the fundraiser there was also a bake sale. A new addition to this annual event was a crafts table and a community yard sale. At the crafts table there were plarn (plastic yarn) items such as beach bags which are waterproof. The tables for the yard sale were only \$20 each and the vendors sold a lot of stuff. As usual there was the Lions Club Van providing sight and hearing tests to people who otherwise might not be able to have

## President's Message, *continued*

*Continued from page 2*

passed by a vote of 37-32, and on May 20 I forwarded it to the housing study group, as well as to the county and school boards. As this newsletter goes to press, the Pike Presidents Group and the Arlington Civic Federation are considering similar resolutions. We will keep you informed as they progress. The county board will vote on the final plan in July.

It was good to see such a large turnout at the May 14 meeting. I encourage you to attend our monthly meetings when they resume in September to raise or discuss concerns and to suggest possible meeting topics. In the meantime, happy summer, and don't forget to attend our annual July 4 parade. •



**Now Enrolling**

## Our Savior Lutheran School

Pre-K (age 4 by September 30<sup>th</sup>) through 8<sup>th</sup> grade

- Extended day program available
- Small class sizes, diverse student body
- Fully accredited and licensed
- Christian education, traditional skill building
- We start each day with The Pledge of Allegiance and My Country 'Tis of Thee

825 South Taylor Street, Arlington, VA 22204  
(703) 892-4846 [www.osva.org](http://www.osva.org)



# Protect People, Pets and Streams: Don't Poopertrate

*With the warmer weather and increasing park use, I wanted to share with you this article from **Jen McDonnell**, who manages the Arlington County Department of Environmental Services' volunteer water quality monitoring program. Thank you. — **Cliff Fairweather, Long Branch Nature Center***

This summer, please give a big thank you to the many responsible dog owners in Arlington who pick up after their dogs, including in our parks! This keeps Arlington healthier for us and for our four-legged companions. Both people and dogs can get sick from a variety of pathogens that can be found in dog poop - like giardia, salmonella, parvovirus, and round and hookworms to name a few.

Depending on the pathogen, simply sniffing another dog's poop may be enough to infect a dog. What 'poopertrators' don't pick up is left on the ground, and the pathogens can contaminate the soil and some are able to survive there. Children are especially vulnerable because they are apt to play on the ground or walk outside without shoes.

Even in healthy dogs, dog poop contains nearly twice as much fecal bacteria per gram as human waste, making it an especially troublesome bacteria source when it is left on the ground. The recent efforts to restore the Chesapeake Bay have highlighted nitrogen, phosphorus and sediment as pollutants, but bacteria has not received as much publicity.

Four Mile Run is listed as "impaired"

by the state of Virginia for excess bacteria and dogs have been identified as a key, controllable source of bacteria in the Four Mile Run watershed. During the next rain, poop left on the ground and its bacteria are washed down storm drains and into local streams. Picking up after your pet protects the health of your neighborhood's kids, pets and streams!

Being a responsible owner - and thanking those who are - encourages others to do the same. A social norm is created, encouraging all Arlingtonians to believe that leaving poop on the ground is not acceptable in this community. Please help us ensure that only rain goes down our storm drains! •

Is your computer broken or your data in jeopardy?  
Or is your small business in need of IT support?



## Arlington Virginia Computer Repair

<http://avcr.us> | [help@avcr.us](mailto:help@avcr.us) | 703-486-0200

*Data recovery, computer repair and IT consulting with a personal touch*

- AVCR is a local alternative to big box stores and mail-in data recovery services.
- We live and work in Barcroft. Our family-owned and operated business has been serving Arlington since 1999.
- All work is given personal attention from our seasoned IT experts. We don't outsource your repair or data recovery.
- Our experts also serve local small businesses for IT support, business consulting, web design, one-on-one training and more.

***Bring this ad to receive a 10% discount  
on our labor rate for your first case!***



# A Closer Look at APAH

The Arlington Partnership for Affordable Housing (APAH) is a nonprofit, community based organization founded in 1989 by four Arlington families concerned about the high cost of housing in Arlington. One of our founders, Jeanne Sweeney, is a Barcroft resident.

APAH's mission is to develop, preserve, own and advocate for quality affordable housing in Arlington, and to promote opportunity for our residents through partnerships and programs. APAH owns 1,218 units in 14 properties – half are in North Arlington and half are in South Arlington. APAH paid \$2 million in real estate taxes last year and leverages \$34 in private funds for every \$1 it receives from Arlington County loans. We partner with the County to mitigate the impact of the massive loss of 13,500 affordable homes in Arlington since 2000.

APAH purchased the 111 unit Buchanan Gardens Apartments in the BSCL

neighborhood in 2009. We modernized this aging 1949 property, reduced overcrowding and installed a storm water system, underground utilities, community center and a playground. Turnover reduced from 50 percent the year before APAH purchased the property to 20 percent today. The new community center hosts bilingual resident programs held in partnership with partners such as Virginia Cooperative Extension, Phoenix Bikes and Arlington Free Clinic. We provide rent free space for Greenbrier Learning Center's daily after school enrichment program for 21 Barcroft students.

We welcome Barcroft residents to get involved as volunteers at Buchanan Gardens. Contact Emily Button, Resident Services Manager at [ebutton@apah.org](mailto:ebutton@apah.org) for opportunities. We encourage our residents to become involved in their community and will act as a distributor of the BSCL newsletter and meeting announcements with Buchanan Garden

## Arlington Forest United Methodist Church

“Where Love Changes People’s Lives through Engaging Worship, Learning Together, and Serving Others”

4701 Arlington Boulevard, Arlington, VA 22203, 703-525-0961

[www.arlingtonforestumc.com](http://www.arlingtonforestumc.com) and on Facebook

New Worship Time 10:00 a.m.

Vacation VBS: First session

**Vacation Bible School, July 23-26, 9 a.m. – 3 p.m.**

Second session

**Vacation Bible School, Aug. 3-7 6pm-8pm registration \$25**

Send an email to request a registration form, [arlingtonforestumc@yahoo.com](mailto:arlingtonforestumc@yahoo.com)

“Your neighborhood church only a walk away”



# May Greetings from Our Savior Lutheran School

## **By OSLS National Junior Honor Society**

May was a great month at Our Savior. Our middle school students headed out on class trips in early May. The 6th graders joined our Washington Area Lutheran Schools for three days of outdoor education in Quarryville, Pennsylvania. The 7th grade class went into downtown D.C. on a three-day mission trip with Care Company, and the 8th graders headed north for a three-day trip to New York City. The 5th grade also had some exciting moments as they watched baby chicks hatch in the classroom.

This past May, Our Savior students raised almost \$3,000 through Math-a-thon for St. Jude Children's Research Hospital.

At the end of our school year we will be saying goodbye to our principal, Barbara Huehn, as she prepares to retire after 40 years of ministry. A special celebration will be held in her honor in early June. We also rejoice in that news that Mrs. Cynthia Gnewuch will be starting as our new principal starting mid-July.

We are currently accepting applications for the 2015-2016 school year for grades PreK through 8th. Next year's pre-kindergarten class will meet on Tuesday, Wednesday, and Thursdays from 8:30 a.m. to 1:30 p.m. We offer both before and after school care. Check out our school website at [osva.org](http://osva.org). School starts again on Monday, August 31.

Get ready for Vacation Bible School!

We are accepting three year olds (who are potty trained) through completed 5th graders. We will meet June 22 to 26, from 9 a.m. to 12 noon each day at Our Savior Lutheran Church and School. To sign up, click on the VBS 2015 Registration button on the ● right

## AP Tests for Students

### **By Inge Nealis**

Recently students of Arlington county have been taking Advance Placement (AP) tests. These classes are offered in several different subject areas such as history, English and science. AP tests are college level classes that will allow the student to achieve a 5.0 instead of a 4.0. The AP test normally costs around \$100 but for Arlington county students it's FREE. This is a great opportunity for any student who wants to challenge themselves and earn college credits. Unfortunately not all colleges except these as college credits, but it still looks really good on a transcript. ●



**Juliet's Housecleaning Service**  
Honest, more than 10 years experience  
with Excellent Barcroft-area References  
**LOW RATES!**  
Weekly, biweekly, monthly, or one-time cleaning.

**Call anytime: 703-628-3434,  
703-354-3225, or  
571-236-3700**



# 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.*

**Vacation Help:** Responsible college student will ease your mind while you are away: water plants, bring in mail, care for pets, tend to gardens, etc.: Dylan Vega, 703-907-9162, dylanrvega@gmail.com.

**Lawn mowing:** Contact Bryan Vega at 703-254-3681 or neymarbryan11@gmail.com.

**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: Rebecca-ahbean@gmail.com or call 571-344-4134.

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

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

**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: emilykbaron@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. ●



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

### **Real Estate Market Update**

In Arlington County, VA, the median sold price for detached properties for April was \$815,000, an increase of 1.6% from March, up 7.2% from April 2014. The average days on market for units sold in April was 53 days. The supply of homes for sale increased 57% from March, and 35% from April 2014.

The current market in Arlington is becoming more balanced with more housing choices, especially in the condo sector. Mortgage Interest rates have risen slightly from the spring, currently at 3.75%. The Federal Reserve keeps talking about the likelihood of a rate increase later this year. Many buyers are taking advantage of historically low rates and have more property to selection from than even a month ago.

Currently in the Barcroft neighborhood there are 11 active listings at an average list price of \$736,164 with an average of 48 days on market. Six of the 11 homes for sale have reduced their prices at an average of 2.5% from the original list prices. Six

properties have sold and settled year to date at an average sold price of \$661,175.

Buyers are still gravitating towards updated, move in ready homes and advance preparation is a key factor in getting the best outcome. Bath and kitchen remodeling are still top projects to gain the best return, along with painting, landscaping and de-cluttering.

Our Certified Pre-Owned Home program, coupled with making minor repairs and improvements, can position your property to capture the most attention for buyers looking for a great investment.

Are you considering buying or selling? Contact me for a consultation on creative strategies to maximize your efforts -before you enter the market.

***FREE Notary for Barcroft Residents!***  
**Casey O'Neal, Associate Broker**  
**RE/MAX Allegiance 703-217-9090**

[www.CaseyOneal.com](http://www.CaseyOneal.com)

***Curious about your home's value? Visit***  
[www.NovaHomeListings.com](http://www.NovaHomeListings.com)