



February 2013

Barcroft News

Vol 110, Issue 6

Hemispheric Science Starts Locally ...

By Alyssa Ford Morel

On Saturday, December 15, 2012, two local sites were surveyed by neighborhood bird watchers for the annual Christmas Bird Count (CBC) sponsored by the National Audubon Society. Thirty-three species (402 individual birds) were documented in an area centered on Long Branch Nature Center, and 20 species (91 individual birds) were found in Lubber Run Park.

The CBC is the longest running “citizen science” survey in the world, with tens of thousands of participants each year throughout the Western Hemisphere.

The long-term perspective provided by the count helps identify emerging environmental issues. The 2012 Environmental Protection Agency report on Climate Change Indicators includes CBC data as one of 26 indicators on climate change.

“This is a chance to participate locally in something that gives an important larger perspective,” says Steve Young, a Glen Carlyn resident and local coordinator for this year’s count. “One of the things we’ve seen in this area over the years is the impact of

West Nile Virus, as well as the recovery of some resident species such as Carolina Chickadees and Tufted Titmice.”

The most common species this year at Long Branch were Fish Crows and White-throated Sparrows, each with 50 or more birds counted. Three species of hawk and six species of woodpeckers were found.

“The most exciting bird of the day was a Peregrine Falcon,” says Elton Morel, a Barcroft resident who participated in the 2012 count. “It was the first time I’ve seen it in Long Branch Park. It was likely part of one of the pairs that nest along the Potomac.”

There was also interaction between a Sharp-shinned Hawk and a Crow. “It was pretty cool,” says Young. “They were right overhead. The hawk would chase the crow, then the crow would hassle the hawk.”

Although both Young and Morel are experienced birders, Young emphasizes that even beginning enthusiasts are welcome to take part in the event, and participation is free. To learn more, contact Young at frazmo@gmail.com or Morel at eltonlmorel@verizon.net. ●

Barcroft News

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Monthly Happenings

President's Report by Pat Williamson

By request of many neighbors, the regular monthly meeting on Thursday, February 3, will be a forum to discuss the disaster response to the two big power outages we had last year.

Deborah Johnson of Dominion Power and Deb Powers and Tom Mitchler of Arlington County will be answering our questions about the communication/coordination between the County and Dominion as regards downed tree removal.

Barcroft Elementary School remained closed longer than any of the other County schools. Residents continued to be without Verizon phone, cable and internet services for over a week after Hurricane Sandy. Neighbors are still concerned about downed trees along the paths to the park. Join us so you can ask your questions.

Many thanks to the Harold Family for organizing the fabulous Spaghetti Dinner party. As always, we are grateful to the many neighbors who volunteered to make this happen. So wonderful that we can fill the Community House with the warmth of neighbors in the cold season.

The construction work on the corners of 4th and 6th Streets is part of the George Mason Improvement project that we discussed with County Staff at several meetings. There are more parts to the project including the installation of a "hawk" traffic signal at the National Guard crossing. Our family will be glad when the Porta Potty is removed from in front of our house!!! •

How a Barcrofter is Helping Malnutrition in Mali

By Mary DeWitt-Dia

Mamadou Dia, Barcroft resident since 1996, had a vision to be a farmer. His dream was to improve the farming system in Mali to a more modern, adaptable and productive model. He grew up in the capital city of Bamako in Mali. Although he lived in the city, throughout his life he raised animals and grew crops in any space he could find. As life would have it, he one day immigrated to the United States and began building a life here, but his dream of being a farmer never died.

In 2008, Mamadou began buying farmland in Mali to build his dream. He has cleared land for crops and built pens for his animals.

He began learning about crops that could improve the health of people that live in the harsh climate of the Sahel. Then: he found it! The Moringa Tree! This tree has many names, all meaning “the miracle tree” or “the tree of life.” The nutritional value is exceptional. The leaves have 7x the vitamin C of oranges, 4x the vitamin A of carrots, 4x the calcium of milk, 3x the potassium of bananas, and 2x the protein of yogurt. Moringa leaves could practically wipe out malnutrition.

Modern scientific research is proving that Moringa leaves are one of the richest sources of such nutrients. Looking Forward It is the mission of Dia’s organization, Moringa for Health. He wants to improve the health and

nutrition of the people who need it the most and especially malnourished children.

The Moringa Farm is located in Manabougou, 50 kilometers from Bamako. Moringa for Health is currently working with the “Centre de Santé de Manabougou.” The health center supports the community of Manabougou and the surrounding small villages. The future vision for Moringa for Health is to educate the people of Mali on the benefits of using Moringa. More information can be found at ableandwilling.org/AWIEF/default.htm go to Projects - Project Moringa. Questions can be sent to moringaproject2012@gmail.com. •

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A Fun Dance, Community House Concert, & More

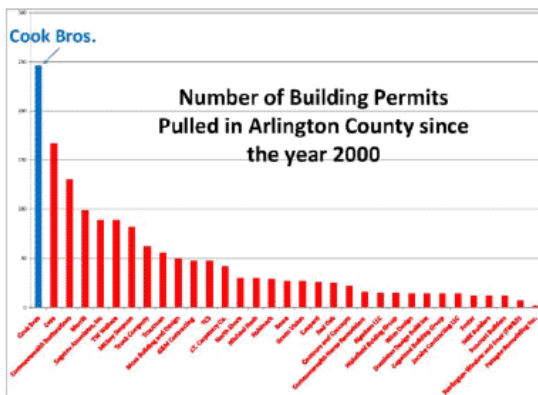
It's time to pull out your dancing shoes for the Annual **Wakefield Parents, Teachers and Alumni Valentine's Dance!** Saturday, February 9, 2013 from 7 p.m. to 10 p.m. at Wakefield High School. Featuring live classic and oldies rock 'n roll music by "The Old Kids." Finger foods, desserts, and nonalcoholic drinks included. Tickets \$15 per person or \$25 per couple. All money raised goes towards senior class graduation activities. Dress is casual. This is likely the LAST DANCE in the old building!

A **folk music concert** that will include sing-alongs of popular songs will take place Saturday, Feb. 9, at the Barcroft Community House. The concert is a benefit for a rural women's cooperative in El Salvador. Perform-

ing will be Tim White, an Arlington resident and a virtuoso guitarist. Also appearing will be The Shrinemonters, a singing group from an Episcopal congregation in Alexandria. Doors open at 7 p.m., concert at 7:30. Admission is \$10 at the door. Desserts and beverages available for purchase. For more information, contact Alicia or Phil Cackley at 703-271-9743.

On Monday, February 4, come to the Woman's Club at 1 p.m. to hear **Matthew Penrod, Park Ranger at Arlington House**, Robert E. Lee's Memorial. He'll talk about Lincoln's Emancipation Proclamation. Everyone is invited and welcome! •

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Getting Closer: An Update from the Pike

***Sent in by Judith Richter & Randy Swart,
written by Arlington County***

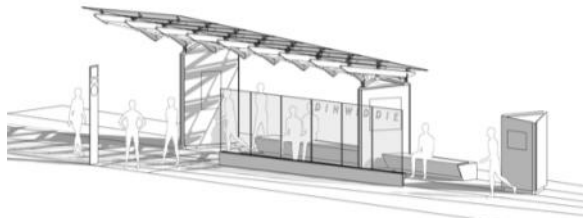
Construction continues for the Utility Undergrounding and Street Improvement project, located between S. Wakefield Street and S. Four Mile Run Drive. The County's contractor is wrapping up the installation of the Dominion Virginia Power, Verizon, and Comcast duct banks. (This is a construction method designed to consolidate wiring into centralized underground paths).

These utility companies will then begin pulling lines and making the necessary connections to allow the removal of the existing utility poles along this segment of the Pike.

The street improvement phase of this project, which includes installation of storm drain, wider sidewalk, street trees, and street lights, will coincide with the wiring connections. Construction for the street improvements will require lane closures with at least one westbound and one eastbound lane open at all times. Crews may perform some of this work during evening hours to minimize impact to businesses and motorists during the day.

Residents can expect some construction noise associated with this work. County staff appreciates your patience during this time! Businesses located along Columbia Pike remain open during construction and owners appreciate the community's support.

County crews completed the construction of 290 LED energy-efficient streetlight units along the Pike. Crews continue to test and individually program the new lights. These lights offer a 30-year life expectancy, reduce light pollution, and dim automatically based on time of day. The energy savings will pay for the lights and construction in five to 10 years.



Construction continues on the first Columbia Pike super stop at Walter Reed East. Crews are awaiting delivery of light fixtures, and aim to complete work on the stop by February 2013. Work will begin on the Barton West super stop upon completion of Walter Reed East. The County will construct a total of 24 new bus stops to support Pike Ride bus service and serve as future streetcar stations. ●

Want to Get Away From it All?

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Your neighbors, Kate Beysselande and Rich Erler

Flavors of the Season: Pancakes!

By Kari Hickman (read more at virtual-goodyplate.blogspot.com/)

Did you know February 12 is National Pancake Day? It's always on Shrove Tuesday, the day before Ash Wednesday, the idea being that pancakes are the perfect food to use up rich ingredients such as eggs, milk, and sugar before the start of the lenten fast. Look up "pancake races" on the internet to learn more about Pancake Tuesday traditions!

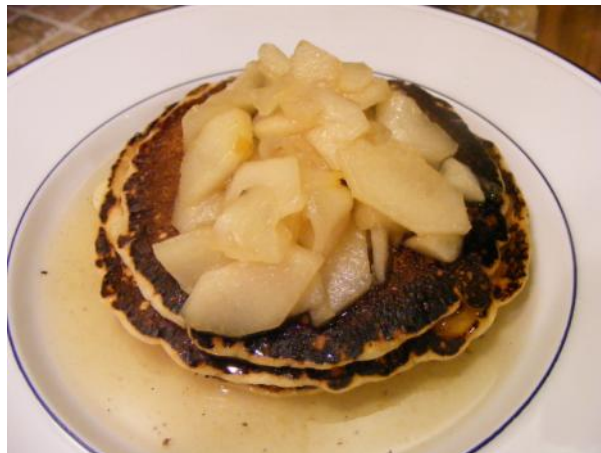
Double Coconut Pancakes with Vanilla Pear Sauce Pancakes (makes about 12)

1 1/2 cups all-purpose flour
2 T sugar
2 T flaked sweet coconut
1 tsp baking powder
1/2 tsp salt
1 (13.5-ounce) can light coconut milk
1 T butter, melted
1 large egg, lightly beaten

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (through salt) in a bowl.

Combine coconut milk, butter and egg; stir well. Add wet mixture to dry, stir until smooth. Pour a 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet.

Cook 3 minutes or until tops are bubbly and edges look cooked. Turn and cook 2 minutes more, until bottoms are browned.



Vanilla Pear Sauce:

1 cup sugar
1/2 cup water
2 tsp butter
2 cups sliced peeled pear (10 ounces)
1 T fresh lemon juice
1 tsp vanilla extract
1/4 tsp ground cardamom
Dash freshly ground black pepper

Combine sugar and 1/2 cup water in a small saucepan over med-high heat. Cook 3 minutes or until sugar dissolves, stirring constantly. Transfer syrup to a small bowl; set aside. Melt butter in pan over medium heat. Add pear to pan; cook 3 minutes or until soft, stirring frequently. Return syrup to pan; stir in fresh lemon juice, vanilla, cardamom, and pepper. Cook 5 minutes or until sauce is slightly thickened. Serve warm over pancakes. ●

Something for Everyone in Arlington ...

Highlights from Feb. Arlington Events. RSVP to cfuentes@arlingtonva.us or 703-228-1551.

Feb. 6: *Healthy Dating 101: What Every Parent Should Know*. Join us in an open dialogue and interactive discussion about the importance of promoting healthy dating relationships in teens and college aged individuals. Learn the universal truths about developing and maintaining healthy dating relationships. Come discover that even though the times have changed, with things like social media, the same rules apply; in any dating relationship, the person wants/needs to be valued and cherished. Target audience includes parents who have teens that are dating, or teen parents, or educators. Facilitator: Karen Bontag, Task Force Committee Chair, Project PEACE. 7 p.m. - 8:30 p.m. Human Services Center at Sequoia, 2100 Washington Blvd. Lower Level Auditorium.

Feb. 22: *Menopause with Terri Remy, M.D.* of Medical Associates of Beauregard. Menopause is a normal change in a woman's life. As women near menopause, they may have symptoms from the changes their body is making. Dr. Terri Remy will present some of the symptoms we experience with menopause, the effects of these changes and the options we have to manage this change.

Feb. 23: "Your Child's Development" Resource and Information Fair for Arlington parents and caregivers of young children. This FREE event features two workshops and an information and resource fair of 20 Arlington County and community organizations serving families. Workshop #1 is "Stages and Strategies: Understanding Your Child's Behavior." Workshop #2 is "Everyday Toys for Your Child's Play and Language Development." 9 a.m.-12:30 p.m. •



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In Memory: Phyllis Abb, Jean Louviere, Randolph Lokke

Notifications Sent by Barcroft Neighbors—Lokke excerpted from Georgetown.com

Phyllis J. Abb, a long time Barcroft resident, died on January 12, 2013 at her home in Franklin County, Va. Her husband, Charles Abb, Sr. called me and told me this evening. Phyllis and her family lived here at 4623 5th Street, now the home of Ashley and John Mullins. The Abbs lived here for many years—Charles Sr. grew up in the house, which his parents had custom built in the 1930s. Phyllis was 75 and died of a heart attack. She was very helpful to many of the neighbors, especially the elderly ones, helping with household tasks, shopping for them, visiting them and occasionally helping with meals and other things.

Jean Louviere, who lived for many years on S. Abingdon Street, passed away on Sunday, her 92nd birthday. Her daughter Amy says she had been in ill health for the last year. Jean was married to Vernon Louviere, who died in 1986. Jean moved to an assisted living facility in Ashburn two or three years ago. The Louvieres lived in the brick colonial next to the county path that runs through the woods between S. Abingdon and S. Aberdeen. Jean was originally from Chicago, Vernon from Louisiana. They had 4 kids, Adrian, Nancy, Amy and Tommy. If anyone is interested in a slice of history, the Washington Post did a story last April on Vernon Louviere and a little-known performance of Louis Armstrong at the Na-

tional Press Club in 1971, when Vernon was the incoming president. He got Armstrong to come to Washington and perform just a few months before Armstrong died.

Randolph J. Lokke of Arlington, Va., died at the age of 62 on Dec. 25, 2012. Lokke, known as “Randy” to most people, was a local legend. He was a quiet man who seemed always to be around. His ubiquity at high school sporting events spawned multiple Facebook groups and curiosity of whereabouts, including “Is Randy Random?” Randy was known for riding his bicycle everywhere he went.

In Georgetown, Randy was often seen at Saxby's coffee, where he would get tea. Randy was a fixture at sports games at high schools around Washington, D.C. One of Randy's brothers, Ken Lokke, says he and Randy were two of eight children, and their family moved to Arlington in 1958. Their mother insisted that Randy attend regular school despite being mentally challenged. In a tribute, one of Randy's sisters, Michele Quintana, wrote that he would likely be diagnosed with autism today.

Randy Lokke graduated from Wakefield High School and worked at Washington Hospital Center sterilizing surgical tools for operating rooms. Randy was “very independent,” said his brother Ken, who added that Randy lived in an apartment by himself in Arlington. He thinks Randy died of a heart attack. ●

Soil is Much More than Dirt ...

By Alyssa Ford Morel (*alyssa323@aol.com*)

On November 29, at a graduation ceremony at Fairlington Community Center, 39 Arlington and Alexandria residents, including myself, marked the end of 70 hours of Master Gardening training and became Master Gardener Interns—now we must complete 60 hours of supervised volunteer work over the next year. The Master Gardening program trains volunteers as representatives of the Virginia Cooperative Extension, providing science-based horticultural information to local communities.

When you get right down to it, soil is the basis of any garden. Good soil has a physical, chemical and organic structure that promotes plant growth and life. Ideally, soil is made up of 45 percent minerals, 25 percent water, 25 percent air and 5 percent organic matter. The air versus water ratio varies greatly depending on rain and irrigation.

Soil texture is either sand, silt, clay or, if you're lucky, a balance of all three. The texture of your soil varies greatly, but Arlington soils tend to be heavy on clay. This is bad for drainage, but can have good fertility.

All soil textures can be improved by the addition of organic matter such as compost or mulch. Paradoxically, good soil

drains well and retains water. Adding organic matter to soil (compost or leaf mulch) improves water retention and drainage.

Soil can be either acid or alkaline, with most plants functioning best at near neutral or slight acidity. You can easily test your soil by picking up a sample box and form from the Cooperative Extension Office at Fairlington. The cost is \$10.

The organic component of dirt includes bacteria, fungi and protozoa, most of which are beneficial and non-pathogenic, building soil structure, protecting plants and serving as reservoirs of nutrients. To thrive, these organisms need carbon, which can be provided by compost or leaf mulch.

So that's some basics on soil. There are many reasons to get your soil tested and add compost or leaf mulch. The bottom line is that healthy soil grows healthy plants! •



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Barcroft Elementary: Author Visits, Valentines & More

By Jenny Ditta, Barcroft Elem. Liaison

The school will celebrate African American Heritage Month on February 4 during language arts classes with a Read-in Day. Volunteers will read stories involving African American authors, settings and/or characters. To volunteer to read, contact Dora Sue Black at dorasue.black@apsva.us.

Many teachers have planned special activities to celebrate the 100th Day of School.

At the Monthly PTA Meeting on February 5, at 6:30 p.m., Barcroft will host newly-elected School Board Member Noah Simon. Mr. Simon will discuss issues facing Arlington Public Schools including school boundaries, transportation and busing, and the budget. He will then host a Q&A session. All are welcome.

On February 12, the school will host an author visit from *Baby Mouse and Squish* author Matt Holm. Discounted *Baby Mouse and Squish* books will be offered for sale prior to the event, to be signed by the author. This event will give our students an inside look at the process of writing a book.

While students enjoy a 5-day long weekend between February 14 – 18, the school will host Parent Teacher Conferences. The PTA will continue its long-standing tradition of providing Staff Meals on Conference days and sending Valentine's Day presents to each and every Barcroft staffer on February 14.

During the week of February 25 – March 1, all students are encouraged to participate in the Jump Rope for Heart fundraiser. During P.E. classes, participating students will jump rope and raise money to benefit the American Heart Association. All neighbors are most welcome to sponsor a student.

March News: The PTA's annual Coffee-house and Book Exchange will be held on the evening of March 5. All are welcome to join us for hot chocolate and coffee and to collect books for the home library. Drop off books you don't read anymore, and pick up books that are new to you!

On March 7, Barcroft will celebrate the end of the 3rd Quarter with a "Days and Nights of Leonardo" Open House and an evening African American Heritage Celebration. Join us on the 7th to explore the latest in learning and to conclude our month-long celebration of African American culture.

To learn more about news at Barcroft, visit www.apsva.us/Page/13363. Or like us at www.facebook.com/BarcroftElementary. ●

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The listings will be run for three months.

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Tutor Senior at Wakefield, I can tutor math (middle school to calculus), physics, and French. Bou at 703-909-5057 or aboudia9@gmail.com

Violin Teacher/Math Tutor: High school senior/musician (13 years experience), teaching beginner and intermediate violin. Also tutoring elementary and middle school math. Contact Austin at (571) 244-8102.

Babysitter + Pet-sitter: Mia Field, 15.5 year old Wakefield sophomore, eager to sit. References. 703-946-7188 or mia.e.field@gmail.com

Alexandra's Babysitting - teen available nights and weekends. 703-892-6712

Rebekah's Pet Care (walking, feeding) 703-521-8756.

College-aged Babysitter - holidays and summers: Sarah. 703-521-8756

Baby-sitter + Pet-sitter + Vacation Help: 8th grader, Tyler LaPointe, 571-244-7555 or tylerchanlapointe@gmail.com

Babysitter: 8th Grader Rebecca Bean is Red Cross Certified. Call 571-344-4134 or beccab50@gmail.com

Barcroft Lawns: Barcroft resident starting a new lawn care company. From mowing and mulching to planting and pruning. Contact Barcroft-Lawns@gmail.com.

Vacation Help—Responsible teen can water plants, bring in the paper and mail, care for pets, mow lawn, etc. Dylan Vega 703-271-5987, dylanrvega@gmail.com

Baby items, books, toys, household items needed for Even Start Program at Barcroft. Kathleen Costar, kathleen_costar@apsva.us

Barcroft Community Playgroup 10 a.m.-12:30 p.m. Friday mornings at the Community House. Call Jason Kiker at 703-216-9728 for more information or just show up! ●

It's Time To Renew for BSCL!

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How's the Real Estate Market? The market is currently experiencing historically low inventory, with active listings at their lowest level in nearly a decade, and new listings at their lowest level for any month on record. Low supply typically puts upward pressure on prices, and those sellers who enter the market in the first quarter of the year will realize serious interest from buyers as the demand in Arlington and the DC Metro area is very strong. The first quarter of the year has traditionally been the best time to sell.

In Arlington the average sold price for condos, townhouses and detached homes was \$554,261 in 12/12 compared to \$531,392 in 12/11. Detached homes averaged a sold price of \$800,966 compared to \$733,497. 175 total unit sold in 12/12 and 169 homes in 12/11. In 2012 there were 32 properties sold and settled in Barcroft - average sales price was \$587,993 averaging 43 days on the market. In 2011 in Barcroft there were 22 properties sold and settled with an average sales price of \$547,643 averaging 37 days on the market.

Sprucing up your home prior to putting it on the market is a wise investment although what does "sprucing up" entail for the current real estate environment? Unless you understand buyer's requirements today, your home may sell for less than its potential. There are distinct differences between how you live in a home and how it must be prepared for sale. *Before you place your home on the market* I can help you be as ready as possible. Contact me and I'll be glad to show you what to do (and more importantly what NOT to do) to increase the chance for obtaining a maximum price and a quicker sale.

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