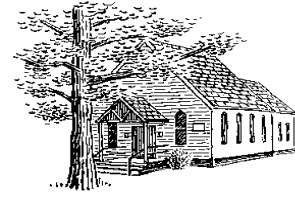


Barcroft School and Civic League  
800 South Buchanan Street  
Arlington, VA 22204



April 2014

# Barcroft News

Vol III, Issue 8

## Host a Student from Spain this Summer

*By Carol Harvey*

Barcroft has a unique opportunity to host students from Spain this July. Big Ben Centre, a prestigious second language school in Albacete, Spain, would like its students to extend their classroom learning by living with an American family June 29 to July 26. Barcroft native Will Tucker teaches English conversation classes at the school. He will accompany the group and take the students on weekly field trips in the Washington area.



Please consider hosting a student. Just follow your normal family routine and the student can experience American family life beyond what they see on TV. You will receive 100 Euros (about \$139) per week towards expenses. Spanish families are very loving and close knit. The students are well-mannered, open-minded, and eager to learn from their host families.

For more information, please contact Matthew Peck via [matthew@bigbencentre.com](mailto:matthew@bigbencentre.com) or Carol Harvey at [Harvey-direct@yahoo.com](mailto:Harvey-direct@yahoo.com) 703-685-9828.

We hope to hear from you soon! •

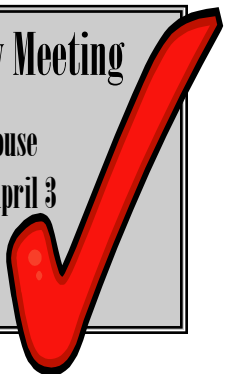
## April Community Meeting Looks at Reevesland Farm

April's monthly Barcroft Community Meeting will be held on April 3 at 7:30 p.m. at Barcroft House.

Our guest will be Joan Horwitt, who will give a presentation on the Reevesland Farm, the last working farm in Arlington County. The farm is one of the few remaining links to a time gone by in Arlington. Ms. Horwitt will discuss its history, preservation, and the efforts to keep it functioning. •

### Community Meeting

- Barcroft House
- Thursday, April 3
- 7:30 p.m.



### There's Peace in The Walsh Family

When the Walsh siblings flew into town for their dad's funeral, a neighbor of their dad's suggested they talk to me. The two sisters and two brothers were faced with disposing of their dad's estate. The good news was that the home was paid for, the not-so-good news was that the property needed a lot of work and was filled with furniture and lots of personal possessions, and the Walsh's couldn't agree on how much money to commit to the project. Two siblings wanted to do nothing and the other two wanted to make minor cosmetic repairs. There was also the issue of disposing of all the personal property which had accumulated over the years. All four siblings lived out of the area and were overwhelmed with the scope of the job. I suggested that we all meet with my Professional organizer who could consult with them on how she could dispose of the personal property. We developed a plan to clean up the property

once the home was vacated and to market the home as a fixer upper at a bargain price in anticipation of attracting a crowd - which is a popular sales strategy. Once the home was listed, I employed my 66 point marketing plan along with an open house and a contract deadline to give the property adequate exposure. The end result netted 12 offers - the highest at 8% above asking price. The Walsh family was thrilled with the outcome as we got them a much higher yield from the sale than they could have received from a few private offers prior to going on the market. Who is the next family you know that's facing a home selling challenge? Be sure to give me a call to discuss how we can let them know how I can help.

**FREE Notary for Barcroft Residents!**  
**Casey O'Neal, Associate Broker**  
**RE/MAX Allegiance 703-217-9090**  
[www.CaseyOneal.com](http://www.CaseyOneal.com)

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Barcroft News is printed on recycled paper with vegetable-based ink by Stanley Adams Printing.

**Visit Us Online: [www.bscl.org](http://www.bscl.org)**

# Monthly Happenings

## President's Report by Eric Harold

Umm...err...Happy Spring? As I write this, on March 16 (sorry, Alyssa!), it is snowing yet again. I have nothing left to give this winter. Nothing.

It's been a busy month for local activities. APS continues its outreach on the capital improvement plan (CIP) development process and on options to address the growth in student population that are causing significant capacity issues for the schools. Their outreach continues into April, so please see my article on the BSCL website or APS website (<http://www.apsva.us/moreseats>) for opportunities to provide feedback.

In local politics, the campaign in the special election to fill Chris Zimmerman's vacant County Board seat is in full swing. Early voting has started (go to the County offices in Courthouse) and the date of the vote will be April 8. Polling will take place at your normal voting location, from 6 a.m. to 7 p.m.

VP extraordinaire Chris Kupczyk has another great meeting lined up for April, when we'll learn about the planned Reevesland Farm improvements. Look for more details in the newsletter. See you then! •

## Hankering to write?

Please share your story. Deadlines are the 15th of each month. Send your article to editor@bscl.org or call Alyssa at 703-907-9318.

# Neighbor to Neighbor Ads

*These ads are free to BSCL members. The listings run for three months unless requested to be removed or updated.*

**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 .

**Rebecca Bean Babysitter:** 9th grader available nights and weekends. Email: rebeccaahbean@gmail.com or call 571-344-4134.

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

**Alexandra's Babysitting:** high school senior available, afternoon, nights and weekends. 703-307-4889.

## Local Demonstration Gardens Are Just Down the Trail

### By Alyssa Ford Morel

Barcroft has three of the five demonstration gardens maintained by Master Gardeners of Northern Virginia within walking distance via the W&OD Trail. Spring is the perfect time to visit them.

The Sunny Garden is on the north side of the Bon Air Rose Garden parking lot,

**Babysitter, house/pet sitter:** Carmen Dunlap, responsible 16 year old. Available weekends and weeknights. Dunlap.carmen @ymail.com.

**August's Pet Sitting:** 703-892-6712.

**Need music for youth-focused party?** Concerned about cost? Call Dylan "DJ VIP" Vega: Local, teenage and reasonably priced. Dylanrvega@gmail.com or 703-907-9162.

**Neighborhood college student:** Available for babysitting, odd jobs, cleaning, housework, etc. anytime. Abby Fram, 703-892-1090 email: abbyfram94@aol.com.

**Vacation Help:** Responsible teen to water plants, bring in mail, care for pets, water gardens, etc.: Dylan Vega, 703-271-5987, dylanrvega@gmail.com.

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

and the Shady Garden is around the corner from it. The Glencarlyn Library Community Garden includes herb gardens, an Asian garden and tropical plants in the summer. Glencarlyn will hold its spring plant sale on Sunday, May 4 from 10 a.m. to 3 p.m., with native and locally hardy plants available, and Master Gardeners available to provide advice. •



### Open House

Thursday, April 3, 9-11 a.m. and 7-8:30 p.m.

## Our Savior Lutheran School

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- Extended day program available
- Small class sizes, diverse student body
- Fully accredited and licensed
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(703) 892-4846 www.osva.org

## Our Savior Lutheran, cont.

*Continued from page 9*

swana, Africa, supporting efforts to identify and implement human care ministries among a minority ethnic group, the Tsoa and Kua speaking people. If you would like to support this work with a gift, please contact our school office for more information.

St. Jude Children’s Research Hospital Math-a-thon is an annual event at OSLS. St. Jude is a pediatric and research facility which treats children with cancer and other catastrophic diseases. Again this year, our students help St. Jude by solving math problems and raising money for the hospital. •

## Barcrofter Teaches Tai Chi for Parkinson’s Foundation

Long-time Barcroft resident Rob LaPointe and owner of NewYouKungFu.com teaches a free weekly Tai Chi class for the National Capital Area Parkinson's Foundation. Rob has been studying, teaching, competing in, and judging martial arts since 1973. He's also offered corporate, government, and small business workshops in stress reduction and personal safety since 1989, and has presented at Exxon-Mobil, Georgetown University Hospital, U.S. Army Training and Evaluation Command, USA Today, and many other agen-

cies, businesses, law firms, universities, and hospitals in the Washington area.

LaPointe’s class for the Parkinson's Foundation, which he has taught since 2012, focuses on balance, breathing, smooth movement, and concentration. The free, one hour class is offered each Monday at 11 a.m. at The Virginian on Arlington Boulevard in Fairfax County. Anyone with Parkinson's Disease who wishes to attend is welcome and encouraged to drop in. If you're interested, or want more information, call him at (703) 920-9746. •

## Spring Cleaning and Sharing

*By Carol Harvey*

As you get organized for spring you will probably find clothes you don’t want any more. Please consider donating them to the clothing bank at Arlington Presbyterian Church on Columbia Pike. Located next door to Wendy’s at Monroe Street, the clothing bank will give your clothes to our neighbors in need for free.

The clothing bank is staffed by volunteers and open Wednesdays from 1 to 3 p.m. and Saturdays from 9:30 a.m. to 12:30 p.m. They accept clothes and shoes for men, women and children, and particularly need clothes for men. They also accept linens such as bedding and towels. I donated some throw pillows

and a tiny girl immediately embraced a small pink pillow with a fancy women’s shoe on it. The way she clutched it with shining eyes made me happy I had found it buried in my closet.

The clothing bank entrance is on the side next to the parking lot. Just ring the bell and someone will let you in or help you carry your donations. They will also give you a receipt for tax purposes.

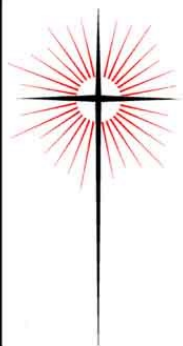
Thanks for cleaning out and sharing!

**Arlington Presbyterian Church**

3507 Columbia Pike

Wednesday 1 to 3 p.m.

Saturday 9:30 a.m. to 12:30 p.m. •



## Celebrate Holy Week and Easter with Us

*St. John's Episcopal Church is a vibrant congregation with a big heart. We are an inclusive and welcoming community of faith where people of all ages are supported in their spiritual growth and questions and discussion are always welcome.*

**- The Rev. Ann Barker, Rector**

**Sunday Worship Services**  
8 am and 10 am

**Sunday Christian Education**  
Adults 9 am — Youth 9:30 am

### All are welcome to all services and activities!

- Sun. Apr. 13** Holy Eucharist and Blessing of the Palms - 8 am and 10 am
- Thurs. Apr. 17** Loaves & Fishes Meal & Service - 6:30 to 8 pm
- Fri. Apr. 18** Good Friday Services - 12 noon and 7 pm
- Sun. Apr. 20** Easter Holy Eucharist - 8 am  
Easter Festive Holy Eucharist with children's message - 10 am  
Easter Egg Hunt and reception after the 10 am service

## St. John's Episcopal Church



415 S. Lexington Street Arlington, VA 22204 703-671-6834 stjohnsarlingtonva.org

## Pike Neighborhoods Sponsor Board Candidate Forum

On Thursday, April 3, from 7 to 9 p.m. at the Arlington Mill Community Center (fifth floor), the Columbia Pike neighborhoods will host a Candidate Forum for the four County Board candidates vying to fill Chris Zimmerman's vacant seat. All four candidates—

Alan Howze, John Vihstadt, Stephen Holbrook and Janet Murphy — have agreed to come. The format will be typical of these affairs, with each candidate giving an opening statement and then the floor will be opened up to questions from the audience. •

## Save the Date: Women's Club Paper Shredding Event

The Woman's Club will hold their annual paper shredding fund raiser on May 17. The paper shredding truck will be in the club's parking lot from 9:30 to 11 a.m. Donations for shredding go for a Wakefield High School

scholarship given to a graduating senior girl planning to attend a four-year Virginia college/university. The event also features a bake sale and a Lion's Club sight and hearing van giving free health screenings from 9 a.m. to 12 noon. •

## Tips for Improving Home Comfort and Efficiency

By Scott Donelson

Have you received a high gas or electric bill or are you feeling cold spots or drafts in your home? You don't have to live with these problems! In the last article I spoke of the various sources of these problems and the best approach to identify them.

Did you know 46 percent of typical home energy consumption is spent on heating or cooling and nearly half of this is being wasted due to air leaks? Did you know adding insulation alone will not solve this problem? However, tackling the actual air leakage will ensure the biggest "bang for your buck." Here are some tips you can implement to stop air leakage and improve efficiency.

1. **Ensure your fireplace damper is**

**closed.** If open, this is the equivalent of having a hole in your house letting out the heat!

2. **Ensure windows are locked/latched.** They may be closed, but you may be surprised what you find. If not latched, windows can leak air excessively.

3. **Caulk around window frames.** Caulk around the interior trim of the window -- particularly at the top and bottom.

4. **Weatherstrip and insulate attic hatches.**

5. **Install an attic tent on drop down stairs.**

6. **Seal exterior holes or gaps** — such as faucets or electrical/cable lines.

7. **Seal around electrical outlets and**

*Continued on page 7*

## Greetings this Spring from Our Savior Lutheran School

By OSLS National Junior Honor Society

Thank you to everyone who came out at the beginning of March for our Lutheran Schools Week Bingo/Silent Auction Night. We had a great turnout and raised money for our school's technology fund.

Our Savior will be hosting a school open house on Thursday, April 3 from 9 to 11 a.m. and from 7 to 8:30 p.m. Please feel free to stop by our school during those times and visit. We would love to show you around and tell you more about our Pre-K through 8th grade school.

Please join us at Our Savior Lutheran Church for Holy Week worship services. We

have a Maundy Thursday service on April 17 at 7 p.m., a Good Friday service on April 18 at 7 p.m., and Sunday Easter services on April 20 at 8:15 a.m. and 11 a.m. We would love to have you worship with us.

At OSLS, we have weekly chapel services every Wednesday starting at 8:50 a.m. Please feel free to join us. During April, the offerings that we gather will go to Lutheran Global Outreach. This program sends missionaries around the world. Specifically, we will be helping a woman named Liz Callahan; a Director of Christian Education (DCE) student at Concordia University, Texas. Liz will be in Bot-

*Continued on page 10*

### You Don't Have to Interview the #1 Remodeler in Arlington... But... Why Wouldn't You?

For a larger Graph image and more information about the Graph, visit our website at [www.CookBros.org/BarcroftGraph](http://www.CookBros.org/BarcroftGraph)

**Number of Building Permits Pulled in Arlington County since the year 2000**

Cook Bros.

# Strengthening our Natural Connections

**By Cliff Fairweather,  
Naturalist, Long Branch Nature Center**

It's in the spring, with the emergence of both nature and people from winter's relative somnolence, that the many connections in nature seem most vital and urgent: connections between different species, between ecosystems, between continents, and between natural processes and phenomena. There are also the connections that happen through nature between people and between people and nature.

Earlier this year I was in Panama where I saw many of the familiar warblers that pour through our area this month and next on their northward migration. Many can be seen in the woods around Long Branch as they make brief stops to rest and feed. We are fortunate that Arlington still has places where we can connect with nature and that help nature stay connected with itself.

Glencarlyn, Fort C.F. Smith, Gulf Branch, and other county parks provide critical stepping stones for migrants, helping them connect with their nesting areas and to a new generation of birds. Those birds also provide a living connection between our home and places as far from Arlington as northern Canada and South America.

These connections can be tenuous, however. Migrating songbirds face a growing list of threats such as habitat loss and light pollu-

tion. An even more imperiled migration could break another one of our living connections. Dramatically shrinking amounts of milkweed, the monarch butterfly caterpillar's sole food plant, due to new agricultural practices has helped result in a record drop in the numbers of monarch butterflies reaching Mexico.

But there is good news: these are problems we can help fix! And one of the best things we can do to help is to grow native plants in our backyards, front yards, school yards, common areas, places of worship...anywhere that can host some native plants. In short, the idea is to turn these places into habitat for birds and butterflies.



Most birds will benefit from the seeds, fruits, or nuts these plants produce and, more importantly, from the insects that feed on the plants. Few native insects feed on non-native plants and nearly all native songbirds, migratory or year-round residents, eat insects at some point in their life-cycle. You can help monarchs by growing native milkweeds for the caterpillars and a variety of native flowering plants to provide nectar for the adults.

To help you get started in growing native plants, the Long Branch Nature Center native plant sale is coming up on Saturday, April 26 from 1 to 5 p.m. Try some natives this spring and help strengthen our natural connections! •

# Flavors of the Season: Rhubarb

**By Kari Hickman,  
virtualgoodyplate.blogspot.com**

I'm pretty sure spring is finally, FINALLY, here in Virginia. And with it, the first tender crops of the year, like asparagus, artichokes, late citrus, early lettuce, and rhubarb, whose bold ruby stalks put pastel spring blossoms to shame. This simple seasonal crowd-pleasing cake is easy enough to make for a weeknight whim, or special enough for Easter or someone special's spring birthday.



## Rhubarb Upside Down Cake

### **Rhubarb Topping:**

- 3 cups diced rhubarb
- 3/4 cup sugar
- 2 Tbsp water (omit if rhubarb is frozen)

### **Cake:**

- 2 Tbsp shortening
- 1/2 cup sugar
- 2 Tbsp baking powder
- 1/2 cup milk
- 1 egg
- 1 cup flour
- 1/2 tsp salt
- A few drops almond extract
- Whipped cream, for serving

Preheat the oven to 350F (180C). Coat an 8 x 8-inch baking pan with nonstick cooking spray. Place the rhubarb, sugar, and water in the pan and put it in the preheated oven. In a bowl, mix the cake ingredients till just blended. Remove the pan from the oven, spoon the cake mix over the rhubarb covering as much as possible. It will even itself out some while it bakes. Bake 30-40 minutes till it just starts to brown on top. Let it cool for a little while and serve pieces upside down with whipped cream. •

# The Latest News from Barcroft Elementary

**By Jenny Ditta, Barcroft Elementary Liaison**

March proved to be busy at Barcroft. Despite missed school days due to snowstorms, Grade 5 Standards of Learning testing in Writing were completed in early March. Moreover, books were swapped and cake was enjoyed by all during the annual Coffeehouse and Book Exchange on March 11. Three student teams from Barcroft participated at the recent Odyssey of the Mind Competition on Saturday, March 15. A Leonardo Learning Night showcasing third quarter learning was held on March 26.

From March 31 to April 11 is Spring Intersession. Intersession provides a wonderful two-week break from traditional classes each Fall and Spring. Instead of business as usual, learning comes alive as students are invited to take interactive, hands-on enrichment classes in areas such as science, architecture, math, literature and physical fitness. Children needing additional assistance with the core curriculum may also take remedial classes provided in a format that ensures that learning is fun. Students may take morning and afternoon classes offered by the school during these two weeks or enjoy time off.

Of general interest, Arlington Public Schools will be hosting at Washington-Lee High School on April 6 from 12 noon to 2 p.m. a Bicycle Show & Tell. This is a great opportunity for both experienced and inexperienced bicyclists to learn more about safety, bike

maintenance, and the wide variety of choices when it comes to bikes. The Spring Break holiday is from April 14 to 18. From April 28 through June 9, the PTA will offer weekly after school enrichment classes in areas such as art, yoga, martial arts, soccer and music and movement.

May 3 is the Barcroft Spring Fair. There will be games, fun, food, cake walks, bakes sales, jewelry sales, and much more for the entire family. Please join us for a fun time, and support your neighborhood school. May 5 to 9 is Staff Appreciation Week. The PTA will plan special activities to thank our wonderful teachers and staff for all that they do for our students. Annual Virginia Standards of Learning (SOL) testing will also commence for Grades 3 -5 this month and end in June.

Farm to Table week will occur on June 9 to 13. During the week, students will have an opportunity to sample fresh, local produce during lunch. On the evening of June 13, there will be a special dinner and Leonardo learning event. We hope that you will join us! •



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# Tips for Improving Home Comfort, *continued*

*Continued from page 4*

**install foam gaskets** . Although not the root cause of air leakage, it is helpful to remove outlet covers, caulk around the outside of the box, and install foam gaskets under the cover and childproof caps in the plugs.

8. **Clean lint from dryer ducts.** Ensure outside vent flapper is not stuck open due to lint (lets in cold air). Replace flexible duct with smooth metal duct and clean the duct. This will cut dryer times, and may prevent a fire!

9. **Replace your furnace, heat pump, or air conditioning system filter regularly.** Filters should be changed monthly. A dirty filter

can make the system work harder and cut down air flow to the registers.

10. **Clean your refrigerator coils.** Remove the front bottom panel then clean using an appliance brush. Dirty coils are like a dirty furnace filter and make the refrigerator work much harder.

### Additional Resources:

- <http://www.HomeEnergyMedics.com> (frequently asked questions)
- [http://www.energystar.gov/index.cfm?c=products.pr\\_where\\_money](http://www.energystar.gov/index.cfm?c=products.pr_where_money) (home energy consumption breakdown)
- [http://www.energysavers.gov/your\\_home/](http://www.energysavers.gov/your_home/) (broad range of info) •



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