



November 2013

# Barcroft News

Vol III, Issue 3

## A Closer Look at Arlington Neighborhood Villages

*By Barbara Clemens, Barbara Swart  
and Elaine Squeri*

The idea of organizing neighborhoods around the country to create a formal structure for neighborly assistance is becoming more and more popular since 2001. That was the year that Boston's Beacon Hill formed a "Village" to address the needs of residents wanting to remain in their own homes, regardless of growing older and difficulties that may occur during those years. They called it "Aging in Place." Yet many recognize that aging is not the only time in our lives when extra help is needed, nor is disability; things happen.

We learned more about this idea about four years ago through neighbors right next door in Arlington Forest who were considering such an effort in their own neighborhood. Now we hear that a County-wide entity exists, Arlington Neighborhood Villages (ANV). It is composed of volunteers who have drafted a plan and are offering to explain to the rest of us what we could do for ourselves. In the Washington Metro Area itself, there are 35 such initiatives in various stages of development, including Capitol Hill, Cleveland Park, Dupont Circle, and At Home Alexandria.

Three Barcroft neighbors attended an

introductory meeting at Carlin Hall, October 13, 2013, at which Ann Connall and Peter Olivere, Glencarlyn neighbors and ANV volunteers, spoke with a dozen of us about the fledgling organization closer to home. There will be a larger gathering at Washington and Lee HS, Wednesday evening, October 23, hosted by Waverly Hills Neighborhood who specified this idea of aging in place in their Neighborhood Conservation Plan.

In a nut shell, Arlington Neighborhood Villages (ANV) volunteers are introducing this effort to Arlingtonians: the rationale, the array of services, requirements, etc. and asking for input. As a non-profit, it is about to apply for its 501(C)3 designation and already has three neighborhoods ready to begin organizing: Arlington Forest, Bluemont, and Glen Carlyn. Arlington County has no financial stake in this volunteer effort but is supportive in spirit.

You will learn more about ANV in particular at <http://www.arlnvil.org> and about "Aging in Place" in general under that name on the web. This would make an interesting program for us, and perhaps some nearby neighbors, in our handsome Community House which is aging in place gracefully thanks to...what else, Barcroft Volun- •teers!

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# Monthly Happenings

## ***President's Report by Eric Harold***

Thanks to the County staff and all Barcroft residents who attended the October meeting. A lively discussion was had on the proposed design for the 7th Street Connector Trail to the W&OD Trail. The minutes of the meeting are available at <http://www.bscl.org/min1310.pdf>. The motion to approve the County design and continue with the project was passed. We'd also like to thank Colette Bounet, principal at Barcroft Elementary, for attending the meeting and giving us the opportunity to meet her and find out about activities at the school. We look forward to seeing her at future meetings (as her schedule permits, of course).

Many things coming up this month. Don't forget to vote on November 5, and then don't forget to attend our next meeting Thursday November 7. This month's meeting will provide us information on the Columbia Pike Multimodal Street Improvements Project. Don't know what ● that is? Come to the meeting on

## **Barcroft Gardens Sought**

Gardeners who would like to have their yards toured for our Spring 2014 Garden Tour are still needed. The date is May 4th. It is a great event and all proceeds go to the Community House Renovation Fund. Contact Noreen Atkinson at 703-979-4868 or [noreenatkinson@verizon.net](mailto:noreenatkinson@verizon.net) for more information. ●

# Just Around the Corner: Arlington Mill Community Center

**By Inge Nealis**

The completion of the brand new community center is just what we have been waiting for, so I was really excited when I went to the opening on the twenty-first of September. When I saw the architectural design, I was blown away. At the grand opening there were many activities such as face painting, moon bounces, crafts, balloon art, food, and great Bolivian dancers. The food was sponsored by the Pan American Bakery and Grill that will be opening in November.

The building has many green features. A rain harvesting system, a green roof, and low flow water features are only some of the green characteristics of the building. At the community center you are welcome to take a variety of courses. The building also accommodates a senior room, fitness room, multipurpose rooms, a small cafe, game room, basketball court, and classrooms. Outside there is a playground and plaza.

The community center is accessible by car, foot, bus, and bicycle. Also there is a very convenient parking garage that is free for the first four hours. I hope that everyone has a chance to go and visit this beautiful building, if

you don't you are missing out! Teens, don't forget to sign up for the red card. The card is free and is good at all the community centers in Arlington until you are 18. Also on the first and third Friday of the month there is a teen night for middle school and high school students from seven until ten at the Arlington Mill Community Center. ●



# New Wakefield High School Opens

**By Markarius Nealis**

On Sunday, September 22, I went to the opening of the brand new Wakefield High School. As you walk in the front entry, the first thing you notice is this huge lounge area known as the Town Hall. This is one of the main features of the building and is a nice inviting place to do your homework or chat with your friends.

The school also has a new aquatic center. It includes an eight lane swimming pool and a diving pool. The swimming pool is equipped with a Colorado time system which provides precise time, scoring, and display boards. This feature is essential when Wakefield hosts swimming competitions. Also kids (ages infant to 17) swim free on Saturdays from 1 to 3 p.m. There is also a brand new full size basketball court.

All around the school grounds are a lot of outside areas where students can get a breath of fresh air and enjoy the outdoors. In addition there are forest and woodlands that have been preserved so they can provide a habitat for birds, bees, and butterflies. This was done to provide a healthy life-style. These are only the features of Stage One.

In the future they are planning to do

Stage Two to include new softball and baseball fields, a concession stand and restrooms, and a new ticket booth and main entry to the stadium. They are also planning to redo the track and the tennis courts. On top of that they are going to put in geothermal wells which will help heat and cool the building using the ground temperature.

I think that the features below are



some of the coolest features about the new Wakefield high school. These features are known as the green features because they help make the environment a cleaner

place. This includes some great features:

- Solar hot water tubes and solar panels;
- Rain garden landscape features on-site;
- Storm water management;
- Low-emitting materials to improve indoor air quality;
- Waste heat from mechanical system used to heat the pool.

And those are just some of the green features.

I remember when my mom saw everything she said "Boy I wish I could go back to high school." I think it is a great school and these features only make it better. All of these features including the sporting facilities will make the Wakefield Warriors proud. ●

# Flavors of the Season: Turkey

*By Kari Hickman,  
virtualgoodyplate.blogspot.com*

In my mind, the main benefit of hosting Thanksgiving, possibly even the only benefit, is turkey leftovers. Making use of next-day turkey is big business on food blogs and cooking shows, some of which are pretty creative! Me, I make a big pot of soup (with homemade stock from the bones), and use the rest in my family's favorite Turkey Pot Pie. Though we might be pie'd out after Thanksgiving, I make as many of these as I have turkey for, and freeze them for a quick thaw-and-bake dinner down the road, or when company calls unexpectedly around the holidays. (And pssst, even if you didn't host, and have no leftovers, you can make this with rotisserie chicken from the store, too!)

## Turkey Pot Pie

*Makes 1 9- or 10-inch pie*

1 recipe pastry for a 9- or 10-inch double crust pie (or store bought)

4 T butter, divided

1 small onion, minced

2 stalks celery, chopped

2 carrots, diced

1 T Montreal chicken seasoning (or to taste)

Salt and pepper to taste

2 cups chicken or turkey broth

3 Yukon gold potatoes, peeled and cubed

1 1/2 cups cubed cooked turkey

3 T all-purpose flour

1/2 cup milk

1. Preheat oven to 425. Roll out and press bottom crust into pie pan and set aside. Melt 2 T butter in a large skillet over medium heat; add the onion, celery, carrots, seasoning, salt, and pepper. Cook and stir until the vegetables are soft. Stir in the broth; bring to a boil. Stir in the potatoes, and cook until tender but still firm.

2. In a medium sauce pan, melt the remaining 2 T butter. Stir in the turkey and flour. Add the milk, and heat through. Stir the turkey mixture into the vegetable mixture, and cook until thickened. Cool slightly, then pour mixture into the unbaked pie shell. Roll out the top crust, and place on top of filling. Flute edges, and make 4 slits in the top crust to let out steam. Sprinkle with a little more Montreal chicken seasoning.

3. Bake in the preheated oven for 15 minutes. Reduce oven temp to 350 and continue baking for 20 minutes, or until the crust is golden brown. ●



# What's Happening at Barcroft Elementary: Autumn

**By Jenny Ditta, Barcroft Elementary Liaison**

Barcroft Elementary is pleased to announce that according to the 2013 Standards of Learning testing results, Barcroft has met all of the U.S. government's federal accountability measures and is fully accredited by the Virginia Department of Education. Congratulations to our teachers, staff and students! Construction on the new school playground is scheduled to be completed by late October, but rain may push back the finish date. Construction areas are surrounded by temporary fencing to ensure safety. We invite neighbors to visit the new playground once complete.

Although Halloween is history, you might have some candy left over. If so, the school is again hosting a candy collection to honor our troops and veterans through mid-November. Drop off bagged candy and "Happy Thanksgiving" cards and letters into the orange bin at the Front Office. Donations will go to a VA hospital before Thanksgiving.

Now more than ever, we need our neighbors to support their neighborhood school! Here are four easy and free ways to help Barcroft Elementary.

- **Safeway:** Link to Barcroft Elementary online at [www.escrip.com](http://www.escrip.com). Barcroft's Group ID # is 6472509.
- **Harris Teeter:** Link your VIC card to Barcroft Elementary as part of the Together in Education (TIE) program. Then purchase

Harris Teeter brand products through May 2014. Barcroft's code is 4238. Link online at [www.harristeeter.com](http://www.harristeeter.com) or contact Candice Kaup at [candicekaup@yahoo.com](mailto:candicekaup@yahoo.com). You can support 5 schools! At this time we have 140 VIC card holders linked to Barcroft.

- **Giant:** Link your Bonus card to Barcroft using code # 02199. The Giant A+ Rewards program runs until March 20, 2014. Provide your name and bonus card # to Candice Kaup or link on-line at [www.giantfood.com/Aplus](http://www.giantfood.com/Aplus) and click "register your card."
- **Target:** As part of Target's Take Charge of Education program, shoppers can support Barcroft year-round by linking their Target RED credit or debit card to the school. Barcroft's ID # 103242. To link your card online, go to: <https://www.secure.target.com/redcard/tcoe/home> and click on "Enroll." We have 22 cards linked!

Highlights for November and December 2013 include the November 5 Election Day Bake Sale at which the PTA will sell coffee, breakfast items, individually-packaged baked goods such as brownies and cupcakes, whole items like breads, pies, and cakes, and savory foods. During the week of November 18 - 22, Barcroft will also host a Book Fair and Holiday Shop. Choose from books, Stella & Dot jewelry, and other goodies. Finally, celebrate a wonderful 2013 with the PTA at the Clarendon Silver Diner on Monday, December 2. •

## Bill Thomas Award

The Bill Thomas Outstanding Park Service Award is calling for nominations! Do you know someone who is dedicated to park services and improving our community? This award is to pay tribute to park volunteers and encourage residents who demonstrate support for the parks programs, natural resources and public open spaces. Accepting nominations through February 14, 2014. Read more about the award at <http://www.arlingtonva.us/departments/ParksRecreation/scripts/parks/BillThomasAward.aspx>.

## Got a Tree You Love?

Nominate it for an Arlington County Notable Tree designation. There's no cost to nominate and no obligation to the tree owner, but your favorite tree will be recognized by the County Board as an important natural resource. A tree can be recognized for its size, age, species, historical interest or just because it's held near and dear to your neighborhood. Visit our Notable Tree page for more information. Nominations due December 1. More information is at: [www.arlingtonva.us/dpr](http://www.arlingtonva.us/dpr).

## Parent's Night Out

Let us watch the kids while you enjoy a Friday night out! Join us at Walter Reed Community Center where children ages 4-11, will enjoy face painting, balloon art, make and take art projects, healthy snacks, movies, bounce house, play field games, & more! For details and specific dates visit [www.arlingtonva.us/dpr](http://www.arlingtonva.us/dpr). To register: Call 703

Barcroft News



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# Autumn Leaves

*By Cliff Fairweather,*

*Naturalist, Long Branch Nature Center*

Autumn leaf color is one of the great natural phenomena of our region. Those green leaves have been busy all summer making food for trees and now their job is done for the year. Their final act is to create a spectacular display of color that reaches its peak in the deciduous forests of eastern North America.

Deciduous trees, such as oaks, maples, and hickories, are the ones whose leave change color and drop off in autumn. The green in spring and summer leaves comes from chlorophyll, a pigment that drives photosynthesis -- the process by which plants use sunlight, carbon dioxide, and water to create sugar that they use for food.

As days shorten and temperatures drop, photosynthesis becomes less efficient. No longer able to perform their primary purpose of feeding the tree, leaves are of little use and can even become liabilities. Leaves torn from twigs by winter storms leave openings that can become entry points for disease. Also, snow and ice clinging to leaves can cause branches to break or even bring down entire trees.

In preparation for dropping their leaves, trees form an abscission layer at the base of their leaf stems, sealing the leaves off from water and nutrients. Chlorophyll remaining in the isolated leaves breaks down, revealing other pigments that were masked during

the growing season.

One group of these pigments is carotenoids, including carotene, the pigments that give carrots their orange color, and xanthophylls. They show through as yellows, oranges, and browns. These pigments are in the leaves all summer and contribute to photosynthesis, but their colors are overwhelmed by the green of chlorophyll.

The red in fall leaves comes from anthocyanins, which also give red apples, strawberries, blueberries, beets, and purple grapes their colors. Anthocyanins come from the breakdown of sugars trapped in the leaves after the abscission layer forms. A dry summer and a sunny autumn with cool nights are the best conditions for anthocyanins production.

Much of the brown in fall leaves comes from tannins, although some also comes from the breakdown of chlorophyll. Tannins are important defensive chemicals plants use to ward off insects and other plant eaters. Oaks are especially rich in tannins and many oaks species turn various shades of brown in the fall.

Other tree species also differ in their mix of pigments and that, along with other factors such as weather and the health of individual trees, determines which trees turn which colors. Hickories, for example, produce few anthocyanins, so they tend to turn yellow, whereas maples are rich in anthocyanins and usually turn orange or red.



# Update from Our Savior Lutheran School

By **Nancy Greenwood**

Fall brought a new school year to Our Savior Lutheran School (OSLS) when it opened its doors for the 61st time in Barcroft. Students have enjoyed a Back to School BBQ, Family Game night and Fall Carnival, this autumn, while concentrating on school-work after being off for the summer. Grades Pre-K through 8 will

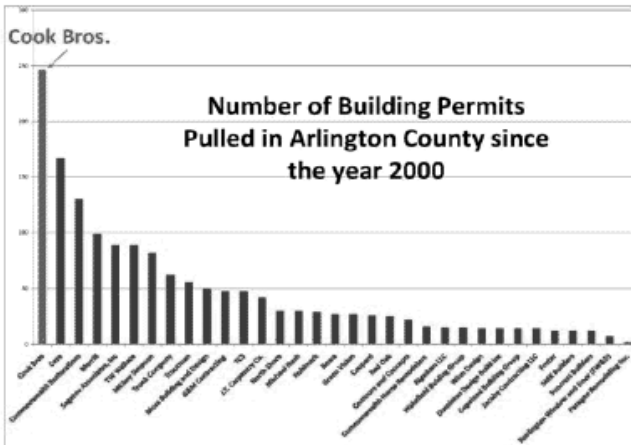
soon begin preparing for the annual Christmas program in December and look forward to sharing their musical talents with the Barcroft community. ●



*National Junior Honor Society member Peter McComb, helps 4th grader Elsie Greenwood during morning curbside drop-off.*

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# News Notes

## FAMILY OPERA NIGHT

*Monkey See Monkey Do* is coming to town! This one-act bilingual opera was created for family audiences and is both a stirring musical and a visual treat. Based on the universal tale of the Hat Seller and the Monkeys, the score blends elements of Mexican mariachi and traditional folk melodies with the contemporary style of the Texas composer, Robert Xavier Rodriguez. The opera's lively musical score encourages audience involvement and participation. The combination of English and Spanish lyrics is ideal for the introduction of language study, as well as supporting the exposure of young people and students to Mexican culture.

Tickets are \$4 for Tuesday, November 19; Wednesday, November 20, and Friday, November 22, at 10 a.m. On Saturday, November 23, tickets for those under 18 years are \$4,

and \$6 for those over 18, the performance is at 2 p.m.

All performances are at Thomas Jefferson Middle School Theater located at 125 South Old Glebe Road, Arlington. For questions and reservations contact: Opera NOVA 703-536-7557; [www.operaguildnova.org](http://www.operaguildnova.org).

## ENDING HOMELESSNESS IN ARLINGTON: A COMMUNITY EFFORT

Do you know how you would assist a friend, family or community member who told you they were facing homelessness? We all have the power to help. Come and learn about vital services and add your voice to the dialogue about ending homelessness in our community.

The meeting is Wednesday, November 6, 2013, 7 p.m. to 8:30 p.m. at Arlington Central Library, 1015 N Quincy St., Arlington. •

### Arlington Forest United Methodist Church

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

8:30 Casual Worship, Godly Play & Sunday School 10:00 a.m., Traditional Worship 11:00

**Thanksgiving Eve Service, 11/27, 7 pm**

**Breakfast with St. Nicholas, 12/7, 10 am**

**Christmas Caroling 12/22, 2 pm**

**Children's Christmas eve service 4 pm, Candle-light 7pm**

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# Neighbor to Neighbor Ads

*These ads are free to BSCL members.*

*The listings run for three months unless requested to be removed or updated.*

**College-aged Babysitter:** Holidays and summers: Sarah. 571-329-5607

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

## **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.

**Babysitter, house/pet sitter:** Carmen Dunlap, responsible 16 year old. Available weekends and weeknights. 571 243 1029 or Dunlap.carmen@gmail.com.

**Pet Care:** High school senior, Rebekah. 571-245-0159.

**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.

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

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

**Babysitting, Pet Sitting, and Violin Lessons:** Responsible 9th grade babysitter and pet sitter. Violinist in AYSO, with over 10 years of experience playing, can teach beginner violin. Call/text Tyler at 571-244-7555, or email tylerchanlapointe@gmail.com. ●

## Next Community Meeting: November 7

**By Chris Kupczyk**

Please join us at 7:30 p.m. on Thursday, Nov. 7, at the community house. Our featured speaker will be Bill Roberts, transportation program manager for Arlington County. Mr. Roberts will be giving an overview of the Columbia Pike Multimodal Street Improvements Project. This multi-year infrastructure

project is currently underway (and is proceeding independently of the planned streetcar). It involves completely reconstructing the roadway, as well as numerous utility, streetscape, and pedestrian improvements. Much of the work that's been occurring along the portion of the pike adjacent to Barcroft is a part of this effort. ●



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

## The Sell-Buy Dilemma

Believe it or not, there are many homeowners who desperately want to move (for more space, to be closer to work, for a better floor plan, etc.), but they stay in their homes year after year for one surprising reason—they can't see a way around the "sell, then buy" or "buy, then sell" dilemma. Adding on to the property is a popular option for some homeowners.

If moving is the best strategy there are four solutions to this conundrum. First, sell your home and ask for a 60 to 90 day "rent-back" from the new buyer of your home or implement a home of choice contingency, giving time to buy your next home. Second, time the sale and purchase to happen simultaneously (which can be tricky in an active market). Third, sell and move into temporary housing, and then buy at your leisure then sell or rent out your home. Fourth, if you can qualify for a new home mortgage and your existing mortgage you can buy at your

leisure then sell or rent out your home. If you have significant equity in your home you may be able to get a home equity line of credit to use for a down payment on the next home if you don't sufficient have funds for a down payment. This requires using a savvy lender who can advise you on the proper steps.

All of these approaches have pros and cons that should be discussed with a qualified real estate consultant.

If you, or someone you know, would like to discuss selling and buying simultaneously, call me at 703-217-9090 or email [casey@caseyoneal.com](mailto:casey@caseyoneal.com)

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