



October 2014

# Barcroft News

Vol 112, Issue 2

## Shedding Illumination on Light Bulbs

**By Barbara Swart**

Recently a Barcrofter asked about comparing the many types of available light bulbs. Help is available from the “Lighting Facts” label that is now required for most light bulb packaging – similar to the “Nutrition Facts” on food products.

**Q: How do I know how bright a light bulb will be?** The old days of using the number of watts to determine brightness are over, because the newer CFL (Compact Fluorescent Light) and LED (Light-Emitting Diode) bulbs use fewer watts.



Find the Brightness - number of Lumens - printed on the “Lighting Facts” label instead. 450 lumens is about what the old 40 W incandescent bulb produced, 800 lumens = old 60 W, 1,100 lumens = old 75 W and 1,600 lumens = old 100 W.

**Q: How much energy will the bulb use?** Energy Used is shown on the label in Watts, and Estimated Yearly Energy Cost is also listed. LED bulbs are the most efficient.

**Q: How long will the bulb last?** The estimated life of

*Continued on page 10*

## Candidates Will Preempt October BSCL Meeting

**By Chris Kupczyk**

We are canceling our October 2 BSCL meeting due to a County Board Candidates' Forum scheduled for the same date and time (7:30 p.m.) The forum, co-hosted by BSCL and several other South Arlington civic associations, will take place at the Walter Reed Com-

munity Center (2909 16th Street South) and will feature incumbent board member John Vihstadt and challenger Alan Howze. Barcroft's own Bryant Monroe will moderate the debate. We encourage all Barcroft residents to attend the forum. Our regular monthly meetings will resume in November. •

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**Next Deadline: October 15**

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# Monthly Happenings

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

While the pitter patter of little feet walking to school has been sweet music in the neighborhood since the beginning of August, for many of us we are just getting into the swing of the Autumn school routine. More buses through the neighborhood to pick up students, more action at our ball fields and soccer pitches. How quickly, it seems, the school year activities have ramped up to an almost fever pitch.

With that comes numerous public activities and this year promises to see a lot of opportunity to provide feedback to our local leaders. It's campaign season --be sure to come to the County Board Candidates Forum on October 2 at 7:30 p.m. at Walter Reed, co-hosted by BSCL and organized by our own Chris Kupczyk and moderated by our own Bryant Monroe.

It's time to help the county decide where to put all the future students -- attend public meetings about the possible new elementary school at Thomas Jefferson. In November come to our regularly scheduled meeting to learn about a potential development at Buchanan and Columbia Pike (where El Tutumaso is now). Opportunities abound to participate and contribute.

Speaking of contributions, Elizabeth Rives will be stepping down as our Neighborhood Conservation representative. She has spent countless hours advocating for Barcroft

***Continued on page 4***

# Governor Signs Legislation at Arlington Mill

**By Markarius Nealis**


On August 27 there was a bill signing at Arlington Mill Community Center by Governor Terry McAuliffe even though it became effective July 1, 2014. The bill, Senate Bill (SB) 503 and House Bill (HB) 492, addressed the growing problem of public notaries in immigrant communities who were charging for legal advice when they are not attorneys. In many Latin American countries, notary publics provide legal advice because the notaries are also lawyers. In the U.S., notaries are authorized to witness signatures and certify documents but are **not** required to be attorneys. U.S. notaries who provide legal advice but are not also attorneys are committing fraud.

McAuliffe said that he wants it to be known "that fraud will not be accepted in the state of Virginia." SB 503 was sponsored by State Senator Adam Ebbin. HB 492 was sponsored by State Delegate Alfonso Lopez and State Delegate David Albo. Ebbin and Lopez were able to attend the bill signing.

Unfortunately, Albo was unable to attend the bill signing but did release a short statement. In his statement, he said that he knew of the hardships that many Latinos faced and didn't want any more of them getting tricked. He was very sad that he could not attend.

Speaking of not being able to attend, I was also not able to attend the bill sign-

ing. The event was publicized and everyone was invited to attend the signing meeting at Arlington Mill. So I went for the bill signing but I was turned away. The lady who was letting people in said "Only official press and government officials allowed." I told her that I was official press for the Barcroft Neighborhood Newsletter, but she would not budge even when I told her about the publicity. I hope that things like this never happen again because it restricts other people from knowing what is going on in their community. •



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# Arlington High School Student Exchange Program

*By Inge Nealis*

Every summer there is a student exchange program with Arlington's sister city, Aachen, Germany. I was a participant in this program this past summer. American students go abroad to Germany for about eighteen days. The American students stay with a German family for about thirteen days. Then they spend about five days in Berlin in a youth hostel. The participants travel to and through Germany accompanied by adult chaperones. The Americans do not need to know how to speak German to be able to participate in this Exchange Program. To be eligible to join in on this opportunity you have to be sixteen or older and you have to be an Arlington resident. Scholarship are available.

In October, the German students come over to see how Americans live. Unfortunately many American students don't hear about this program because teachers are not allowed to talk about it. Every year many Ger-

## President's Message, *cont.*

*Continued from page 2*

projects and helping other neighborhoods get needed improvements completed. Thanks, Elizabeth, for your time and effort and patience. Filling her shoes as our representative will be Deborah Wood. Woo hoo! Thanks, Deborah, for stepping up.

Happy Fall, my favorite time of the year! •



*Exchange students from Arlington in 2013.*

mans are unable to participate because there aren't enough Americans host families available to accommodate the Germans.

I thought that this was a wonderful opportunity to travel abroad and experience a new cultural/environment. Every day there is a schedule involving the participation of all, including the chaperones. Usually in the evening the kids would go out to a restaurant and/or teen clubs. We would use mostly public transportation like the bus or train. By the end of the trip most Americans knew the bus schedule and developed an appreciation for the use of mass transportation.

Through this program I made many great friends and memorable experiences. I highly recommend this wonderful opportunity to all Arlington high school students. For more information, visit [www.arlingtonsisitercity.com](http://www.arlingtonsisitercity.com) and look for Aachen under the "our sister cities" tab. You can also contact the coordinator at [Margiebell@juno.com](mailto:Margiebell@juno.com) to receive an application form. •

# Flavors of the Season: Pumpkin

By Kari Hickman,

[virtualgoodyplate.blogspot.com](http://virtualgoodyplate.blogspot.com)

Here's a little something to hail the flavors - and colors - of autumn. These are just-barely-sweet and we usually have them warm with a dinner of hearty soup or roasted meat and salad, but the leftovers, if any, are easily devoured for breakfast. Here's to October!

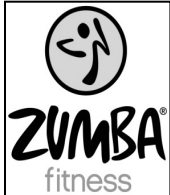
## Pumpkin Biscuits

Makes 16 to 18

- 2 1/2 cups all-purpose flour
- 3 T packed brown sugar
- 1 T baking powder
- 1/2 tsp salt
- 1/4 tsp grated nutmeg
- 1/4 tsp cinnamon
- 1/2 cup (1 stick) unsalted butter, chilled and cut into thin slices or grated
- 1 (15 oz.) can unsweetened pumpkin



1. Preheat oven to 425. Grease a cookie sheet or line it with parchment.
2. In a large bowl, stir the flour, sugar, baking powder, salt and spices. With a pastry blender (or food processor), cut in the butter (pulse) until the mixture looks like cornmeal. Stir in the pumpkin and mix until you form a soft dough.
3. On a well-floured surface, and with well-floured hands, pat out the dough to 1/2-inch thick. Using a floured, sharp knife or floured round biscuit cutter, cut into 2-inch squares or rounds. Place on cookie sheet and cook in the center of the oven for 15 to 20 minutes. Serve hot or at room temperature. •



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*(except 1. Thursday of the month)*

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or call 703-975-3816

# Second Quarter at Barcroft Elementary

## ***By Jenny Ditta, Barcroft Elementary Liaison***

Barcroft Elementary's use of a Modified School Year (MSY) calendar and its early start on August 4 means that the first quarter of school is already complete as of September 26. Between September 30 and October 10, students may enjoy vacation or take interesting Fall Intersession classes that extend their learning experiences. Intersession classes this year include Lego Robotics, Cooking with Scents, and Trail and Road Design. The first day of the second quarter will begin on Tuesday, October 14.

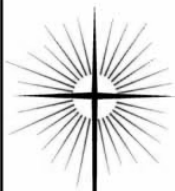
In September, Barcroft hosted a series of Community Discussions with APS Assistant Superintendent of Facilities and Operations, John Chadwick, and other APS employees regarding plans for addressing increasing enrollment in South Arlington, including a potential addition at Barcroft Elementary School. Two meetings were held: one on September 17 and another on September 22. Under the plan, if an elementary school is not built at the Thomas Jefferson sight, then APS proposes to increase Barcroft from a seating capacity of 460 (the school currently holds 540 students with a 10-room trailer/relocatable) to a school with a seating capacity of 725. If you are interested in having your voice heard on this community issue, please send the School Board an email expressing your views. The email address is [school.board@apsva.us](mailto:school.board@apsva.us). For information about other ways to contact the School Board,

go to: <http://www.apsva.us/page/3052>.

Also in September, the Barcroft PTA held several fundraisers -- a yogurt event on September 10 at Menchie's on Columbia Pike and a Believe Kids wrapping paper, candle, gourmet food and gift sale. Many thanks to our neighbors who ate yogurt for a great cause and who purchased products from one of our student salespersons. Your support benefits all of our students and our school community!

In the news, the Barcroft PTA applied for and won a \$5,000 Eat Well Do Well Challenge grant from the Silver Diner. The grant money will be used to build a fence around the school garden and to create permanent educational signage for the enjoyment of students and neighbors. Congratulations, Barcroft, and many thanks to our wonderful families and neighbors who help make our school garden wonderful!

Save the Dates! The annual Halloween Party and Dance will be held on Friday evening, October 24. Everyone is welcome to join us for a fun-filled evening of dancing and other merriment! The 2014 Election Day Bake Sale will be Tuesday, November 4. All your favorite baked goods and much more will be available. So please remember to vote early and eat often! Silver Diner Night is Monday, December 1 at the Clarendon Silver Diner. We hope that you can join us for a wonderful evening of food and fun! •



## ***Want to make a connection with God?***

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

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

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**Sunday, October 5 - Blessing of the Animals 5 pm**  
Bring your pets (or a picture) to the side yard (indoors if raining).

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**Saturday, October 18 - St. John's Annual Tea 1 - 3 pm**  
A tea reminiscent of High Tea in Britain - complete with a buffet of fine teas, scones, sandwiches, and scrumptious desserts.

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**Friday, November 7 - Bingo Night 6:30 - 8:30 pm**  
The parishes of St. John's & La Iglesia de Cristo Rey provide an evening of fun with nice prizes. Hotdog, drink and three cards for \$10.

*(see website for more details)*

**BINGO!**

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### ***St. John's Episcopal Church***

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



## Thinking of Our Trees

***By Debora Southwell***

Healthy soil leads to healthy trees (and happy Barcroft residents). Most of the soil in Arlington is urbanized but don't despair because there are ways to improve it. A starting point is to add organic matter to the soil such as compost, shredded leaves or wood chips. And, one of the most straightforward ways to do this is to place it on top of the soil. By mulching, we increase the ground's capacity to hold water, breathe well (so to speak), and supply nutrients to our plants. But beware for our trees if mulch is placed right up against the trunk or piled too high. Trunk rot or root damage may likely result. •



# Where Do All the Leaves Go?

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

It happens every autumn, the leaves turn color and then drop to the ground. So why don't the leaves pile up to the branches, along with all the twigs, branches, and logs that fall throughout the year? A vast army of organisms recycles all that organic material back into the soil, releasing nutrients that support new plant growth. This critical task goes on virtually unseen by the most humans.

Fungi and bacteria do the heavy lifting in this world, decomposing of 80 to 90 percent of forest detritus. But other than mushrooms, the fruiting bodies of fungi, they are mostly visible only under high magnification. More visible, if you know how to see them, are a wide variety of animals that also play an important role in breaking down all that stuff that falls from the trees. Though some of them are microscopic or nearly so, others are visible with the naked eye or with a magnifier.

Collectively, these animals are often called litter critters, since they dwell in the leaf litter covering the forest floor. Perhaps the best known litter critters are earthworms, which emerge from their burrows at night to feed on dead leaves. Another familiar litter critter is the roly-poly or pill bug. Roly-polies are crustacean rather than an insects and breathe through gills. To keep their gills moist, roly-polies usually stay

in the moist microclimate under leaves, logs, or other cover.

Other readily visible litter critters include slugs, snails, millipedes, adult beetles, beetle grubs, and fly larvae. Much smaller, and usually found under logs, termites play a huge role in decomposing fallen branches and logs. This is because they are among the few animals capable of digesting cellulose, the major component of wood. Smaller still are various spring-tails, or collembolan, and mites. These are best appreciated through a hand lens, although you might spot a bright red velvet mite walking across the dead leaves.

Not all litter critters eat leaf litter. Spiders, centipedes, ground beetles and other tiny predators search the forest floor for other litter critters. And the danger isn't limited to predatory invertebrates. Salamanders, relative giants in this world, feed on predators and detritivores alike. It's a real jungle down there!

You can get a glimpse of this world by sifting a few handfuls of leaf litter through some hardware cloth onto a white sheet. Watch for tiny creatures moving a few moments after you stop sifting. A small jar or bug box will help you detain some of these critters for a closer look. But be sure to them back in the leaf litter to continue their important work. They might be tiny, but they are essential to the health of the forest. ●



# Fall Season at Our Savior Lutheran School

## By OSLS National Junior Honor Society

At Our Savior, we have weekly chapel services every Wednesday starting at 8:50 a.m. Please feel free to join us in our church building across the parking lot from our school. During September, our chapel offerings supported the United Service Organization Inc. The USO is a non-profit that provides programs, services, and entertainment to U.S. troops and their families. Our offerings helped to provide a touch of home with care packages for troops deployed overseas.

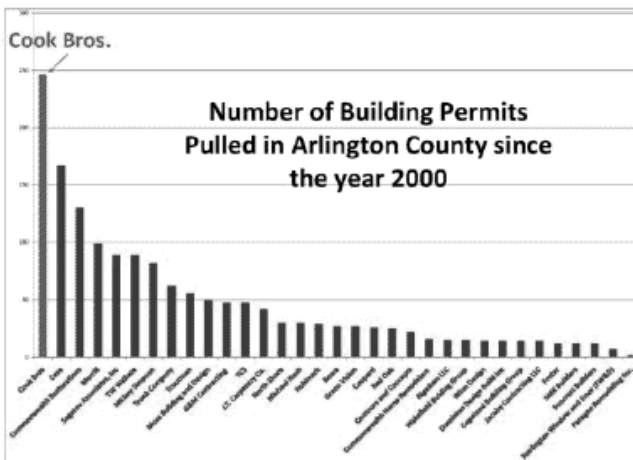
On Friday, October 10, Our Savior will have a Fall Carnival from 6 to 8 p.m. Please stop by with your children and enjoy an eve-

ning of games. Tickets will be available at the door. Food can also be purchased if you would like to have dinner.

The last week of October, we will be celebrating Red Ribbon Week to say no to drugs. We will also focus that week on helping A-SPAN (Arlington Street People's Association Network). Each year we bring awareness of A-SPAN by having a walk-a-thon around the Barcroft neighborhood. Please check out A-SPAN's website at [www.a-span.org](http://www.a-span.org) to see how you can help fight homelessness.

We still have room for students from grades PreK through 8th. Call, stop by or visit our website at [osva.org](http://osva.org) for more info. •

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## 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)



## Light Bulbs, *continued*

*Continued from page 1*

the bulb under ideal conditions is on the label.

**Q: How can I tell what color the light output will be?** Light Appearance is measured by temperature (Kelvin) to describe color on the label. Warm colors (red-yellow) are 2700-3000K. Cool colors (white-blue) are higher numbers (4,100-5,000K). Most general-purpose bulbs are 2700K (like the color of the old incandescent bulbs). Some packages use terms like Sunset (1850K) or Warm White (3000K) but the Kelvin number is the best guide.

If, like artists or quilters, you have exacting color requirements, you will need a bulb with a high Color Rendition Index (CRI), a percentage measuring the ability of the bulb to accurately illuminate colors (100 percent is the highest). CRI is not on the Lighting Facts label, but is sometimes elsewhere on the package.

**Q: Aren't there some problems with the new bulbs?** CFLs have been significantly improved since their introduction in the 1980s. You can now find bulbs that are instant-on, 3-way, and dimmable and are available in various temperatures, shapes and sizes to fit different fixtures. CFL light bulbs still contain mercury and need to be disposed of at E-CARE events or following Arlington guidelines. LED light is directional, and early LEDs tended to produce spotlight effects. Most LED bulbs are now multi-directional using either diffusers or multiple LED emitters facing in different directions.

**Q: What about brands?** The major brands (GE, CREE, Philips, Sylvania, Feit) found in area stores are all good for general use. Look for the Energy Star mark on the package for light bulbs that meet EPA efficiency, quality, and lifetime criteria. •

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

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

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

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

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

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

**4Sunsets Beach House:** White sand, gulf front home, 14 hour drive from Arlington or fly into Panama City, Florida. Visit 4Sunsets.com or email Alissa at alissa @4Sunsets.com

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## 6 Useful Kitchen Additions

**Kitchen island** – A kitchen island can double or triple both food preparation and storage space. An inexpensive portable island can give you space and flexibility.

**Wall oven** – It's a lot easier to baste a turkey at eye level than it is when it's below the stove – and there's something to be said for the extra elbow room it will give you when you are multi-tasking in the kitchen. A wall oven with 2 compartments gives you extra baking space and the choice of convection or rotisserie options.

**Cabinet organizers, lazy susans and pullout shelves** – Easy access to pantry items and pots and pans make food preparation easier and faster. Consider having lazy susans, pull-out shelves and other organizers built into your kitchen cabinets.

**Pot and pan racks** – If cabinet space is an issue, think about wall-mounted racks to keep your most-used pots and pans within easy reach. A trip to the home store or a look online will yield many options.

**Dishwashers** – Today's large capacity and energy-efficient dishwashers are a boon to the family cook. Install one if you don't already have one built in – or replace the one you have if it's more than seven or eight years old.

**Ventilation system** – Experts say that cooking churns out airborne contaminants like nothing else in the home – and even food that smells great while it's cooking doesn't smell so good hours or days later. With the right ventilation system, odors and contaminants will become a thing of the past.  
*Who do you know who wants to buy or sell a home this year? Please let them know that our team has the expertise to advise and represent them before and during the process.*

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