

The Arlington Connection

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Jean Moore and Meg Mackenzie with Kristi Provasnik, standing, with art on exhibit as part of the 12th annual ArtFest Week at Fort C.E. Smith Park.

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PHOTO BY KEITH WATERS/KX PHOTOGRAPHY



Before his first game, Ian had already made a comeback.

Ian was born with a heart that was not fully formed. Reconstructive surgeries were a must. Uncertain what to do, his parents put their trust in a team that knew newborn hearts better than anyone. Watch Ian's story at JustRightForChildren.com/Ian.

“ I hit a ground ball to right field, and scored two runs to win. ”

Ian Duke
Baseball MVP



NEWS



ArtFest

The 12th annual ArtFest Week is a week-long celebration of visual art through April 4 at Fort C.F. Smith Park.

Rusty Lynn (left) and Dennis Crayon, members of the Arlington Artists Alliance, with their artwork.

PHOTOS BY
KEITH WATERS
KX PHOTOGRAPHY



Some of the artwork on exhibit through April 4.

Fire Victims Identified

The victims of a March 15 fire on South Langley Street have been identified by the medical examiner. Firefighters found Yvonne Barrie, 73, and Bobbie Nelson Goins, 77, dead in a second floor bedroom. Bystanders reported that Goins went back inside the home to help Barrie. The cause of the fire remains under investigation.

The Arlington County Fire Department asks that anyone with information or photos of the incident contact the department at firepio@arlingtonva.us.

Eighty firefighters from Arlington, Alexandria and Fairfax responded to the two-alarm fire, which was reported at 3:39 p.m. One firefighter was injured during the rescue attempt.

Damage to the house was initially estimated at \$550,000. The Red Cross provided immediate housing and assistance to seven people displaced by the fire.

The injured firefighter was treated for smoke inhalation and transported to Medstar Washington Hospital Center. He was admitted to the ICU overnight for observation and released the following day.

Special Election Next Tuesday

A special election to fill the County Board seat vacated by Chris Zimmerman — for his unexpired term to end Dec. 31, 2014 — will be held Tuesday, April 8. Polling place hours are 6 a.m.-7 p.m.

The following candidates are on the ballot: Alan E. Howze – Democrat; Stephen W.C. Holbrook – Independent; Janet H. Murphy – Independent Green Party; and John E. Vihstadt – Independent

According to the Virginia Public Access Project on Tuesday, Howze has raised \$84,984 in campaign funds with \$5,170 cash on hand and Vihstadt has raised \$84,154 with \$20,379 cash on hand.

The dollar amount raised is from Jan. 1 through March 28; cash on hand is as of March 28.

The two other candidates Holbrook Murphy have not raised or spent any money, according to VPAP



ARLINGTON HISTORICAL SOCIETY

Arlington Brewing Company began operations in the 1890s. During Prohibition, owners tried to turn a profit making a product known as Cherry Smash but were unable to make it work.

Arlington's Frothy Past

Event to trace county's history as a beer capital of the region.

BY MICHAEL LEE POPE
THE CONNECTION

Although few may realize it today, Arlington has a long and storied history with beer. It's a story that dates back to the late 19th century, and one with many twists and turns. The county was largely rural back then, except for an industrial stretch of land along the river. One small brewery was located next to Chain Bridge as early as the 1790s. But it wasn't until after the Civil War that the beer really started to flow in the county, when the Arlington Brewing Company opened its doors in the 1890s.

"Beer was really what Washingtonians were drinking at the time," said Garrett Peck, Washington historian. "Once prohibition hit, they went over to soft drinks and bathtub gin."

The story of the Arlington Brewing Company will be at the center of "A Heady History of Brewing." Peck will explain how the facility made at least two different kinds of lagers as well as a number of seasonal brews. The massive factory could brew as much as 100,000

barrels of beer a year, a capacity that became unwieldy when Prohibition struck in the 1920s. The owners tried to convert the factory into making a soft drink known as Cherry Smash, but that effort failed.

"They brewed it until 1930," said Peck. "I don't think it was all that successful or they would have continued making it."

THE OWNERS of the brewery considered reopening it when Prohibition ended, but that never came to pass. Instead the Marriott family purchased the property, and the location of the old brewery is not the site of the Key Bridge Marriott. The beer business remained moribund for much of the 20th century, but now it's making a comeback. Craft breweries are popping up all over the region, which will be another feature of the "A Heady History of Brewing."

"It's a whole new wave of brewing renaissance in this area," said Bill Madden, founder of Mad Fox Brewing. "People's tastes are maturing, and we've got a whole class of twentysomethings that now are the first generation to have grown up having not known a world without craft-brewed beer."

Madden will talk about his history brewing in the region; he started in the 1990s at Capital City Brewing Company in Shirlington, where he started his career after graduating

SEE A FROTHY. PAGE 9

Details

The Arlington Historical Society will host historian Garrett Peck, author of "Capital Beer: A Heady History of Brewing in Washington, D.C." at its next monthly public program on Wednesday, April 16 at Mad Fox Brewing in Falls Church. The hour-long program will begin at 7 p.m. at Mad Fox Brewing, 444 W. Broad Street in Falls Church. A question-and-answer session will follow. The program is free and open to the public. Beer will be available for purchase, and growlers can be filled. For additional Mad Fox Brewing information, contact 703-942-6840.

Fifteen Candidates For Congress

12 Democrats and three Republicans vie for congressional seat.

BY MICHAEL LEE POPE
THE CONNECTION

The race to replace U.S. Rep. Jim Moran (D-8) is shaping up to be the most competitive election in living memory. An unprecedented 12 candidates have filed paperwork to run in the Democratic primary, which is scheduled for June 10. And three Republicans will be on the ballot when Republicans gather for a convention at Bishop O'Connell High School in Arlington on April 26. Because President Barack Obama won the heavily Democratic district in 2012, most of the action will be on the Democratic side.

"I can't imagine 12 candidates would be in the race if important figures in the Democratic Party in Virginia were trying to at least push certain candidates toward the front and encourage some to get out," said Geoff Skelly, political analyst with the University of Virginia Center for Politics. "That apparently has not happened."

Last week was the deadline for Democrats to submit petitions from registered voters in the 8th congressional district. Two new candidates filed paperwork, Satish Korpe and Nancy Najarian. And three candidates were still filing additional petitions at the last minute to make sure they had the 1,000 signatures of 8th congressional district voters required by the law. That meant that leaders of the Eighth Congressional District Democratic Committee were scrambling this week to verify the signatures are valid.

"Everything takes time, and if people submit early there's a lot more time to work with it," said Margo Horner, chairwoman of the 8th Congressional District Democratic Committee. "If things are done near the end, it's a little harder."

ALTHOUGH MOST of the attention has been focused on the Democrats, Republicans also have a contested race to determine their

SEE FIFTEEN. PAGE 9

Helping Ex-Offenders

Volunteers support Offender Aid and Restoration.

BY HARRY M. COVERT
THE CONNECTION

Consider the plight of men and women released from Virginia prisons. They have satisfied their so-called debt to society.

A vast majority of them are without family, without friends, without any money and no chance for jobs.

Recently, a man finished 30 years of incarceration. A bus ticket took him to Arlington in late afternoon.

Stepping off the vehicle, he was astounded by what he saw. Three decades of imprisonment left him in awe, panic and genuine fear.

Another case points to Mary

Ulrich, a native-born Virginian, now in her mid-40s, whose jail life began at age 12 when an uncle introduced her to drugs. Further family abuse from a brother in her teenage years led to a horrific lifestyle of physical and mental pain, drug abuse and incarceration.

There are hundreds of other similar stories. They aren't pretty

either. Fortunately this is where Arlington-based Offender Aid and Restoration (OAR) has stepped up and taken

"We fed them, listened and helped them, if we knew how to."

— Geoffrey Gradler

the lead.

People such as Geoffrey Gradler, his wife Rebecca and their church assist in the continuing work of OAR. The Gradlers are active in

SEE HELPING. PAGE 9

NEWS

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
 Saturday Vigil: 5:30 PM
 Sunday: 8:00, 9:30, 11:00 AM
 1:30 PM Spanish Liturgy
 5312 North 10th Street
 Arlington Virginia 22205
 Parish Office: (703) 528-6276

DAILY EUCHARIST:
 Weekdays
 Monday-Friday, 6:30 AM & 8:30 AM
 Saturday, 8:30 AM

All Are Welcome!

PARISH WEBSITE:
www.rc.net/arlington/stann



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Yorktown: Henry Love, Jeff Pabatoy



Yorktown: Elise Degarmo

Winning National Art Awards

Local student artists triumph.

By MICHAEL MCMORROW
THE CONNECTION

March 2014 will be remembered by many for its late winter storms. In Arlington, that memory will be overshadowed by the successes of local high school students at the highest rungs in the National Scholastics Art Competition.

Generally, students (and their parents) are aware that many distinguished colleges and universities offer scholarships to those awarded National Gold and American Vision medals. Such assistance tops \$8 million dollars annually. A number of Arlington students are now in position to take advantage of such assistance.

Too often, another person who shares the pride of a student's accomplishment is overlooked, namely, the art teacher. Arlington's student winners cannot help but benefit when their teachers have 10 — sometimes more than 20 — years in the classroom, as well as the experience of past students becoming national medalists.

Teachers were asked what personal characteristics they see in successful art students, including this year's awardees.

Faylinda Kodis of HB Woodlawn responded with: "A person who is never satisfied but always 'pushes on' a bit more."

Jina Yi Davidson of Wakefield mentioned "independence."

For Hiromi Isobe at Washington-Lee: "Not being afraid to make a mistake" and "persistence" are key markers of successful students.

Yorktown's Jeff Pabatoy and Denise Phalan highlighted "curiosity" and "being a great problem solver."

Interviews with several of the national honors students reveal a common reaction at the moment results were announced: "Surprise." Maura Shapiro added "humbling," once she thought of competitors she knew.

Yuru Jiang admitted to "excitement," but said it was delayed because she really did not understand the importance of the national honor. Murphy Wilt's reaction was to wonder if any of his friends also had won, since each had been supportive of the others while waiting for the judging outcomes; he greatly appreciated it when several sought him out with congratulations.

Henry Love's reaction was "irritation." Of course, he was pleased when told of his medal. Annoyance was caused by a "broken server" preventing him from direct notification. A friend accessed the website first, so Love's notification came second-hand.

This year's competition had an interesting, but mostly unnoticed, feature. According to Allison Gilbert of the Arts Education Office, "American Vision" nominees are considered "best in show" among the regional Gold Key recipients.

Yuru Jiang of HB Woodlawn is noteworthy for reasons apart from any medal award at the national level. Her category is the "American Vision" while her hometown is Wenzhou, People's Republic of China. By email, teacher Kodis says that Yuru has been in this country for only two years and plans to at

SEE LOCAL STUDENTS. PAGE 5

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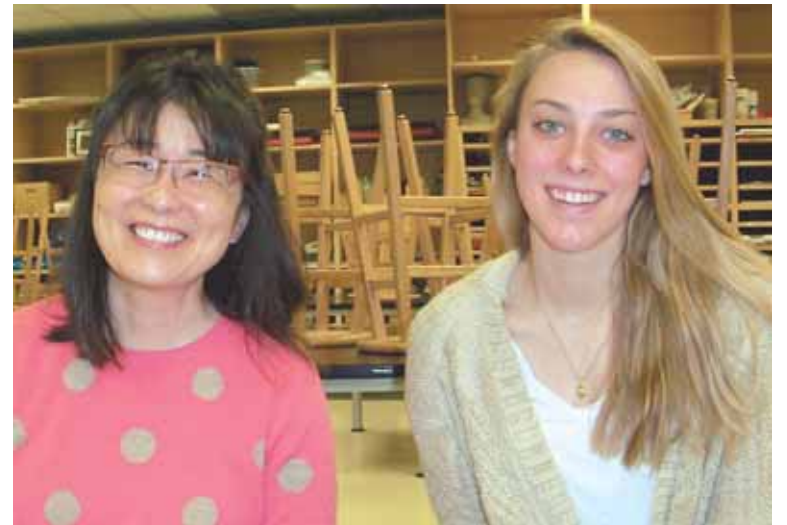
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Yorktown: Denise Phalan



Washington-Lee: Hiromi Isobe and Emma Troy

PHOTOS BY
MICHAEL MCMORROW
THE CONNECTION

WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Local Student Artists Triumph

FROM PAGE 4

tend college here, perhaps the Ringling College of Art and Design in Sarasota, Fla. Kodis also observes that the particular award “to a new immigrant is great encapsulation of the American Dream and all that brings new immigrants to our county.”

High School Medalists

AMERICAN VISION: Yiru Jiang, HB Woodlawn, painting.

GOLD: Elise Degarmo, Yorktown, painting; Henry Love, Yorktown, ceramics; Maura Shapiro, HB Woodlawn, drawing; and Emma Troy, Washington-Lee, drawing.

SILVER: Murphy Wilt, Wakefield, photography; Victoria Golovaha-Hicks, Yorktown, painting; Ian Hardman, Yorktown, photography; Coline Macorol, Yorktown, photography; Santiago Mallan, HB Woodlawn, drawing; Cal Ries, Yorktown, ceramics; Natalia Rodas-Calderon, Washington-Lee, painting; Julian Thomassie, Yorktown, ceramics (two silver medals), and Camille Wetmore, Yorktown, ceramics.



PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

Wakefield: Jina Yi Davidson and Murphy Wilt



HB Woodlawn: Yiru Jiang, Faylinda Kodis and Maura Shapiro

By The Numbers

- 225,000 Entries nation-wide
- 1800 Entries in Arlington Regional Competition
- 401 Arlington Gold Key entries submitted for national honors
- 15 Arlington high school National Medalists

SCHOOL NOTES

Email announcements to arlington@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Margaret Stewart is studying abroad in Rome, Italy during Interim 2014. Stewart, a member of the class of 2017 at Wofford College, is from Arlington.

Stephanie Smith has been named to the McDaniel College fall 2013 dean's list with honors.

Arlington Public Schools is one of six school districts nationwide that was chosen to receive a Raytheon Engineering is Elementary District Scholarship grant award of \$37,000. EiE is the award-winning elementary engineering curriculum developed at the Museum of Science, Boston, which teaches engineering concepts and practices to elementary school students.

Nicholas DuBose graduated with a bachelor of arts degree in history from Ithaca College's School of Humanities and Sciences. The degree was awarded in December 2013.

The following students graduated from Clemson University Dec. 19: **Joseph Grayson Chinn** who graduated with a master of science degree in youth development leadership; **Jonathan Ames Monroe** who graduated with a master of arts degree in history; and

Andrew Daniel Tomaszczuk who graduated with a bachelor of science degree in civil engineering.

Erickson Krogh, has been named to the Champlain College dean's list. Krogh is majoring in psychology.

Christopher Grace, of Arlington, has been named to the dean's list at Curry College.

Tyler John has been named to the dean's list at Paul Smith's College for the fall 2013 semester. Tyler majors in forestry.

Victoria Krieger was named to the dean's list at Salisbury University.

Cassandra Ford and **Aliya Winker** have been named to the dean's list at Merrimack College.

Joseph Crawford, class of 2017, was named to the dean's list at Wittenberg University.

Ramazan Inanc was named to the dean's list with honors at the College at Brockport, State University of New York.

Sara Brigagliano and **Arianne McArdle** were named to the fall 2013 dean's list at Wake Forest University.

Erin Fox has been named to the dean's list for the 2013 fall semester at

the University of Dayton.

Kyle Bell was named to the Marist College dean's list for the fall 2013 semester. Kyle is a member of the class of 2017 and is majoring in fashion merchandising.

The following local students were named to the dean's list at the University of Mary Washington: **Sarah A. Anouilh**, a senior; **Madeleine D. Bate**, a junior; **Anne E. Blaine**, a senior; **Elyse N. Bush**, a junior; **Elizabeth J. S. Davis**, a sophomore; **Alseny Diawara**, a freshman; **John A. Dierkes**, a junior; **Sofia A. Dimick**, a freshman; **Christine M. Downie**, a junior; **Jacob D. Eisenberg**, a senior; **Thomas M. Fontaine**, a freshman; **Amanda M. Halprin**, a junior; **Theodore V. Kelley**, a junior; **Michael M. Moorman**, a senior; **Jeffrey A. Paddock**, a senior; **Laura A. Pinkerton**, a senior; **Ariel C. Scharf**, a senior; **Lila B. Spitz**, a sophomore; and **Imani B. Tinter**, a sophomore.

The following local students were named to the president's list at the University of Mary Washington: **Sarah A. Heisey**, a sophomore; **Anna K. Keyser**, a sophomore; **Emma K. Leheney**, a senior; **Alice A. O'Brien**, a senior; and **Kathryn R. Tsagronis**,

SEE SCHOOLS, PAGE 12

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Focusing on Children with Autism

BY JAMES P. MORAN
U.S. REPRESENTATIVE (D-8)



We recognize this Wednesday, April 2, as World Autism Day, taking a moment to raise awareness around the fastest growing developmental disability in the U.S. Autism incidence in the U.S., and in Northern Virginia in particular, is reaching astounding levels. While we don't yet know the causes of Autism, most signs point to environmental factors. We do know that each year, one in 68 children and one in 42 boys will be diagnosed with an Autism Spectrum Disorder (ASD) according to the Centers for Disease Control. That's a nearly 30 percent increase from the CDC's own estimate just two years ago.

Part of this increase, of course, comes from greater awareness and a better understanding about Autism Spectrum Disorder. Parents and medical professionals are increasingly alert to

the signs and symptoms of ASD. Armed with this knowledge, early accurate diagnoses are easier to make.

In just the past 10 years, we have learned a tremendous amount about the importance of early detection for children with ASD, but less so on the kinds of high quality intervention methods that will help these children succeed. Because of the rapid increase in students with ASD, many teachers are ill equipped to effectively teach children on the spectrum.

We learn more and more about children with ASD every day, most importantly that they do not need to be sequestered in their own classrooms. Last year, I had the privilege to tour Barcroft Elementary and see how they've set an example for the rest of the country by providing innovative training for all staff members on methods to teach students with ASD. I met a number of classes where non-ASD and

ASD students were side by side, mastering new vocabulary and working on math problems.

To help promote this model of learning, I introduced the Autism Educators Act last year which would establish pilot programs based on the Barcroft model. The bill would link school systems across the country with universities and non-profits to help train general education teachers who work with children diagnosed along the Autism spectrum. Because it's a pilot program, it would be narrowly focused on school systems with a very high incidence of ASD — at least 10 percent or more of the special education population.

All children face obstacles in their education, and with the growing prevalence of ASD in U.S. classrooms, we need to be prepared to help these children overcome additional barriers to success so they too can thrive in mainstream classrooms. I look forward to working with my colleagues to secure this legislative victory for children with ASD, to show them that we can make this investment in their educational success.

Meetings To Review Legislative Actions

BY ROB KRUPICKA
DELEGATE (D-45)



On April 3, I will be hosting my first of three Post-Session Legislative Wrap Ups. Please join me to discuss what happened this past session as well as to discuss the ongoing budget battle and Medicaid expansion. Come ask questions about legislation or issues important to you. I will be having wrap ups in Alexandria, Arlington and Fairfax. The first wrap up is:

- ❖ Thursday, April 3 at 7:30-9 p.m.
Fairlington Community Center
3308 S. Stafford St.
Arlington, VA 22206

Then:

- ❖ Thursday, April 10, 6:30-8 p.m.
Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
- ❖ Monday, April 21, 7:30-9 p.m.
St. Elmo's Coffee Pub
2300 Mt Vernon Ave
Alexandria, VA 22301

This past week the General Assembly began a Special Session to pass a budget. The big roadblock, of course, is whether we take our taxpayer dollars back from the Federal Government so that all Virginians can have access to healthcare. House Republicans refuse to consider any budget that returns taxpayer money to Virginia. By taking back our Federal tax dollars, we can also add about \$200 million to the state budget, which, in addition to providing working Virginians with healthcare, allows us to expand funding for schools, economic development, and more.

Last Monday, the Governor introduced a budget that brings our tax dollars home, expands Medicaid and makes critical investments in education and public safety. My Republican

colleagues in the House dismissed the budget outright and refused to give it a careful review. The Senate is planning a public hearing on the Governor's proposed budget in early April and intends to take more time reviewing the Governor's proposal.

On Wednesday, the House passed a budget that does not provide for Medicaid expansion and as a result short changes our schools, denies our teachers a 2 percent raise at a time when our average teacher salary has fallen to

37th in the country, and more.

Now the Senate and the House, along with the Governor, have to reconcile their conflicting views about the state budget. It is going to be an intense process as we fight to expand healthcare and also to invest in our schools and teachers

If you haven't already, I encourage you to sign the petition to close the coverage gap at www.CoverAllVA.com. Please share it with your friends and family to send a strong message that Virginians want affordable healthcare.

I hope to see you soon at one of my three post-session legislative wrap ups.

LETTER

Planned Parenthood Should Be Funded

To the Editor:

Several budget items before the budget Conference Committee in the General Assembly are of great importance to the Women's Reproductive Health Caucus. On behalf of the Caucus and with bipartisan support from Democrats and Senate Republicans, we have asked that the final budget include our recommendations.

One amendment would completely defund Planned Parenthood Centers. There are only seven Planned Parenthood Centers throughout the State. They are located in Blacksburg, Charlottesville, Falls Church, Hampton, Richmond, Roanoke and Virginia Beach. More than 24,000 Virginians visited these centers in 2012. In addition to providing pap tests, breast screenings, STD services and other preventive health care services, these centers provide family planning services to low income women through a Medicaid contract with the state. Under current law, a Medicaid contract can-

not be terminated unless there is "cause." Planned Parenthood Centers should be funded.

There is a provision that prohibits funding any action by the Governor on TRAP (targeted regulations on abortion providers). This is an overreach by the legislature into Executive Branch authority and should not remain in the budget. We asked that this language be removed.

Finally, there is language that introduces the Hyde Amendment. This is redundant. Virginia law currently prohibits state dollars from supporting abortions except in cases of rape, incest and when the life of the mother is at risk. However, Virginia's Medicaid program does cover abortions in the rare cases where gross fetal abnormalities develop. The House budget deletes this provision and does not allocate funding to care for the children who would be born with these life-threatening disabilities. Full funding for gross fetal abnormality abortion must be restored.

The FAMIS MOMS program is only funded in the Senate budget. This program provides health care coverage to low-income pregnant

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BULLETIN BOARD

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S. Stafford St. Del. Rob Krupicka will discuss this legislative session and the ongoing budget process. Visit <http://krupicka.ngpvanhost.com> for more.

DONATIONS NEEDED

Clothing for Family. The Mount Zion Tutoring Program is trying to assist the survivors of a house fire in their community, including a 2-year-old girl. Email tutoring@mountzionbaptist.com for clothing details or to make a monetary contribution.

THURSDAY/APRIL 3

Discussion. 7 p.m. at Central Library, 1015 N. Quincy St. "Eminent Domain Destroys a Community: Leveling Queen City for the Pentagon," presented by Arlington Historical Society and hosted by Nancy Perry. Free. Visit www.arlingtonhistoricalsociety.org.

Bus Hack Night. 6-8:30 p.m. at Mobility Lab, 1501 Wilson Blvd, Suite 1100. The Washington, D.C. region's buses provide the bulk of coverage, without the buzz and glamour that trains and trolleys get. Transportation Techies will explore whether data visualizations can make buses sexy. ART and WMATA have provided data sets just for this meetup. The National Transit Database also has some data that could be visualized. Visit <http://transportation.arlingtonva.us/events/transportation-techies-bus-hack-night/>.

Fundraiser. 6:30-9:30 p.m. at Top of the Town, 1400 14th Street North. Support veterans/soldiers who suffer from Post Traumatic Stress disorder. Visit www.eventbee.com/event?eid=113511573. Email laura.black@stopsoldiersuicide.org or call 336-404-2667. Visit www.stopsoldiersuicide.org for more.

PenPlace Open Space Workshop. 7-9 p.m. at Aurora Hills Community and Senior Center, 735 18th Street S. Help determine the best plan for the open space network within the PenPlace project. Visit www.arlingtonva.us and search PenPlace.

Legislative Wrap Up. 7:30-9 p.m. at Fairlington Community Center, 3308

FRIDAY/APRIL 4

Online Order Deadline. Native plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf for more.

Alcohol Conference. 9 a.m.-4 p.m. at Ernst Community Cultural Center, Northern Virginia Community College's Annandale Campus, 8333 Little River Turnpike. Workshops and resources about high-risk drinking in college settings, bystander intervention, student leadership and being the life of the party, alcohol free. The presentations promote healthy choices, social responsibility, collaboration and leadership. Registration for the Northern Virginia College Tour regional conference is due Friday, March 28. Forms are available at www.abc.virginia.gov/Education/collegeTour/collegeTour.html.

SATURDAY/APRIL 5

"Shred for Bread." 10 a.m.-1 p.m. at Little Falls Presbyterian Church, 6025 Little Falls Road. A professional shredding company, will have a truck onsite to shred documents for free. Five bag or box maximum. Enter the parking lot from the Williamsburg Blvd. side. Donations for the Arlington Food Assistance Center will be collected.

SUNDAY/APRIL 6

Baby Sign Language. 4 p.m. or 5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Laura Daub of Sign and Learn will host free interactive sign language classes for young children and their families. Activities include singing and signing, a story, puppetry and a question and answer session for

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LETTER

FROM PAGE 6

women. As of Jan. 1, 2014, FAMIS MOMS stopped enrollment.

Eliminating FAMIS MOMS means some low-income women will go without essential prenatal and maternity health care. Full funding for this important program should be restored.

We ask our colleagues to make the health of women and families a priority in the upcoming budget.

Barbara Favola,
Senate Chair

Kaye Kory, House Chair
Women's Reproductive Health
Caucus

Robert Beatson II

Attorney/Accountant,
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars

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Sean Wynn of Shred-it and Robert Scott of Fairfax County share thoughts at the Community Shred Event.



Mobile on-site shredding trucks in action.

PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

Countering Identity Theft Records-destruction event also fulfills environmental goals.

BY MICHAEL MCMORROW
THE CONNECTION

Page-by-page quickly became ton-by-ton at the annual Community Shred Event last month on the Annandale Campus of Northern Virginia Community College. Allstate Insurance Company and television channel NBC4 again co-sponsored the event, supported by the college and Fairfax County government.

The sponsors are especially sensitive to the current problem of “identity theft.” The insurance company has policies to redress damage caused by such criminal activity, and the television news organization constantly reports on the growth of such crimes. Both companies educate consumers on

steps to take for self-protection.

Robert Hull, Northern Virginia Community College community relations specialist, explained the college’s role. To begin, the Annandale campus is centrally located and has ample space to handle the large number of people interested in safely disposing of personal information in paper form. He added that the college always is receptive to a proposal in which it can be of service to the community apart from its primary educational function. Hull added that support of recycling programs is an important contribution to preserving the environment.

Fairfax County’s support is two-fold. Although a private activity, no fee is charged for police units controlling the movement

of hundreds of vehicles bringing papers for destruction. At times throughout the morning, traffic lines would weave across the campus and stretch for some distance in both directions on Little River Turnpike. Additionally, while papers are shredded, the many cardboard boxes holding them also must be disposed of. The containers become county property and cardboard becomes a resource producing income which is applied to county-wide environmental program costs.

Robert Scott, a manager in the Department of Public Works and Environmental Services, said that the county looks favorably upon activities arranged by private organizations, such as the Community Shred Event, because they are consistent

with formal departmental programs on solid waste management and recycling.

Shred-it is a company with Canadian roots and a wide range of franchise operations.

Sean Wynn, district general manager responsible for the Mid-Atlantic area, said local area events are encouraged by the company and he supervises several throughout the year.

He described the Allstate-NBC4 sponsored-event as “a very well run and smooth operation.” He pointed to his fleet of mobile shredders that can process a cubic foot of paper in seconds, and remarked that “each one can hold over a ton of shredding and all of it will be used to make new products; that saves a lot of trees.”

Pig-and-Oyster Roast To Benefit Doorways for Women and Families

Rocklands Barbeque and Grilling Company in Arlington will kick off the patio season with a special evening of food and drink to benefit Doorways for Women and Families on Thursday, April 17, from 5:30 to 7:30 p.m. Guests will mingle on the patio munching on pork pulled from a whole roast pig and fresh oysters roasted over a wood fire. Rocklands will tap a keg just for the event and offer happy hour specials from the bar.

Rocklands is donating all the food and beer, so 100 percent of the ticket price goes directly to support Doorways’ families and programs. Tickets to the event are \$35, and may be purchased through the Doorways for Women and Families website (<http://bit.ly/1dmJwGy>) or at the door. Ticket price covers a half-dozen grilled oysters, pulled pork and beer (or non-alcoholic beverage). Raffle tickets can be purchased for

\$5 (5 for \$20); prizes include gift certificates to local restaurants and shops, DC United gear and more. Space is limited to the first 250 guests.

Rocklands is encouraging outrageous tipping for the bartenders, as all cash proceeds will go to support Doorways for Women and Families.

The event will be held rain or shine. Rocklands Arlington is located near Virginia Square Metro station; the 38B bus stops in front of the restaurant, and there is off-street and on-street parking available.

See www.rocklands.com.

Rocklands Barbeque and Grilling Company is hosting its sixth annual fundraiser for Doorways for Women and Families on April 17.



PHOTO CONTRIBUTED

Fifteen Candidates for Congressional 8th District

FROM PAGE 3

party's standard-bearer. But unlike the Democrats, Republicans will not be holding a primary to determine a candidate. They will meet for a convention in April. Party leaders say any registered voter can sign up to be a delegate, but that must take place in advance of the convention. Republicans say the most recent redistricting could give them a slight edge.

"Some of the more Democratic precincts were moved into the 11th District, which is held by Gerry Connolly, and some of the more Republican precincts from the 11th District are now back in the 8th," said Brian Pandya, chairman of the 8th Congressional District Republican Committee. "So the district is slightly more Republican than it was from 1990 to 2010, but it's still a very Democratic-leaning district."

This week, candidates reached their first fundraising deadline — March 31. When those numbers are officially released in mid-April, the campaigns will be gauged by how much money they have been able to raise. Campaigns that feel they may have raised significantly more than their competitors

Three Republicans

❖ Micah Edmond has been running a campaign for six months. He previously served as an officer in the Marines, eventually becoming an advisor to the chief of staff to the Marine Corps. After that, he worked on the Hill before becoming an executive with the Aerospace Industries Association. He is a first-time candidate.

❖ Dennis Bartow is an Army combat veteran who served in Iraq, Kuwait and Kosovo. He is the founder of Bartow Imports, a Virginia-based importing company that distributes wine in 10 states and several countries. He is currently a staffer for U.S. Rep. Chris Gibson (R-N.Y.) and lives in Alexandria. He is also a first-time candidate.

❖ Paul Haring is a former state representative from Texas who moved to Fairfax County 34 years ago. He is a retired career federal employee, a former executive director of Americans United For Life and co-founder of the Catholic Truth Society of America. He is currently a substitute teacher for Fairfax County Public Schools.

may decide to announce their fundraising totals in advance of the official release from Federal Election Commission.

"Some of the candidates may decide if they have good numbers that they'll release the numbers early," said Kyle Kondik, ana-

Twelve Democrats

❖ Don Beyer served as lieutenant governor from 1990 to 1998. He was later chairman of the American International Automobile Dealers Association and the ambassador to Switzerland and Liechtenstein.

❖ Lavern Chatman served as president and chief executive officer of the Urban League of Northern Virginia from 2004 to 2011.

❖ Adam Ebbin has represented the 30th state Senate District of Virginia since 2012. Before that, he represented the 49th District of the House of Delegates, which included parts of Alexandria and Arlington.

❖ Bill Euille has served as mayor of Alexandria since 2003. Before that he served as a City Council member and School Board member.

❖ Charniele Herring has represented the 46th District of the House of Delegates since 2009. She also served as the chairwoman of the Democratic Party of Virginia, although she will step down from that position to run for Congress.

❖ Patrick Hope has represented the 47th District of the House of Delegates since 2010. He is a health-care attorney who serves as a member of the Virginia Health Reform Initiative.

❖ Derek Hyra is an associate professor at Virginia Tech, where he teaches in the university's Department of Urban Affairs and Planning. He is currently a member of the Alexandria Planning Commission.

❖ Satish Korpe is the director of the Democratic Business Council of Northern Virginia. He is currently a member of the Curriculum Advisory Committee of the Fairfax County Public Schools and a member of the Health and Safety Codes Board of Virginia.

❖ Mark Levine is a radio personality who is a former chief legislative counsel to U.S. Rep. Barney Frank (D-Mass.) for the Judiciary, Homeland Security and Financial Services Committees.

❖ Alfonso Lopez has represented the 49th District of the House of Delegates since 2012. Before that, he served as Democratic Gov. Tim Kaine's director of the Virginia Liaison Office in Washington, D.C.

❖ Nancy Najarian is a former partner at the design/build firm SpaDC and a former director of development at the Millennium Project.

She is currently a managing partner at NAJ Enterprises.

❖ Bruce Shuttleworth served in the U.S. Navy from 1983 to 1995, stepping down as a lieutenant. In 2012, he waged an unsuccessful primary challenge to U.S. Rep. Jim Moran (D-8).

lyst with the University of Virginia Center for Politics. "Oftentimes the candidates that you don't hear about until the actual release date are the ones that aren't very happy with their totals or think that their totals won't be perceived well."

A Frothy Past

FROM PAGE 3

from brewing school. He helped the company expand to five locations before moving to Founder's Restaurant in Old Town Alexandria and then Vintage 50 in Leesburg. Now he's created Mad Fox Brewing Company. He plans to talk about his 20 years in the business, especially the changes he's seen in the region over that time.

"The resurgence of brewing in D.C. started with Capital City Brewing Company and a few brew pubs to now we have production companies," said Madden. "Now we have production companies like D.C. Brau and Three Stars."

THE HISTORY of beer in Washington goes back before the District of Columbia was created. It begins with Andrew Wales, who sold beer in what's known as Wales Alley in Old Town.

Then a series of English-style ales followed in Arlington and Alexandria. By the 1850s, German beers dominated the scene brewed by Albert Carry, Christian Heurich and Robert Portner.

But then came Prohibition.

Only Heurich survived. By the time his brewery finally closed in 1956, Washington was without a production brewery for 55 years. Now, at the dawn of the 21st century, beer is making a comeback. It's a story that has its roots in the past, although it's headed into the future as well. Both angles will be explored in "A Heady History of Brewing"

Helping Ex-Offenders Adjust

FROM PAGE 3

leadership and a study group at Cherrydale Baptist Church, not far from the Arlington Courthouse.

"Part of the (church) exercise was linking up with OAR to show time and love," Gradler said. By participating with OAR clients, Gradler said, "We fed them, listened and helped them, if we knew how to."

OAR has a 40-year record and the task grows greater every day. Next Wednesday, April 9, OAR's "Second Chance" fundraising breakfast will be held from 7:45 - 9 a.m. at the Sheraton Pentagon City Hotel. The free breakfast features OAR clients, volunteers and community leaders.

THIS STORY is about how Ulrich, suffering from liver disease, and still on the road to recovery, has been re-introduced into the northern Virginia community.

The Gradlers "helped her get on her feet



Geoffrey Gradler

a bit" and she helped rehabilitate herself with an interest in flowers and plants.

Despite the fact her brother knocked out her teeth and broke her jaw, she is not bitter, according to Gradler.

Helping ex-offenders is not easy. The Gradlers and Cherrydale Baptist Church encouraged Ulrich to attend services regularly. She does but on an intermittent basis.

She had wondered if the Gradlers and church members would welcome her because of her homosexuality.

"She told us she was a lesbian but I didn't care," Gradler said. "Mary made it easy [for us]. She's a sweet lady, always nice. She feels like she owes her life to the Lord."

From a life of drugs, jail, abuse and pain, finding friends and opportunities are more than difficult.

For over 18 months the Gradlers have



Mary Ulrich

been working with OAR, bringing numerous ex-offenders to their home for lunches and dinners, mostly for fun. "People have come out of their shells," he said. "It's sort of crazy but really wonderful."

The Gradlers try to "do practical things" with Ulrich and other OAR clients.

WHEN THEY FIRST invited Ulrich to their home she was treated to scones and espresso with Rebecca and two daughters.

"She had never seen a family together and how we enjoyed one another," he said. Since then, she has received eyeglasses, a motorized scooter to help her travel around the community, had her teeth fixed which helped with her self-esteem and is attending community college. The Gradlers arranged for an Arlington dentist to fix her teeth. "She wasn't an average case," Gradler said, and the doctor provided all of the services free of charge. "We could have done nothing," Gradler said. "She's doing well and doesn't want to go back to prison. There is a gap between need and what we can do."

OAR and the Gradler family have found the way to help fill that gap.

BULLETIN BOARD

FROM PAGE 7

adults. RSVP to laura@signandlearn.com. Visit www.signandlearn.com for more.

WEDNESDAY/APRIL 9

Monthly Dinner Meeting. 7 p.m. at Dining Room, Gerard Phelan Hall, Marymount University, 2807 North Glebe Road. Arlington Committee of 100 hosts Arlington County Chief of Police M. Douglas Scott, who will outline the

training his department undergoes and describe the response that officers must be prepared for in case an active shooter strikes in Arlington. \$26 members; \$28 nonmembers. Reserve at 703-921-1124 or email reservations@arlingtoncommitteeof100.org. Visit <http://arlingtoncommitteeof100.org>.

TUESDAYS/APRIL 15-MAY 20

Meditation and Introduction to Buddhism. 7:30-8:30 p.m. at

Vajrayogini Buddhist Center, Arlington Branch Location, First Presbyterian Church of Arlington, 601 N. Vermont St. Class includes teaching, guided meditation, and Q&A. Everyone is welcome. \$10. Visit www.meditation-dc.org for more.

WEDNESDAY/APRIL 16

Valor Awards. 11:30 a.m.-2 p.m. at Fort Myer Officers' Club, 214 Jackson Ave. The Arlington Chamber of Commerce presents

the 32nd Annual Valor Awards.. \$55 for Chamber members, \$65 for non-members. Lunch is included. Register online at www.arlingtonchamber.org/events or call 703-525-2400.

THURSDAY/APRIL 17

Ideas for the Garden. 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. RSVP by April 10 to rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com.

ENTERTAINMENT

'Camp David' at Arena

World premiere explores 13-day peace process orchestrated by Jimmy Carter.

BY STEVE HIBBARD
THE CONNECTION

Arena Stage is presenting the world premiere historical drama "Camp David," the story of how President Jimmy Carter, Israeli Prime Minister Menachem Begin and Egyptian President Anwar Sadat came together to forge a peace treaty between Egypt and Israel.

The 90-minute show is about leadership and sacrifice and what it takes to make peace. Nestled for 13 days in the Catoctin Mountains in September 1978, Carter and his wife Rosalynn hosted Begin and Sadat at Camp David, in an attempt to create tranquility in the Middle East. "Camp David" stars Richard Thomas ("The Waltons" in the 1970s) as Jimmy Carter, Tony nominee Hallie Foote as Rosalynn Carter, Tony winner Ron Rifkin as Begin and Khaled Nabawy as Sadat.

"Playing any living person carries with it a degree of responsibility to bring whatever essence one can gather from many types of research available on that person," said Thomas about playing Jimmy Carter. "Then determining what 'gesture' one will make in the physical/vocal qualities of that person. Then bringing yourself fully to the performance — which is all you can really do anyway." He added, "One's first duty, after all, is to the playwright."

Hallie Foote, who plays Rosalynn Carter, said the challenge came from playing someone who is an historic figure and very much

active in the world. "I tried to honor what I felt was the 'essence' of who [Rosalynn] was and didn't try to do a dead-on imitation of her," she said. "Mrs. Carter has this wonderful softness and gentility and intellect. I tried to honor that."

She added, "There are people in our country who get up every day and try to make a difference in the world. Rosalynn Carter is one of those people."

The goal of the play, directed by Molly Smith, was to retrieve a moment of history that has been forgotten, according to playwright and Pulitzer Prize-winning journalist Lawrence Wright. "It was one of the great diplomatic triumphs of the 20th century, one that is the centerpiece of our foreign policy in the region," said Wright. "Also, I thought there was so much drama inherent in those 13 days that it naturally made for arresting theater."

Wright added that the lesson he learned from studying the historic summit is that there is no perfect time and there are no perfect people to make peace. "It is always available if leaders are willing to make the painful sacrifices to achieve it," he said.

Wright, who based the play in part on the private diaries of the Carters, insisted on treating the story as he would if he were writing a story for the *New Yorker* or a book. "I interviewed the Carters in Plains; I traveled to Egypt and Israel to talk to the surviving members of those delegations; and I read all the memoirs of the principle characters," said Wright. "Then the challenge



PHOTO BY TONY POWELL

(Clockwise from bottom left) Hallie Foote as Rosalynn Carter, Ron Rifkin as Israeli Prime Minister Menachem Begin, Khaled Nabawy as Egyptian President Anwar Sadat and Richard Thomas as Jimmy Carter.

to take all of that research and weave it into a drama that was as close to the actual events as possible but also imaginatively rendered."

The show producer and "architect" Gerald Rafshoon has been a lifelong associate, employee, and confidante of President Jimmy Carter, and when he was communications director at the White House, he was a participant and witness to what went on at Camp David.

"I have never felt that [Jimmy Carter] has gotten sufficient credit for the only peace treaty that has endured in the Middle East," said Rafshoon. "I thought that the events at Camp David and the subsequent events in the shuttle diplomacy that went on in the Middle East that following spring were not only a monumental achievement but was absolutely the stuff of drama."

He said "I wanted to bring that out and also to dramatize the belief that I've often had that when leaders put aside their own political interests and do what's right rather than always looking at the political calculation, that great things can happen."

Thomas hopes the audience will take away the message that "peace is never easy, but always possible."

President and Rosalynn Carter will be at the red-carpet premiere on Thursday, April 3 at Arena Stage, which includes a VIP cocktail reception and three-course seated dinner with private remarks from Carter.

"Camp David" runs through May 4 at Arena Stage, 1101 Sixth St., S.W., Washington, D.C. 20024. Tickets range from \$55 to \$90. Call the Sales Office at 202-488-3300 (voice) or 202-484-0247 (TTY). Visit www.arenastage.org.

CALENDAR

Email announcements to arlington@connectionnewspapers.com. Deadline is noon Thursday. Photos are welcome.

ONGOING

Theater Performance. See "The Legend of Blarnia" and "The Vegas Way" at Gunston Theatre One, 2700 South Lang St. ArtStream presents the two productions. Shows run through April 5, Thursday and Friday at 8 p.m. and Saturday at 3 p.m. Tickets are \$12.50 presale; \$15/door; \$5/ArtStream actors. Visit www.art-stream.org for more.

Theater Performance. Synetic Theater reimagines their original "silent Shakespeare" production "Hamlet ... the rest is silence" through April 6. Performances are Wednesdays through Saturdays at 8 p.m. and Sundays at 2 p.m. at Synetic Theater, 1800 S. Bell St. Tickets start at \$35; student tickets start at \$15. Visit www.synetictheater.org for tickets.

Art Exhibit. See "Easter Island Today: Images by Arlington Photographer Greg Embree" at Cherrydale Branch Library, 2190 Military Road. Runs through April 7. Hours are Monday and Thursdays 10 a.m.-9 p.m., Tuesday and Wednesdays 1-9 p.m., and Fridays and Saturdays from 10 a.m.-5 p.m. Free.

Theater Performance. See "Oh Dad,

Poor Dad, Mamma's Hung You in the Closet and I'm Feelin' So Sad," the tale of Madam Rosepettle, who travels to a luxury resort in the Caribbean, bringing along her stuttering son, a man-eating tropical plant, a piranha, and her deceased husband, preserved and in his casket, at American Century Theatre. Running through Saturday, April 12, Thursday through Saturday at 8 p.m. with Saturday and Sunday matinees at 2:30 p.m. The Gunston Arts Center, Theater II, 2700 South Lang St., Arlington. Visit americancentury.org or call 703-998-4555.

Art Exhibit. See "CSA: Forty Years of Community-Sourced Art" curated by Laura Roulet at Arlington Arts Center, 3550 Wilson Blvd. The exhibit celebrates 40 years of AAC's role as incubator of talent, and features work by artists whose careers were launched at AAC. Free. Runs through April 13. Visit www.arlingtonartcenter.org or call 703-248-6800 for hours.

Mural Painting. No Kings Collective and other artists will create a temporary large-scale graffiti-style mural in the 1900 block of Crystal Drive during April to celebrate the Crystal City FRESHFARM Market. To learn when the group is actively painting, follow @NoKingsDC and @cbid on Twitter. Visit

www.crystalcity.org.

Art Exhibit. See "Bodies of Work: Art in Series" in the main gallery at Gallery Underground in the Crystal City Shops, 2100 Crystal Drive. The exhibit will showcase works by the gallery's 43 members. The show runs through April 30. Free. Visit www.galleryunderground.org or call 571-483-0652.

High School Art Exhibit. Through Sunday, May 4 at the Artisphere, 1101 Wilson Blvd. Features art from 55 high school students from 12 local high schools submitted to the Congressional Art Competition.

Historic Home Tours at the Ball-Sellers House, 5620 S. 3rd St. The oldest surviving house in Arlington County opens for the season with free tours and refreshments. The house is open 1-4 p.m. Saturdays April through October. Visit www.arlingtonhistoricalsociety.org.

CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

Register Now. Winter and Spring break classes are open for registration at www.arlingtonartcenter.org. There will be weekend workshops for children, and more.

THURSDAY/APRIL 3

Benefit Luncheon and Silent Auction. 11 a.m. at Washington Golf and Country Club, 3017 N. Glebe Road. Hosted by The Commonwealth Circle, Inc. and features Peter Earnest, founder and executive director of the International Spy Museum. Proceeds will benefit Arlington and Falls Church high school seniors pursuing their education in community and public service. 703-536-9873.

Art Exhibit Opening Reception. 5:30-7:30 p.m. at the Artisphere, 1101 Wilson Blvd. Features art from 55 high school students from 12 local high schools submitted to the Congressional Art Competition. On display through Sunday, May 4.

Book Discussion. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Local author Lindsay Smith discusses and signs "Sekret," her debut young adult historical/paranormal thriller. Visit www.onemorepagebooks.com or call 703-300-9746.

"Tender Napalm" Off Book. 7 p.m.

at Shirlington Library, 4200 Campbell Ave. Elan Zafir makes up half the cast of Signature's production of Signature's "Tender Napalm." Elan will discuss his career and work on the show. Free, no reservations needed. Call 703-228-6545.

FRIDAY/APRIL 4

Opening Reception. 5-8 p.m., meet the artists of "Bodies of Work: Art in Series" in the main gallery at Gallery Underground in the Crystal City Shops, 2100 Crystal Drive. The exhibit will showcase works by the gallery's 43 members. Free. Visit www.galleryunderground.org or call 571-483-0652.

Wine and Chocolate Tasting. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page hosts a wine and chocolate tasting with local chocolatier Kingsbury Chocolates & Confections of Alexandria. Visit www.onemorepagebooks.com or call 703-300-9746.

Wine & Words. 7-10 p.m.; 6 p.m. VIP reception. Arlington-based The Reading Connection will celebrate 25 years with this Wind & Words fundraiser at Jones Day Rooftop Terrace, 300 New Jersey Avenue NW, Washington, D.C. This year's fundraising goal is \$100,000. Tickets

are \$50-\$150. Visit

www.thereadingconnection.org/contribute/of-wine-and-words for details.

“Hunger is No Joke.” 8 p.m. at Cafe Asia, 1550 Wilson Blvd. White Ford Bronco, DC’s favorite 90s cover band, is headlining the Arlington Food Assistance Center Young Professionals’ 4th Annual “Hunger Is No Joke” benefit. Advance tickets are available at www.brownpapertickets.com/event/596201 for \$30 each or \$55 for a pair. On-site ticket prices are \$35 for one or \$60 for a pair.

Cuban Music. 8 p.m. in the ballroom at Artisphere, 1101 Wilson Blvd. Cuban music group Tiempo Libre will perform, celebrating Cuba’s musical heritage. Tickets are \$22 in advance, \$25 day of, \$35 lounge level. Visit www.artisphere.com for more.

FRIDAY-SATURDAY/APRIL 4-5

Comedy Show. 7:30 and 10:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedian Tim Meadows, formerly of Saturday Night Live, performs two shows each night. \$26. Visit <http://ArlingtonDrafthouse.com>.

SATURDAY/APRIL 5

Public Art Spotlight and Artists’ Talk. 1-4 p.m. at the Arlington Arts Center, 3550 Wilson Blvd. Highlighting 40 years of community sourced art, the event will offer a gallery tour. Refreshments included. Visit www.arlingtonartscenter.org or call 703-248-6800.

Historic Home Tours. 1-4 p.m. at the Ball-Sellers House, 5620 S. 3rd St. The oldest surviving house in Arlington County opens for the season with free tours and refreshments. The house is open 1-4 p.m. Saturdays through October. Visit arlingtonhistoricalsociety.org.

Dance Performance. 2 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Jane Franklin Dance presents, “The Big Meow,” a performance for children adapted from the book by Elizabeth Spire. Tickets (\$10-\$15) may be ordered in advance at www.janefranklin.com or purchased at the door. Partnering with Homeward Trails animal rescue, guests will be able to meet cats available for adoption or donate cash, wet food or kitty litter. Call 703-933-1111.

Ballet Performance. 2 p.m. and 7 p.m. at Ernst Theater, NOVA — Annandale Campus, 8333 Little River Turnpike, Annandale. Classical Ballet Theatre Presents “The Sleeping Beauty.” \$25/adults, \$22/seniors, students, and children. Discounts for Boy Scouts, Girl Scouts, and military families. Visit www.cbtnva.org/sleepingbeauty to reserve seats and purchase tickets. Call 703-471-0750 or visit www.cbtnva.org.

Dance Performance. 7 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Jane Franklin Dance presents “Sway,” a suite to Dean Martin classics, a barbershop “Some Enchanted Evening” and a brass “Downtown.” Tickets are \$16-\$20. Visit www.janefranklin.com or call 703-933-1111.

Dance Performance. 7 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Jane Franklin Dance presents “Sway,” a suite to Dean Martin classics, a barbershop “Some Enchanted Evening” and a brass “Downtown.” Tickets are \$16-\$20. Visit www.janefranklin.com or call 703-933-1111.

SATURDAY/APRIL 5-SATURDAY/APRIL 19

Easter Bunny. At The Fashion Centre at Pentagon City, 1100 S Hayes St. Photos with the Easter Bunny in the Ground Level Nordstrom Court. Visit www.simon.com/mall/the-fashion-centre-at-pentagon-city for information, hours and photo packages or call 703-415-2401.

MONDAY/APRIL 7

“Tender Napalm” Brown Bag. 1 p.m. in the Mead Lobby at Signature Theatre, 4200 Campbell Ave. Laura C. Harris, will discuss her first appearance at Signature in “Tender Napalm.” Free, no reservation needed. Visit www.signature-theatre.org.

Documentary Film. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Encore Learning presents “Never Stand Still: Dancing at Jacob’s Pillow.” The film tells the story of how the famous dance company evolved into a place where dance from ballet to jazz to contemporary is created and performed by legendary dancers and choreographers. Free, open to the public.

Call Encore Learning at 703-228-2144.

Memoir Discussion. 7:30 p.m. at Jeb Stuart High School library, 3301 Peace Valley Lane, Falls Church. Ken Budd will discuss his memoir “The Voluntourist: A Six-Country Tale of Love, Loss, Fatherhood, Fate, and Singing Bon Jovi in Bethlehem.” One More Page will be on site offering books for sale and signature. Visit www.onemorepagebooks.com or call 703-300-9746.

TUESDAY/APRIL 8

Benefit Breakfast. 8:30 a.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Encore Stage & Studio’s presents their 2014 Sunny Side Up Benefit Breakfast, breakfast and networking. RSVP. Visit www.encorestageva.org/special-events/annual-breakfast/ for more.

Culinary Tasting Event. 6:30-9:30 p.m. at CSC, 3170 Fairview Park Drive, Falls Church. Taste savory treats and decadent desserts created by local chefs. Each chef has been partnered with a Best Buddies participant. There will be a silent and live auction. Tickets can be purchased at www.bestbuddiesvirginia.org/lis.

WEDNESDAY/APRIL 9

Book Club Launch. 5 p.m. at One More Page Books, 2200 North Westmoreland St. The monthly Young Adult Book Club begins with a discussion of “Divergent” by Veronica Roth. Visit www.onemorepagebooks.com or call 703-300-9746.

Book Launch. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Jon Sealy launches and signs his debut novel “The Whiskey Baron.” Visit www.onemorepagebooks.com or call 703-300-9746.

THURSDAY/APRIL 10

Arlington Reads: Ann Beattie. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Author Ann Beattie and Library Director Diane Kresh discuss her work “The New Yorker Stories.” Visit <http://library.arlingtonva.us> or call 703-228-6321.

Band Concert. 7:30 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. The Kings Park Concert Band will join the Arlington Concert Band. Visit www.arlingtonconcertband.com or www.kingsparkband.org.

New Orleans Jazz Concert. 8-10 p.m. at Public House No. 7, 6315 Leesburg Pike, Falls Church. Jefferson Street Strutters perform. No cover. Visit www.publichouse7.com.

FRIDAY/APRIL 11

Reggae Concert. 8 p.m. at the Artisphere, 1101 Wilson Blvd. Haitian reggae fusion singer BÉLO performs as part of the Francophonie Festival. \$20. Visit www.artisphere.com or call 703-875-1100.

FRIDAY-SATURDAY/APRIL 11-12

Book Sale. 9 a.m.-9 p.m. Friday, 9 a.m.-4 p.m. Saturday at the Falls Church Community Center, 223 Little Falls St. More than 40,000 books for sale, most \$3 or less, to benefit the Falls Church American Association of University Women Scholarships. Visit <http://fallschurcharea-va.aauw.net>.

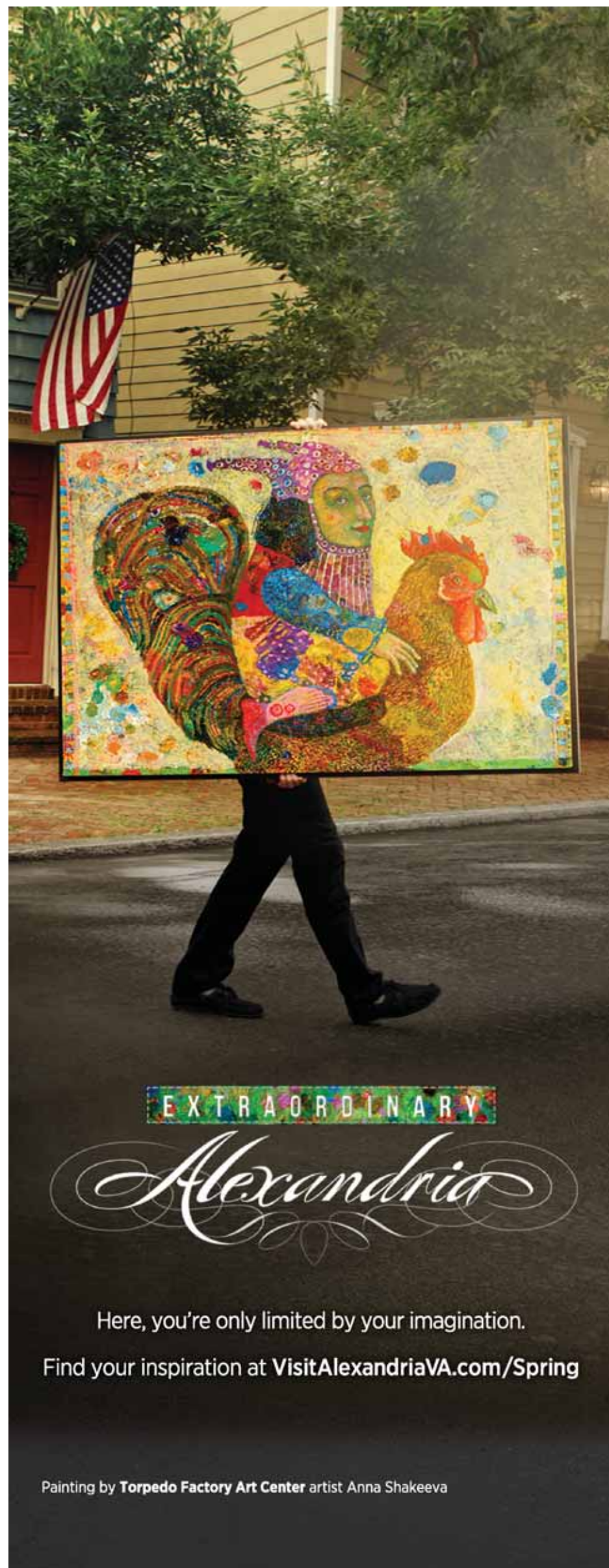
SATURDAY/APRIL 12

Author Reading. 10:30 a.m. at One More Page Books, 2200 North Westmoreland St. Dana King shares from his new Mafia crime thriller, “Grind Joint.” Visit www.onemorepagebooks.com or call 703-300-9746.

Dance Performance. 7:30 p.m. at Gunston Theatre One, 2700 S. Lang St. Los Quetzales Mexican Dance Ensemble performs, accompanied by Mariachi Los Amigos. \$15 at the door, \$12 in advance, \$10 for seniors and children, \$5 school group rate.

SATURDAY-SUNDAY/APRIL 12-13

Bonsai Show. 9 a.m.-3 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Northern Virginia Bonsai Society’s spring show. Bonsai from beginning to expert will be exhibited and there will be demonstrations. Visit www.nvbs.us.



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Painting by Torpedo Factory Art Center artist Anna Shakeeva

Marymount Students Create Redskins Apparel for Women Fans

When women fans of the Washington Redskins want to show their support for the team, they have had few fashion-forward options in team apparel. Offerings are mostly limited to basic T-shirts, sweatshirts, sweatpants and some accessories.

Dr. May Chae, Marymount University assistant professor of fashion design, saw an opportunity for her students to address the needs of this niche market and assigned her two Product Development classes the task. At the end of course, the students in each class would present their lines, as well as production and marketing plans, to a panel of judges, which included Carlyle Abbott, marketing manager for the Washington Redskins, and her associate Morgan Hamlin.

Each class was divided into teams with a mix of fashion design and fashion merchandising majors. Half the teams designed for the 18-to-34 market, and the other half for those 35 and over.

The teams researched trends, developed their individual brands, and combined the creative side of fashion with business savvy. The students considered fair labor practices when sourcing production and researched the needs of each target demographic. High on the list were fashionable comfort, femininity and sporty styling. The younger set preferred tighter, flirty silhouettes and lower cost, while those 35-plus looked for quality materials and classic designs to flatter different body shapes.

The company names for the student lines



Maya Shaw models the design of Jessica Forbes, Row 10 team, giving Carlyle Abbott and Morgan Hamlin from the Redskins marketing team a closer look.

were as creative as the designs, including N.F. Elle, Row 10, and Second Skins.

In the morning class, the N.F. Elle team won, with designer Sarah Wheeler and fashion merchandisers Katie Currier and Teddy Myers.

The Hogwarts-inspired garments were



The N.F. Elle team includes (from left) Teddy Myers and Katie Currier, fashion merchandising majors, and designer Sarah Wheeler. Lisa Sanders (right) models the sample outfit.

sporty, warm, comfortable, washable, and affordable. Keeping fair labor and quality concerns in mind, the team sourced textiles and production in California.

For the afternoon class, the winner was the Row 10 team, with designer Jessica Forbes and fashion merchandisers Niya

Lawrence and Ashaunte Smith. Also designing for the 35-plus market, they went for quality fabrics and a timeless look. Capri pants, a belted tunic with cut-outs on the shoulders, and a cowl scarf in a Redskins fleece can take the wearer from work to game.

SCHOOL NOTES

FROM PAGE 5

a sophomore.

Joe Ogren, 17, won 2nd place in senior men's classical and 2nd place in senior men's contemporary during the Youth America Grand Prix Joe will be going to the finals in New York in April 2014. He is a dancer with BalletNova Center for Dance.

Rebecca Jones, a junior at Marist College, has been named a member of the women's volleyball team for the 2013-2014 season. Jones is an outside hitter on the team.

Sarah Jacobson, a student at Yorktown High School has been selected to represent Virginia as a National Youth Delegate to the 2014 Washington Youth Summit on the Environment at George Mason University.

Katie Johnson, Tara Smith, Amelia Snelling, Erika Vikander and **Kaitlin Wolla** have been named to the University of Delaware's dean's list for the 2013 fall semester.

Bayard B. Roberts has been named to the dean's list at St. Lawrence University. Roberts, a member of the class of 2016, is majoring in mathematics. Roberts graduated from St. Mark's School.

Gloria Lemus Perez was named to Davis & Elkins College's dean's list. Lemus Perez is the daughter of Antonio Lemus and Rosa Perez of Arlington.

Garrett Cavanaugh, a senior at Randolph-Macon Academy in Front Royal, has been selected as one of six cadets in the Air Force Junior Reserve Officer Training Corps to be named "Cadet of the Quarter" for the second quarter of the 2013-14 school year. Garrett, the son of Patrick Cavanaugh and Alison LeMaster of Arlington, was selected as the honoree from the Third Squadron.

The following students were named to the dean's list at Rensselaer Polytechnic Institute: **David Cooper**, who studies computer science; **Annaliese Drechsler**, who studies chemical engineering; and **Thomas Newman**, who studies mechanical engineering.

Catherine Cornelius was named to the honors list at Mary Baldwin College.

Anabel Montano was named to the dean's list at Mary Baldwin College.

Dawit Tsigie, a student at Cornell College, has been named to the dean's list, earning high honors.

The following local residents made the dean's list at Rochester Institute of Technology: **Amy Martin** is a first-year student in the career prep foundation program in RIT's National Technical Institute for the Deaf; **Ramsey Opp** is a fourth-year student in the computer science program in RIT's B. Thomas Golisano College of Computing and Information Sciences; and **Emma Spence** is a second-year student in the

industrial design program in RIT's College of Imaging Arts and Sciences.

The following students graduated from the Georgia Institute of Technology: **Clara Dubow** received a bachelor of science degree in civil engineering and **Eric Timm** received a bachelor of science degree in industrial engineering.

Caitlin Rice received a Bachelor of Arts in political science from Southern Methodist University.

Eryn Hurley was named to Denison University's 2013 fall semester dean's list.

Miami University students **Kyra Klontz** and **Zoe Tron**, who ranked in the top 20 percent of undergraduate students within each division for first semester 2013-2014, have been named to the dean's list.

John Bruemmer, of Arlington, was named to the honor list of Oxford College, the two-year liberal arts division of Emory University located in Oxford, Ga., for the 2013 fall semester.

Andrew Jones, of Arlington, was named to the dean's list of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta for the 2013 fall semester.

Marymount University offers a graduate forensic psychology program. While most forensic psychology programs focus on preparing clinicians, Marymount's 39-credit M.A. in forensic

and legal psychology addresses the application of psychological knowledge to the legal system.

Arlington County Public Schools were recognized at the 20th annual Magna Awards program sponsored by the National School Boards Association's American School Board Journal. Arlington County Public Schools were an honorable mention recipient for their program, "Second Chance."

Young scientists from the area had a chance to showcase their projects during the Northern Virginia Regional Science and Engineer Fair. This year's winners, which include students from Arlington middle and high schools, were announced on March 2. Best in Fair Grand Prize: **Margaret Doyle**, Yorktown High School — The Ipomoea batatas Leaf: Isolation and Identification of its Mosquito Larvicidal Agent; **Marisa Shotwell**, Washington-Lee High School — The Effect of Different Growth Mediums on the Strength of Penicillin Said Growth Mediums Produced; Alternate Awardee: **Michelle Howard**, Washington-Lee — Benford's Law. Best in Fair: **Liam David**, Swanson Middle School — The Effect of a Magnetic Field on Subatomic Muons.

The following finalists placed first at the regional level and were recommended the judges to attend the State Science Fair: **Julianne Meany**, H-B Woodlawn; **Natalie Slater**, H-B Woodlawn; **Sophie Moran**, Yorktown; **Casey Spellman**, Wash-

ington-Lee; **Kevin Engel**, Yorktown; **Stephen Tan**, Wakefield; **Gail Muggill** and **Natalie Skoloda**, Washington-Lee; **Brendan Hemstreet**, Yorktown; **Michelle Howard**, Washington-Lee; **Alex Noring**, Yorktown; **Renee Beck**, Washington-Lee; **Nargilimaa Khangarid**, Washington-Lee; **Spencer Philips**, Washington-Lee; **Clara Nachmanoff**, H-B Woodlawn; **Marisa Shotwell**, Washington-Lee; **Mark Feinberg**, Washington-Lee; **Alexandra Webster**, Washington-Lee; and **Margaret Doyle**, Yorktown.

The following students will compete in The Broadcom Masters: **Katarina Hone**, Williamsburg; **Skylar Brodowski**, Gunston **Chris Hahn**, Williamsburg; **Kate Meredith**, Williamsburg; **Ian Page**, Kenmore; **Sarkis Ter Martirosyan**, Swanson; **Madeleine Beauvais**, Gunston; **Kathleen Love**, Williamsburg; **Dylan Klapper**, Jefferson; **John Mason**, Jefferson; **Elizabeth Moar**, Kenmore; **Katharine Schlachter**, Gunston; **Reece Preisser**, Williamsburg; **Alexander Lewis**, Gunston; **Melina Seng**, Williamsburg; **Radu Teodorescu**, Williamsburg; **Liam David**, Swanson; **Kelton Williams**, Jefferson; and **Max Judish** and **Justin Lasker**, Williamsburg.

Jasmine Passa, a Denison University student, is studying off campus for the spring 2014 semester. Passa, a member of the class of 2015, is studying with the School for International Training Program in Serbia, Bosnia and Kosovo.

SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Yorktown freshman Laura Crawford, seen during a preseason scrimmage, scored two goals against Chantilly on Monday.

Yorktown Girls' Lacrosse Improves to 3-0

The Yorktown girls' lacrosse team defeated Chantilly 16-10 on March 31 at Greenbrier Stadium, improving its record to 3-0.

Sophomores Emma Thurman and Kate Grattan each scored five goals for the Patriots. Freshman Laura Crawford finished with two goals. Seniors Emily Spack and Kristin Herbert, junior Margaret Doyle and sophomore Sissy Davis each scored one goal for Yorktown.

SPORTS BRIEFS

"I was really impressed with how our team played tonight,"

Yorktown head coach Crystal Fraser wrote in an email. "We struggled a bit in the beginning and went goal for goal with Chantilly for the first four goals each. Chantilly had great transitions and some really powerful shooters. After the first few goals, we really got in a rhythm and started playing well together, and we were able to pull away.

"We ended the half up 11-8. Draw controls were huge for us tonight — Emma, our center, was key in starting our offensive movement right off the draw, and our low attackers kept playing well off of each other. Our settled defense was really strong tonight too. Senior captain Gracie Conyngham really led on defense with her intensity and forced a handful of turnovers. We played with intensity all over the field, and we were proud of how well the girls were playing together as one unit." Yorktown has outscored its opponents 45-16 in three games. The Patriots beat Mount Vernon 17-3 on March 20 and defeated Edison 12-3 on March 24. Yorktown won the last eight National District championships before moving to Conference 6 this season following the VHSL's six-class re-alignment. The Patriots will host Falls Church at 7:30 p.m. on Thursday, April 3 and will travel to take on McLean on April 8.

Yorktown Boys' Lacrosse Off to Undefeated Start

The Yorktown boys' lacrosse team started the season 3-0 while outscoring its opponents 45-12.

The Patriots opened the season with a 16-5 win over Oakton on March 22. Yorktown followed with

home victories against defending National District champion Edison (13-6 on March 24) and Hayfield (16-1 on March 27).

The Patriots, led by head coach Greg Beer, will travel to face Falls Church at 7:15 p.m. on Thursday, April 3 before returning home to face McLean on April 8.

Wakefield Baseball Snaps 21-Game Losing Streak

The Wakefield baseball team defeated Mount Vernon 3-2 on March 28, snapping a 21-game losing streak for the Warriors.

Wakefield scored two runs in the bottom of the seventh to pull out the victory at Barcroft Park. Danny Gavin scored on a balk to tie the game at 2 and Jimmy McGuire drove in Leo Biette-Timmons for the game-winning run. Wakefield pitcher Patrick Girard tossed a complete game, allowing three hits while striking out nine in seven innings. The Warriors are scheduled to host Edison at 7 p.m. on Friday, April 4.

W-L Boys' Lacrosse Beats Herndon

The Washington-Lee boys' lacrosse team defeated Herndon 12-8 on March 31, improving the Generals' record to 3-1.

W-L opened the season with a 13-9 win over Marshall on March 20. After a 15-5 loss to South Lakes on March 24, the Generals bounced back with an 11-5 win over Falls Church on March 27.

W-L will travel to face Hayfield at 7:15 p.m. on Thursday, April 3.

W-L Girls' Lacrosse Edged by Herndon

The Herndon girls' lacrosse team beat Washington-Lee 11-10 on March 31.

The loss came after back-to-back wins for W-L. After a season-opening 19-12 loss to Marshall on March 19, the Generals beat South Lakes (8-7 on March 24) and Falls Church (14-3 on March 27).

W-L will travel to face McLean at 7:30 p.m. on Wednesday, April 2.

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Thanks, Coach...



By KENNETH B. LOURIE

...my Certified Holistic Health Coach, Rebecca Nenner, that is. (Visit www.healthcoachdiva.com for information leading to a healthier lifestyle.) More than a coach, Rebecca is my friend – and has been for many years. A former co-worker at the Connection Newspapers, Rebecca is as passionate about health and fitness as I am about the Boston Red Sox. She has been my guiding hand now for over five years, most especially when I was first diagnosed with stage IV lung cancer back in February, 2009. Although there are no whistles involved in her coaching, there are phone calls, e-mails, YouTube videos, Webinars and miscellaneous other advisories regularly landing in my inbox. To say Rebecca has saved my life might be an overstatement, given that I am being treated by an oncologist; however, she has given me an alternate perspective on what I can do to help my body survive my treatment and live like I have a present and a future, a gift if ever there was one.

To say that I was a bad eater (think problem child) would be unfair to any child ever characterized as a “bad eater.” My joke was: I eat about 10 things – all the time: meat and potatoes, bread and butter, bagels and cream cheese, pizza and more pizza; cake, cookies, candy and ice cream; bologna and hot dogs; sugary drinks for breakfast, lunch and dinner; salty snacks. I could go on, but I’m sure you get the picture, as Rebecca certainly did; and presumably you’ve noticed no mention of salad, fruits or vegetables included in my list. I wouldn’t say – or even admit to, intentionally ignoring the produce section in the supermarket but one would be hard-pressed to notice me walking toward that outside-aisle-type area of the store unless it was on the way to the Entenmann’s display. Typically, I shopped in the middle aisles where generally speaking, all the canned, pre-packaged, processed, non-organic, less expensive and shall we say, less healthier alternatives were/are readily available.

Though I had healthy parents who both lived well into their 80s, neither of whom ever exhibited any history of cancer, I was diagnosed with terminal lung cancer at age 54 and a half, a long-time non-smoker to boot. I was given a “13-month to two-year” prognosis at the time. Processing that kind of information doesn’t happen overnight, I can tell you that. But eventually, you begin to sift through your options, traditional and otherwise, and proceed on a course of treatment/action that either stands you pat or changes you. I decided change was necessary and sought out Rebecca’s help.

The goal was to make my body’s blood chemistry (ph balance) as high and as inhospitable to cancer cells as possible by eliminating certain foods (basically everything I eat), and try to increase the oxygen in my blood stream and minimize the acid. The goal: to strengthen my immune system for the fight ahead. This meant – among other avenues – drinking alkaline water (using a machine that converts tap water to alkaline water, highly oxygenated), and following an alkaline diet: 75 percent alkaline and 25 percent acid. In addition to eating different foods than I ever used to (I give myself a “C;” friends who know my eating habits say I deserve an “A”), I take about 40 pills a day: Turmeric and Curcumin, Royal Jelly, Sea Kelp, Ubiquinol, Pancreatic Enzymes, Chinese Chlorella and Spirulina, Red Krill Oil, Juice-Plus multivitamins: Orchard, Vineyard and Garden blends; Resveratrol, probiotics, vitamin C, vitamin D; in addition, I mix/drink baking soda with 8 oz. alkaline water once a day; I mix/drink one tablespoon of Bragg’s Organic Apple Cider, with the “mother,” into my alkaline water once a day; spoon out 4 tablespoons of pureed asparagus twice a day; make fresh fruit/fresh vegetable smoothies once a day which also include flaxseed oil, almonds, hemp seeds, organic blackstrap molasses (unsulfured), and maybe even ginger if I can stand it (it’s very strong). I’ve recently added wheat grass and almond milk to my regimen. Next up will be apricot kernels and whatever else Rebecca tells me – within reason, because I’m still very particular and this whole eating thing is practically impossible for me to maintain.

What does all this stuff do? I don’t really know, but Rebecca does and I trust her. And five years later, I’m living proof. Even though I’m a survivor and a believer, I’m not a very good explainer. As I’m fond of saying, I know sports and chocolate. Rebecca does know more than that, a lot more, and for that, I am eternally grateful – and extremely fortunate to have her in my corner, because this cancer thing is definitely a fight.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

21 Announcements

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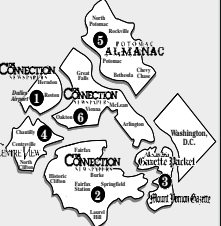
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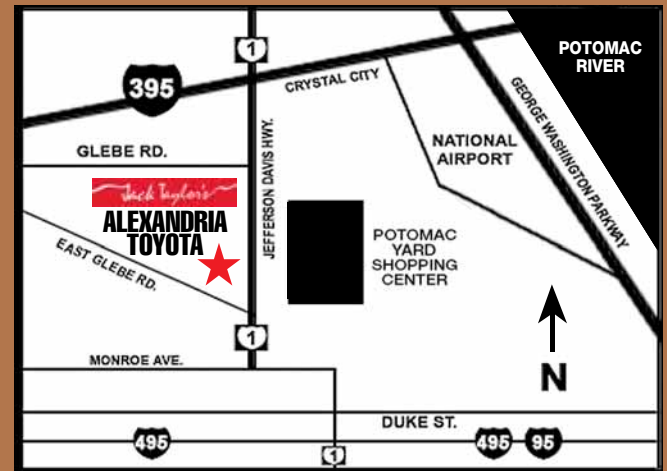
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Let's Go Places

Senior Living

APRIL 2014

Sara Melendez enjoys a moment in boot camp class, which takes place at the Walter Reed Senior Center, in Arlington.

PHOTO BY VERONICA BRUNO/THE CONNECTION

The
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Senior Calendar

WEDNESDAY/APRIL 2

Combat Financial Fraud. 9:30 a.m. at Ernst Cultural Center, NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. The Lifetime Learning Institute of Northern Virginia Speaker's Forum presents Nora Dowd Eisenhower who will discuss the complicated financial decisions about retirement, home equity, long-term care, and financial care taking responsibilities for seniors. Free. Garage parking is \$2 per hour. Call 703-503-0600.

FRIDAY/APRIL 4

Online Order Deadline. Native

plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf for more.

SATURDAY/APRIL 5

Navigating the Complexities of Lyme Disease. 9 a.m. - 12 p.m. Vienna Presbyterian Church, 124 Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost \$15 preregistration/\$20 at door. To register, visit <http://bit.ly/lymecomplexities>.

TUESDAY/APRIL 8

Luncheon and Tour. 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

Retirement Planning. 7 p.m., located in the large meeting room at the Beatley Central Library, 5005 Duke Street, Alexandria. Bryan Riley, a financial advisor for Ameriprise, presents, "Plan for Retirement: Challenge Your Concerns and Take Control." Call, 703-746-1751.

SUNDAY/APRIL 13

Book Look: Child of the Civil Rights Movement. 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org for more information and to register.

WEDNESDAY/APRIL 16

125th Birthday Celebration for Charlie Chaplin. 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

THURSDAY/APRIL 17

Vietnam Veterans of America Chapter Meeting. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna.

SEE CALENDAR, PAGE 5

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Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
THE CONNECTION

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a Godsend," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants SEE YOGA, PAGE 6

More Seniors Plan To Age in Place

BY MARILYN CAMPBELL
THE CONNECTION

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond (www.firststreetonline.com) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

A LACK OF SOCIAL interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

SEE HOW TO AGE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

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Senior Living

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Aging in Place Gracefully

FROM PAGE 3

ganizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

"OLLI, as we call it, is for people who don't want to sit around and watch television all day," said Carle. "Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp."

Jennifer Disano, OLLI's executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group's main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don't want the pressure of writing papers and taking tests, but are still interested in learning.

"We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes," she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of professionals and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves."

VILLAGES ARE community-based organizations designed to help members help each other remain independent and in the communities of their choice. "Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom," said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members define the type and scope of services. "A good starting point when creating a village is to survey the com-

munity members to determine their needs," he said. "We provide technical assistance to community groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

There are a few different models, including the "Concierge Village," which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The "All Volunteer" model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by volunteers are "banked" and can be used in the future if the volunteer needs services or assistance. The "Neighborhood Network" is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

ANOTHER BIG GAP is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities."

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

In addition, "people don't always understand the economic, social and safety aspects of it," he added. "You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town."

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. "These

small living units allow you to put an elderly relative in your backyard and hook up to your electricity," said Carle.



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE
Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.



"Professors volunteer their time to give lectures on art, history, science and other topics."

Senior Calendar

FROM PAGE 2

Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Ideas for the Garden. 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com.

WEDNESDAY/APRIL 23

Senior Services. 9:30 a.m.-noon at the Nannie J. Lee Center, 1108 Jefferson Street, Alexandria. Senior Services of Alexandria, Inova Alexandria Hospital and the successful aging committee of Alexandria are sponsoring a Health and Fitness Event. Free, open to the public. Visit www.seniorservicesalex.org, or call 703-836-4414, ext 10.

Author Lecture: Cheat the Clock. 1 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Margaret Pressler will discuss her book, "Cheat the Clock: How New Science Can Help You Look and Feel Younger." First 20 registrants receive free copy of the book. Call 703-496-3440 to attend. Visit wlrva.org for more.

THURSDAY/APRIL 24

Condo Living Class. 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour "Understanding Condominium Living" class. Free, seating is limited. Confirm attendance at 703-746-4990 or email shane.cochran@alexandriava.gov.

SATURDAY/APRIL 26

Community Cleanup. 9 a.m.-noon at five locations along Four Mile Run. Cleanup volunteers needed at Madison Manner, Glen Carlyn, Arlington Mill Community Center, Barcroft Park and Shirlington Park. An adult must accompany children under 16 years of age. Call 703-525-0168 or ParkRangers@arlingtonva.us.

WEDNESDAY/APRIL 30

How to Protect Yourself From Identity Theft. 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

SATURDAY/MAY 3

Plant Sale. 9:30 a.m.-2:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St., on the Dinwiddie Street side of the building. Annuals, perennials, herbs, vegetables and flowering baskets available. Place an order before April 12 in the school main office; drop it off or mail it in. Order forms are available on the Wakefield Website <http://apsva.us/Page/17411>.

TAX HELP: AARP Tax-Aide. free Tax Preparation Services. The program, sponsored by the IRS, to help prepare tax returns for low to middle income families and elderly citizens. Bring government-issued picture IDs, and social security cards, printed copy of last year's tax return, if you itemized. Located at Lee Center, 1108 Jefferson St., Wednesdays and Fridays from 10 a.m.-2 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide for additional information.

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Seniors Rush to Yoga

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

“The main thing that I hear is that you have to already be flexible to do yoga,” said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. “People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, ‘If I can’t do that, then I can’t do yoga.’”

Pradas, whose students are mostly between 50 and 75 years old, said, “Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

“That is baby boomers going into yoga,” she said. “Yoga for seniors is going to be



Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Seniors Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

“Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

— Sandy Pradas, Joyful Heart Yoga

the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running.”

In fact, she says gentle yoga classes are among the most popular at her studio. “I have students who are as old as 84. We deal with people who can’t get on the floor,” she said. “We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age.”

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and

older are among her office’s most popular.

“Some of our [yoga] classes fill up within minutes of opening,” said Collins. “We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill.”

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it’s important to find a class that is a good fit.

“There are many kinds of seniors,” he said. “There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions.”

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community’s fitness program. The instruction will be tailored to meet the needs of his clients. “We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors.”

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. “The future of senior housing will include science-based wellness activities like yoga,” he said. “Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up.”

PHOTO COURTESY OF ONEAUM YOGA

A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac, Md.



Senior Living



The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauninger, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

Northern Virginia Senior Olympics Mission: Living Healthy Longer

“Living healthy longer is the mission of the Northern Virginia Senior Olympics,” said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. “It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games.”

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men’s basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horse-

shoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at www.nvso.com after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



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Senior Living

Register with Arlington's OSAP ASAP

Arlington County's Office of Senior Adult Programs (OSAP), a unit of the Department of Parks and Recreation, coordinates activities and programs at the County's six senior centers and several community centers. It also administers a popular 55+ Travel Program. Arlington residents 55 years of age and older can register for a 55+ Pass with the Office of Senior Adult Programs which gives them access to programs at all of the centers plus free access to exercise facilities from 6:25 a.m. to 2:30 p.m. at Thomas Jefferson Community Center and Barcroft Sports and Fitness Center. They will also receive a bi-monthly, 36-page magazine (55+ Guide) and be eligible to participate in the travel program. The cost is \$20 annually.

Programs focus on fitness, sports, wellness, recreation, arts, education and community engagement. The travel program offers 15-20 trips per month to places of interest in the Metropolitan area as well as out of state. Many center programs are free; those requiring a professional instructor charge a small fee. The Office of Senior Adult Programs supports special events for the 55+ community such as health fairs,

retirement seminars, transition workshops and senior Olympics. It also partners with other age-related groups and services such as Encore Learning, AARP, the Area Agency on Aging and more.

Senior programming in Arlington began in 1954 by the Recreation Department when the first "senior citizens" group was formed with 42 residents interested in activities for seniors. Participation has grown to nearly 5,000 people and more than 155 different programs take place each week at the Centers.

"We strive to provide Arlington seniors with programs and resources to stimulate their minds and talents, keep their brains and bodies active and healthy, make social connections and expand their horizons through learning and travel," said Cheryl Johnson, Office of Senior Adult Programs manager.

To register for a 55+ Pass, call 703-228-4744, visit a senior center or online at www.arlingtonva.us, search 55+ Pass. For a complimentary copy of the 55+ Guide, call 703-228-4721 or email, jmassa@arlingtonva.us.



PHOTOS BY VERONICA BRUNO/THE CONNECTION

Ruth Ortiz, Jo Ann Allen, Esther Massey, Phyllis Talbert and Leanne Peters are all smiles as they work out to a variety of dances in Dance Fusion at the Walter Reed Senior Center. The class is very popular and usually fills up the auditorium.



Marian Macgilvray, from Arlington, takes a breath at the end of boot camp class on Friday morning. The class is taught by Angel McNamara from Capitol Heights, Md. and is almost full every time.



Jean Perry perfects her moves during a dance fusion class, offered at the Walter Reed Senior Center on Friday mornings.



Instructor Angel McNamara instructs the class (Marian MacGilvray pictured) in stretching during the boot camp class, one of many active offerings at the Walter Reed Senior Center in Arlington.



The boot camp class takes a moment to stretch. The boot camp class is on Friday mornings at 8:15 a. m. at the Walter Reed Senior Center and is almost always full.