

Tough Loss: Pitcher Gives up Just Two Hits

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Special Election, Rare Result

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How Healthy Is Northern Virginia

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Democrats Debut Debate

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Yorktown pitcher Graeme Fineman allowed just two hits in seven innings against Washington-Lee on April 11, but suffered the tough-luck loss.

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PHOTO BY MICHAEL LEE POPE/CONNECTION NEWSPAPERS

Democratic County Board member Libby Garvey poses with independent John Vihstadt and former U.S. Rep. Tom Davis, a Republican.

Democrats Lose Special Election

Opposing controversial streetcar initiative was key to John Vihstadt's victory.

BY MICHAEL LEE POPE
THE CONNECTION

The victory party for independent candidate John Vihstadt brought together a strange mix of Northern Virginia politicians, a moment that was crystallized when the winning candidate posed for pictures with former U.S. Rep. Tom Davis (D-11), a Republican, and Democratic County Board member Libby Garvey. Campaign manager Eric Bescia, who waged his own unsuccessful Republican campaign for the House of Delegates a few years ago, looked around the room and concluded that the winning coalition was a reaction to recent actions of the Arlington County Board.

"One of the most interesting observations I've heard about this campaign is that we created a very European political coalition in which we brought a whole bunch of small parties together in order to challenge the dominant party," said Bescia. "We had the Republican Party endorsement as well as the Green Party endorsement in addition to a whole bunch of prominent Democrats and the firefighters union."

For Democrats, the loss was a stunning upset. The party currently holds a stranglehold over all the elected positions in the county, so losing a seat on the County Board was a sign that voters in the spe-

cial election were rejecting business as usual. On the campaign trail, Democrats faced criticism on spending for an aquatics center and a million-dollar bus stop, although the debate over the controversial \$310 million streetcar initiative dominated most of the discussion.

"It's not so much a win for the Republicans, as it is a defeat for the Democrats," said Davis, who is now a professor at George Mason University. "The fact that John was able to attract so many Democrats, I think, should be a message to them that maybe they should take a deep breath in terms of where they're going."

EVER SINCE longtime County Board member Chris Zimmerman announced that he would be stepping down last year, the politics of the streetcar has been at the center of the special election. Alan Howze's campaign manager, Bharat Krishnan said the campaign's internal polling showed the streetcar issue sunk the Democrat's campaign.

"People are just tired of this insular all-Democratic thinking," said Krishnan. "And Vihstadt was just out there every day pounding us on this Democratic groupthink."

This makes the second consecutive special election in which the streetcar initiative played a central role in the politics. Back in 2012, School Board member Libby Garvey won a special election that featured her becoming increasingly skeptical of the proposal. Since that time, though, she has remained a lone voice of opposition. Now she has another vote to second motions and ask county staff to review aspects of the pro-

Election Results

Independent **John Vihstadt**: 12,656 votes, 57 percent
Democrat **Alan Howze**: 9,107 votes, 41 percent
Independent Green **Janet Murphy**: 250 votes, 1 percent
Independent **Stephen Holbrook**: 161 votes, 1 percent

SEE SPECIAL ELECTION, PAGE 4



MICHAEL LEE POPE/THE CONNECTION

All 10 candidates appear at a forum in Mount Vernon along with moderator George Burke.

Democrats Clash In First Debate

Candidates for Congress claim territory from liberal to moderate.

BY JANELLE GERMANOS AND MICHAEL LEE POPE
THE CONNECTION

Voters in the 8th congressional district have a wide variety of choices in the June 10 Democratic primary, an epic primary featuring an unprecedented 10 candidates. During their first debate at Mount Vernon High School last weekend, candidates clashed over financial issues as well as the kind of tone they want to strike in Washington. Voters will be able to choose between liberal and moderate, a range of options that includes those with decades of experience in elected office as well as a handful of first-time candidates.

"In a field like this, it's a great advantage to have been an elected official already so people are familiar with your name," said Kyle Kondik, analyst with the University of Virginia Center for Politics. "So that would help a candidate like Don Beyer, who is the only candidate to have held statewide office before. That said, it was a decade and a half ago."

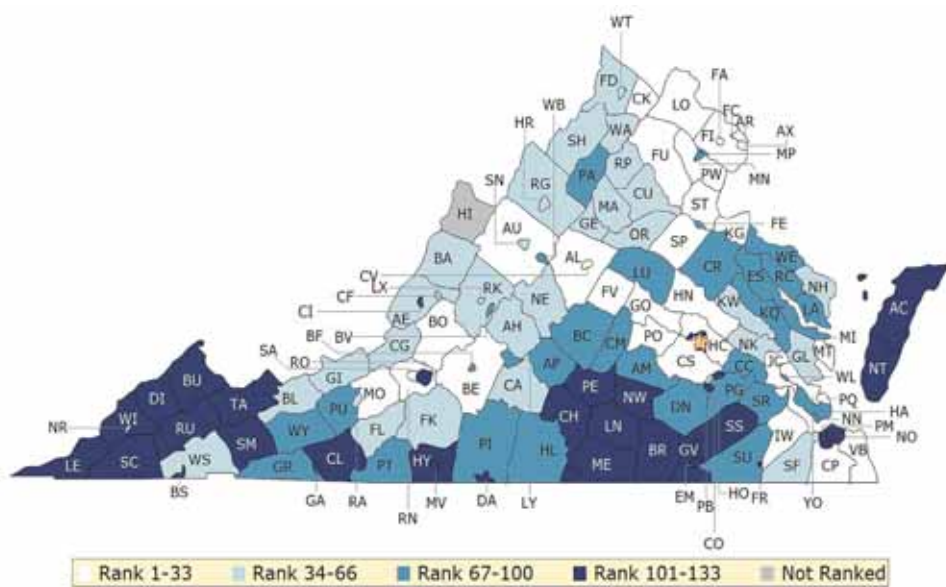
Beyer was the only candidate to take fire from another candidate at the forum last weekend, an indication that he has a target on his back. Radio personality Mark Levine, who describes himself as "the aggressive progressive" attacked Beyer for supporting a plan that would create a national sales tax. During a question about income inequality, Levine launched into the first attack of the primary season, which is expected to get more intense as the June election day approaches.

"One of the candidates on this stage until just last month opposed the progressive income tax," said Levine. "He supported Tom DeLay's plan to get rid of the estate tax, get rid of the income tax and make everything a national sales tax. That's not very progressive at all."

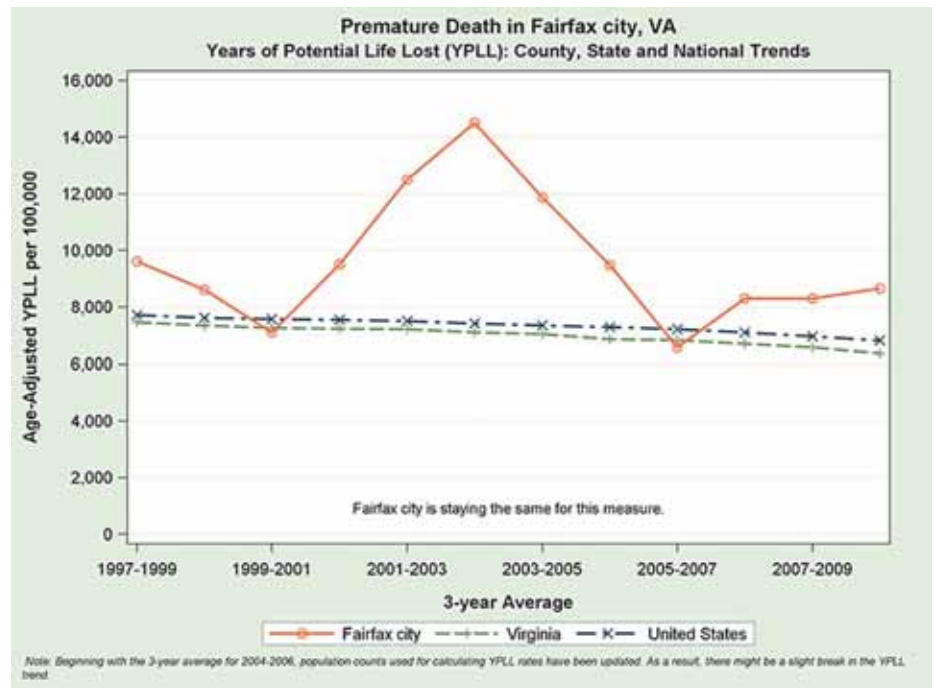
THE ATTACK is based on a 2005 article in the industry publication Automotive News, which quotes Beyer as saying DeLay's plan "makes eminent sense as public policy," adding that it would improve capital formation because wealthy individuals and businesses would have more money to invest in new ventures. Beyer did not respond during the debate, but a spokeswoman for Beyer later said he never supported replacing the progressive tax with a national sales tax, and he never will.

"Don believes that the middle class and working families already bear too much of the burden," said Ann O'Hanlon. "He supported Obama's rollback of Bush tax cuts for the wealthy and in Congress would work to eliminate loopholes that allow the wealthy to pay a lower effective tax rate than many middle class families."

SEE DEMOCRATS, PAGE 5



A map of Virginia rates health factors, including everything from high-school graduation rates and obesity to smoking and unemployment.



Premature death in Fairfax City is calculated by looking at years of life lost before age 75 per 100,000 people, but health officials in Fairfax City say the data is flawed.

COUNTY HEALTH RANKINGS

How Healthy Is This Neighborhood?

New study reveals some parts of Northern Virginia are healthier than others.

By MICHAEL LEE POPE
THE CONNECTION

Alexandria has the lowest rates of smoking in Northern Virginia, but it also has the highest rates of excessive drinking. Fairfax City has the highest rates of physical inactivity, although Fairfax County enjoys one of the lowest rates of premature death. Manassas City has the highest rates of sexually transmitted diseases in Northern Virginia. Arlington County has the highest rates of physical activity and therefore the lowest rates of obesity.

These are some of the findings of the County Health Rankings and Roadmaps program, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

"This is an annual checkup of your community's health," said Julie Willems Van

Dijk, deputy director of County Health Roadmaps at the University of Wisconsin. "It's a way to think about what we can do collectively to improve these areas."

The annual rankings measure everything from high-school graduation rates and obesity to smoking and unemployment. The goal is to reveal a snapshot of how health is influenced by where people live. Organizers say the point is to help communities have a discussion about how they can use the data to make changes. Even when the numbers are good — low obesity rates in Arlington and Alexandria, for example — that doesn't mean a community should become complacent.

"That's still one out of five people who are obese," said Van Dijk. "So while it's encouraging, I don't think we have a lot to celebrate there."

SOME OF THE STATISTICS are controversial, especially in Fairfax City. For example, one of the data points in the report measures premature death. That's a figures calculated by looking at years of life lost before age 75 per 100,000 people. According to the report, Fairfax City has the highest rate of premature death in Northern Virginia at 8,652 years lost. That's the highest rate in Northern Virginia, and one of the highest rates in Virginia. But is it accurate?

"The data on which the rankings are based is inaccurate for several reasons," said Louise Armitage, human services coordinator for Fairfax City in an email. "The main reason for the erroneous data is that the state health department continues to utilize ZIP code to assign jurisdiction of residency even though ZIP codes are not discrete to the city or to the county."

Armitage says an audit of deaths in Fairfax City deaths shows serious irregularities. In 2008, for example, one audit showed 276 out of 417 recorded deaths in Fairfax City over a four-year period were actually city residents. As a result, only 34 percent of deaths that are reported to have taken place in Fairfax City actually happened in Fairfax City. Because of the small size of Fairfax City and the frequent confusion with Fairfax County, many of the statistics can be problematic. Armitage says she has raised these concerns with the researchers who compiled the re-

port, who say they are hoping to refine the data in the future to make it better.

"I don't have any problems with her assessment," said Amanda Jovaag, an associate researcher with the University of Wisconsin Population Health Institute. "That seems perfectly reasonable to me."

"This is an annual checkup of your community's health. It's a way to think about what we can do collectively to improve these areas."

— Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin

NORTHERN VIRGINIA fares well overall when compared to the rest of the commonwealth. The top three healthiest jurisdictions are in Northern Virginia: Loudoun County, Fairfax County and Arlington County. The top 10 includes Alexandria and Manassas Park City. Health officials warn that the statistics can be misleading, though, and that people should not become complacent.

"Many of us who work in human services get concerned when we sort of pat ourselves on the back and say, 'Oh look, our percentages are so low. Isn't that wonderful?'" said SEE STUDY, PAGE 11

Special Election Win for Republican Candidate

FROM PAGE 3

posal. "The strategy is to get a third vote," said Garvey. "The people have spoken here pretty clearly, and there's a message. Maybe one or more of my colleagues will hear that message."

VIHSTADT WAS SWORN IN a few days after winning the special election last week. But he won't have too much time to celebrate a victory. Later this year, he will face Howze yet again in the general election.

That election will feature many more Democrats going to the polls to vote in the race for United States Senate, as incumbent Democrat Mark Warner is challenged by Republican Ed Gillespie.

"November will be an uphill effort, just as this victory was an uphill effort," said

"It's not so much a win for the Republicans as it is a defeat for the Democrats."

— Former U.S. Rep Tom Davis

Vihstadt. "But the fact that we won by such a convincing margin gives me a great optimism that we will be able to hold on in the fall."

County Board member Jay Fisette, who stopped by the Vihstadt victory party to congratulate his newest colleague, recalled that

he lost the first time he was a candidate, which was also a special election.

But Fisette pointed out that he was able to stage a comeback in the next general election, a scenario he says could play out again this year.

"So I have a little bit of empathy for my good friend Alan Howze, and I know that he will be back in November," said Fisette. "Until then we will work really hard and well with John Vihstadt on the County Board"

Democrats Debate

FROM PAGE 3

That wasn't the only business issue to divide candidates.

When asked about the controversial Keystone XL pipeline, a 1,700-mile pipeline that would move diluted bitumen from the Canadian oil sands to the Gulf Coast, almost all of the candidates said they opposed the proposal. Alexandria Mayor Bill Euille was the only candidate who said he would support it, although he qualified his support by saying he would want it to meet certain conditions.

"As long as the health and safety and environmental issues are addressed, yes," said Euille. "It's a job creator."

MOST OF THE TIME, candidates agreed on standard issues of the Democratic Party, supporting gay marriage and decriminalizing marijuana. In direct contrast to Gov. Terry McAuliffe and Virginia senators Tim Kaine and Mark Warner, all 10 candidates voiced their opposition to offshore drilling. They also agreed on raising the minimum wage and restoring voting rights to nonviolent felons.

All the candidates said they strongly supported a woman's right to make reproductive choices, a fight that brought national media attention to one candidate when Republicans in the General Assembly tried to force women seeking abortions to get a transvaginal ultrasound.

"A lot of times, things take planning," said Del. Charniele Herring (D-46). "And our fight was carefully planned."

For most of the debate, candidates focused on demonstrating how their background would make them a successful representative for the 8th district. Candidates gave various explanations for how they differ from Moran, but several said they are opposed to Moran's recent assertion that members of Congress should be paid more.

Levine said he disagreed with Moran's vote on the bankruptcy bill in June 2013. Satish Korpe, director of the Democratic Business Council of Northern Virginia, said he wouldn't take Moran's direct approach and would be more tactical. Del. Patrick Hope (D-47),

SEE DEMOCRATS, PAGE 11

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OPINION

Dean Supports Beyer

GOV. HOWARD DEAN

I've always stood for the Democratic wing of the Democratic Party. When I started my presidential campaign in 2003, I was against the Iraq War, and had worked hard as Governor of Vermont to create marriage equality and universal health care in my home state. Those positions weren't totally popular at the time. But I believe candidates should pay attention not only to their prospective constituents, but also to their internal compass.

That's one of the reasons why I've thrown my support behind my friend Don Beyer in his bid to become your next Congressman. I urge you to do the same.

I've known and respected Don for years. He and I first met in 1990 when we were both Lieutenant Governors, and immediately struck up a friendship. He and his wife, Megan were two of the earliest supporters of my presidential campaign. Don drove to Burlington, Vt., in the spring of 2003 to volunteer. I was struck by his convictions and by his dedication to core issues of the Democratic Party — equality, justice, reproductive rights, and environmental protection. In addition to his work ethic and generosity — being willing to drive 500 miles to volunteer on what was then a little-known campaign — Don has vision and he has spine. And we could use a little of that in the House of Representatives.

It's not like Don needs to do

more for his ideals or his fellow citizens. He served two terms in the 1990s as Lieutenant Governor, after running the 1985 campaign of Governor Gerald Baliles. Some of Don's signature efforts include reforms for persons with disabilities — part of his work on what became known as Virginia's "Beyer Commission" — as well as initiatives to help people living in poverty, which were the product of the poverty commission he chaired in the mid-1990s.

When he lost his own bid for governor, rather than let it diminish his passion for public service and for progress, he worked tirelessly for Democratic candidates, including Mark Warner, John Kerry and Barack Obama. Then he ably represented President Obama and American citizens abroad during his tenure as an ambassador, becoming the first appointed State Department officer to win the Thomas Jefferson Award.

This track record is not enough for Don. As he has said many times during this campaign, he believes we are each put on this earth to build something larger than ourselves and to serve others. Don is asking you, the voter, to give him that chance to do more.

In many ways, Washington is broken and Congress is full of folks who are happy to accomplish nothing. In the face of that reality, the voters of Virginia's 8th district have the remarkable opportunity to elect a man of principle and progressive values, who has a tremendous work ethic. I urge you to hire him to work for you. I hope you will vote for Don Beyer in the June 10 Democratic Primary.



Meeting the Easter Bunny

Nathan Bloss, 18 months, of Arlington, sits on the Easter Bunny's lap during the Vienna Egg Roll event on Saturday, April 12.

Submit Mother's Day Photos

Mother's Day is May 11, 2014, and every year at this time, we call for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children.

Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.)

Send photos to editors@connectionnewspapers.com

Readers can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication.

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.

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 honoring those who have demonstrated heroic actions in the line of duty. \$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

FounderCorps Coffee & Donuts.

7:30-9 a.m. at the Arlington Economic Development Office, 1100 N. Glebe Road, Suite 1500. Sourcefire President and COO Tom McDonough talks about technology, information security and organizational growth strategies. Visit www.rosslynva.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.

Shed Your Coat Fundraiser. 5:30-8:30 p.m. at Rocklands Barbeque, 3471 Washington Blvd. Event opens the patio season and benefits Doorways for Women and Families. \$35 for grilled oysters, pulled pork and drinks. Space limited, visit <https://doorways.ejoinme.org/MyPages/2014ShedYourCoatsFundraiser/tabid/527990/Default.aspx>.

SUNDAY/APRIL 20

Easter Services. Trinity Presbyterian Church, 5533 North 16th St. Trinity invites the community to its Easter Worship services. A Sunrise service will be held at 7 a.m. at the outdoor chapel behind Trinity, in addition to the regular 9 a.m. Contemporary Service and 11:15 a.m. Traditional Service. An Easter brunch will be

served from 7:30 a.m. to 11 a.m. in Trinity's Fellowship Hall. Visit www.trinityarlington.org for more.

MONDAY/APRIL 21

Community Input. 6:30-8:30 p.m. at Fairlington Community Center, 3308 S Stafford St. Arlington County has received a request to have a farmers' market established at Fairlington Community Center and is seeking community input to be sure a market is the right fit for the location. Share comments, concerns, and learn more about the request and the process for establishing markets on Park property. Meetings will be April 21 (to gather input) and May 13 (to discuss major themes). Call 703-228-7872.

TUESDAY/APRIL 22

Knights of the Roundtable Meeting. 6:30 p.m. at the Italian Cafe, 7161 Lee Highway, Falls Church. Guest speaker Dr. Ramesh Kakkar, NASA Leader of the Weather

SEE BULLETIN BOARD, PAGE 7

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NEWS

VHC Tech Charged With Raping Patient

The Arlington Police Department is charging a 30-year-old former hospital technician at Virginia Hospital Center with raping a 37-year-old patient.

Police officials say the man was working as a CT scan technician when the attack occurred on Jan.

13. He was denied bail and is being held at the Arlington County jail.

The hospital released a statement saying Jones was suspended immediately after the incident was reported and has subsequently been fired. Police say the hospital cooperated with the investigation.

BULLETIN BOARD

FROM PAGE 6

Focus Area, discussing the Global Precipitation Measurement Project satellite and weather forecasting. Members, guests and public welcome. \$32 for dinner. Contact Walt Fetterer, wfett100@aol.com or 703-356-4336.

Park Service Award Presentation. 6:30 p.m. at the County Board Room, 2100 Clarendon Blvd., during the board meeting with reception and light refreshments to follow. The 2013 Bill Thomas Outstanding Park Service Volunteer Awards will go to Arlington Regional Master Naturalists, Keith Fred and Peter Jones. Please RSVP to lbarragan@arlingtonva.us.

WEDNESDAY/APRIL 23

Social Security Planning Workshop. 6:30-8:30 p.m. at

Arlington Central Library, 1015 N. Quincy St. Certified financial planner and Virginia Cooperative Extension volunteer Mike May will discuss Social Security considerations for retirement planning. Free. Contact jabel@vt.edu.

THURSDAY/APRIL 24

Community Memory Screening

Day. 9 a.m.-noon at Langston-Brown Senior Center. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote proper detection of memory problems. The one-to-one, noninvasive screening takes 5-10 minutes and is administered by a qualified healthcare professional. Call 703-237-9048.

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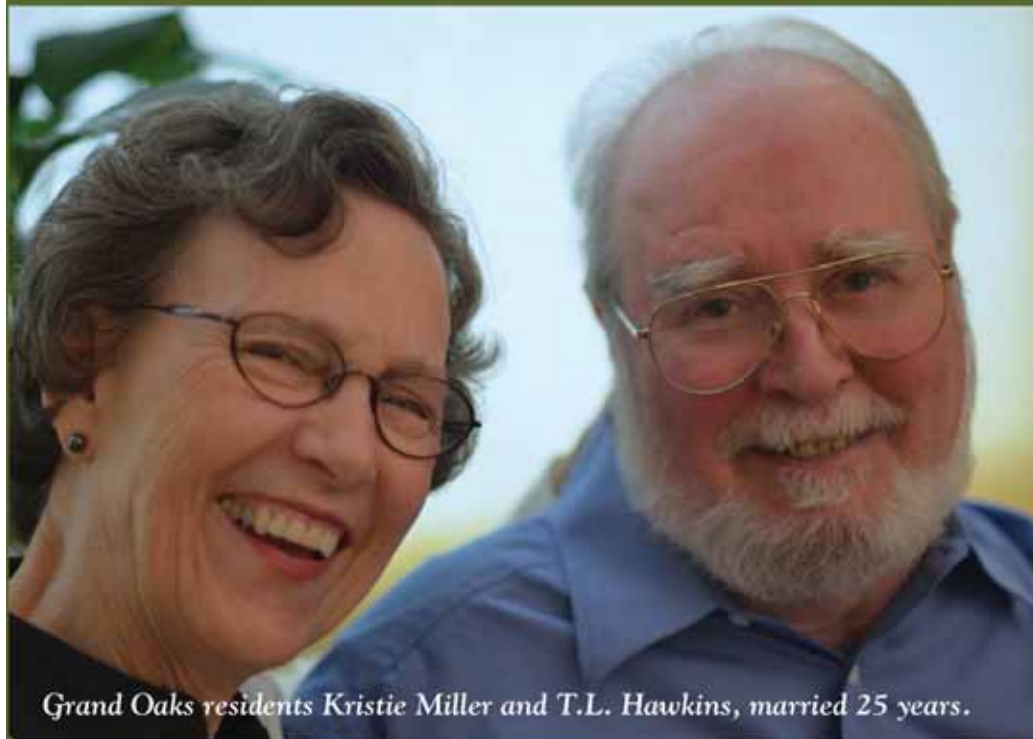
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ENTERTAINMENT

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

ONGOING

Theater. The Arlington Players present “The Most Happy Fella,” Fridays and Saturdays at 8 p.m. through April 19 at The Thomas Jefferson Theatre, 125 S. Old Glebe Road. Visit www.thearlingtonplayers.org.

Easter Bunny. Through Saturday, April 19 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 package information or call 703-415-2401.

Visual Art and Sound. Thursday, April 24-Sunday, Aug. 10 at the Artisphere, 1101 Wilson Blvd. Fermata, a celebration of sound, mixes visual art and sound. Opening reception Thursday May 8, 7-9 p.m. Other special events throughout exhibit. Visit www.artisphere.com or call 703-875-1100.

Art Exhibit. See “George McQuinn: Arlington’s All-Star First Baseman” at the Arlington Historical Museum, 1805 S. Arlington Ridge Road. The exhibit, which runs through April 27, includes original baseball cards, a 1944 World Series program, a McQuinn model bat and gloves, and photos of McQuinn and his career. The museum is open 1-4 p.m. Saturdays and Sundays. Visit www.arlingtonhistoricalsociety.org/visit/arlington-historical-museum for more.

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.

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 @ccbid on Twitter. Visit www.crystalcity.org.

Art Exhibit. May 1-31 at Gallery Underground, in the Crystal City Shops at 2100 Crystal Drive. “Mayhem” is a juried exhibit. Gallery hours 10 a.m.-6 p.m. Monday-Friday, 10 a.m.-2 p.m. Saturday. Opening reception 5-8 p.m. Friday, May 2, with a modern dance performance by the ACW Dances Troupe. Contact info@galleryunderground.org or 571-483-0652, or visit www.galleryunderground.org.

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.

“Tender Napalm.” Through May 11, Signature Theatre presents the Washington, D.C premiere of Philip Ridley’s play. A tragedy has plunged this couple into an imaginary world, stranded amid the wreckage of their love. Tickets available at signature-theatre.org or by calling 703-820-9771.

Derby Registration. Register for the Phoenix Derby, a garage race and fundraiser on Saturday, May 17 2-6 p.m. at the underground parking garage at 1851 S. Bell St. Some of the events are free, some have cost. Visit phoenixderby.kintera.org/home to register and find information.

Photo Exhibit. Through July 7, see



Vladimir Zabavskiy, “Mid Manhattan”



Susan T. McElhinney, “Congressman John Lewis”



Clinton Libbey, “In the Vines”

Columbia Pike Art Crawl

The 27 artists of the Columbia Pike Artist Studios invite the community to their open house party and studio tour. This Studio Crawl will introduce artists working in oils, pastels, acrylics, collage, encaustic, watercolor, printmaking, photography and sculpture. The Studio Crawl takes place Saturday, April 26, 6-9 p.m. and Sunday, April 27, 2-5 p.m.

Columbia Pike Artist Studios, located at 932 S. Walter Reed Drive, is a coop-

erative providing working studio space to artists in various media. All events are free and open to the public.

Parking is available on the street and at the Arlington Career Center at 816 S. Walter Reed Drive. ART and city buses also serve the intersection of Columbia Pike and Walter Reed Drive. Visit www.columbiapikeartiststudios.org for more.

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.arlingtonartscenter.org. There will be weekend workshops for children, and more.

WEDNESDAY/APRIL 16

World Book Night. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page hosts a **World Book Night reception** and wine tasting for World Book Night givers. Visit www.onemorepagebooks.com or call 703-300-9746.

Book Discussion. 7 p.m. at Mad Fox Brewing Company, 444 W. Broad St., Falls Church. Garrett Peck will speak about “Capital Beer: A Heady History of Brewing in Washington, D.C.” Books will be available for sale and signature. Co-hosted by the Arlington Historical Society and One More Page Books. Visit www.arlingtonhistoricalsociety.org or www.onemorepagebooks.com or call 703-300-9746.

THURSDAY/APRIL 17

Historical Society Meeting. 7 p.m. at Mad Fox Brewing Company, 444 West Broad Street, Falls Church. Mad Fox hosts the Arlington Historical Society’s monthly meeting, featuring author Garrett Peck speaking about “Capital Beer: A Heady History of Brewing in Washington, D.C.” One More Page Books will be on site offering books for sale and signature. Visit www.onemorepagebooks.com or call 703-300-9746.

Cookbook Demonstration. 7:30 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. The Washington Post Food &

Travel editor, author and chef Joe Yonan demonstrates and offers samples from his vegetarian cookbook “Eat Your Vegetables: Bold Recipes for the Single Cook.” One More Page will be on site offering books for sale. Registration can be done online at www.fairfaxcounty.gov/library. Visit www.onemorepagebooks.com or call 703-300-9746.

FRIDAY/APRIL 18

Pageant. 8 p.m. at Freddie’s Beach Bar & Restaurant, 555 23rd St. Miss Gay Arlington 2014 pageant. Entry fee is \$25. To get a contest package, call 703-254-3841 or missgayarlington@agla.org.

FRIDAY-SUNDAY/APRIL 18-20

Easter Play. At Wilson Boulevard Christian Church, 3850 Wilson Blvd. “The Third Day,” a dramatization of the resurrection of Jesus Christ with original gospel music. 8 p.m. Friday, 3 and 8 p.m. Saturday, 11 a.m. Sunday. \$12. Call 703-527-2210 or 703-566-7029.

SATURDAY/APRIL 19

Boundary Stone Bike Tour. 9:15 a.m. at entrance to East Falls Church Metro on Sycamore Street. Leisurely 35-mile tour with many stops. See 12 historic D.C. boundary stones in Arlington, Alexandria and Fairfax County along the Mount Vernon, Four Mile Run, Washington and Old Dominion Railroad Bike Trails and area streets. A few long uphill climbs. Canceled if 55 percent or more chance of rain. Bring lunch, water, and any type of bike. \$2, no reservations necessary. Sponsored by Center Hiking Club, visit www.centerhikingclub.org.

AGLA Brunch. 11 a.m.-1 p.m. at Freddie’s Beach Bar & Restaurant, 555 23rd St. South, Arlington. Arlington Gay and Lesbian Alliance brunch with board members. Please bring donations of travel-sized soaps and shampoos for Arlington’s homeless. Visit <http://agla.org>.

Historic Walking Tour. 1:30 p.m. starting at the Ball-Sellers House,

5620 S. 3rd St. Approximately four miles of easy terrain touring property that belonged to George Washington. Wear good walking shoes. Free. Visit www.arlingtonhistoricalsociety.org.

TUESDAY/APRIL 22

Shut Up and Write. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Third in a series of panels for aspiring writers of young adult literature, moderated by Jon Skovron. Hosted by One More Page Books. Visit www.onemorepagebooks.com or call 703-300-9746.

TUESDAY/APRIL 22-SUNDAY/JUNE 1

“The Threepenny Opera.” Running through June 1 at Signature Theatre, 4200 Campbell Ave. The MAX Theatre transforms into London’s gritty underworld in this reimagined futuristic dystopia for “The Threepenny Opera,” an adaptation of John Gay’s 1728 ballad-opera The Beggar’s Opera, a satirical commentary on politics, poverty, injustice and corruption at all levels of society. Visit signature-theatre.org or call 703-820-9771.

WEDNESDAY/APRIL 23

Civil War Lecture. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. Ronald Beavers will discuss what it was like to be a civilian in Alexandria and Arlington during the Civil War, when the area was fortified by the Union Army and occupied by thousands of soldiers.

Book Launch. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Party is for “Hollow World,” a new sci-fantasy thriller from Michael J. Sullivan. Visit www.onemorepagebooks.com or call 703-300-9746.

World Book Night. At One More Page Books, 2200 North Westmoreland St. Volunteers nationwide will give away free books and provide useful resources. One More Page books is a community base for local givers. Call 703-300-9746 or visit www.onemorepagebooks.com or www.us.worldbooknight.org.

THURSDAY/APRIL 24

One Person Shows. 6-9 p.m. at Yorktown High School' Black Box Theatre, 5200 Yorktown Blvd. The One-Person Shows are 30-minute productions written, staged, and acted by the senior Yorktown theatre students. The productions are a culminating project in the Yorktown Theatre Arts Program. Admission is free. Visit www.apsva.us/site/Default.aspx?PageID=14459 for more.

Fundraiser Banquet. 6:30-9 p.m. at China Garden Restaurant, 1100 Wilson Blvd., Rosslyn. Fundraiser to benefit the Arlington Rotary Education Foundation annual scholarships and stipends for graduating Arlington high school seniors. Keynote speaker will be Dave Foster, former chair of the Arlington County School Board, other events include a silent auction, information on the scholarship program, and mah jongg gaming. \$50 per person or \$95 per couple (cash or check made out to AREF). A cash bar is available. For more about our club, visit www.arlingtonrotaryclub.org

Arlington Reads: Richard Ford. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Jeffrey Brown of "PBS NewsHour" interviews author Richard Ford about his work, including "The Sportswriter." Visit <http://library.arlingtonva.us> or call 703-228-6321.

THURSDAY/APRIL 24-MAY 18

Live Performance. 8 p.m., at the Gunston Arts Center, Theater Two, 2700 S. Lang Street., Arlington. "Turkish Tango" by Rafael Bruza, takes to the stage under the artistic direction of Mario Marcel. \$25-\$40. In Spanish with English subtitles. Visit www.teatrodelaluna.org, www.ticketplace.org or www.goldstar.com for more.

FRIDAY/APRIL 25

One Person Shows. 4-9 p.m. at Yorktown High School' Black Box Theatre, 5200 Yorktown Blvd. The One-Person Shows are 30-minute

productions written, staged, and acted by the senior Yorktown theatre students. The productions are a culminating project in the Yorktown Theatre Arts Program. Admission is free. Visit www.apsva.us/site/Default.aspx?PageID=14459 for more.

FRIDAY-SATURDAY/APRIL 25-26

Intergalactic Nemesis: Book One. 8 p.m. at the Spectrum Theater at Artisphere, 1101 Wilson Blvd. This period adventure story created by writer, director and producer, Jason Neulander and his collaborators is also a live-action graphic novel celebrating 1930s radio serials, comic book culture, Star Wars and every other adventure story you've loved as a child. Visit www.artisphere.com or call 703-875-1100.

SATURDAY/APRIL 26

Green Living Expo. 10 a.m.-4 p.m. at Mason Founders Hall, 3351 Fairfax Drive. In partnership with the Mason Arlington Earth Week Community Fair. Learn how to green homes, apartments, communities and lifestyles. Featuring green vendors, seminars, a raffle, food sales, a DIY tent, craft sales, and a kid's activity zone. Suggested donation of \$5/person. Visit arlingtonenvironment.org for more.

Spring Beer Festival. Noon-7 p.m. at The Village at Shirlington, 4001 Campbell Ave. Capitol City Brewing Company will host its inaugural Spring Beer Festival. Sample select handcrafted beers from more than 45 breweries and cuisine from a variety of Shirlington Village eateries and local vendors. \$30 for beer drinkers, additional drink tickets \$1; free for non-drinkers. Visit www.capcitybrew.com for more.

One Person Shows. 1-10 p.m. at Yorktown High School' Black Box Theatre, 5200 Yorktown Blvd. The One-Person Shows are 30-minute productions written, staged, and acted by the senior Yorktown theatre students. The productions are a culminating project in the Yorktown Theatre Arts Program. Admission is free. Visit www.apsva.us/site/Default.aspx?PageID=14459 for more.

SEE ENTERTAINMENT, PAGE 10

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ENTERTAINMENT

FROM PAGE 9

Default.aspx?PageID=14459 for more.

Move Me Festival. 1-5 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Bowen McCauley Dance presents the fifth annual, "Move Me Festival." Travel with Bowen McCauley Dance "Around the World" and experience live performances and interactive activities in dance, music, theater, and arts and crafts. Visit www.bmdc.org/outreach/move-me-festival.

Wine Tasting Fundraiser. 4-6 p.m. at Grateful Red Wine & Gift Shop, 2727 Wilson Blvd. Meet Habitat NOVA volunteers, board members and staff, while sampling 15 spring wines and cheeses. \$25 tickets benefit Habitat NOVA. Visit http://gratefulredwine.com/Habitat_Tasting.html.

Spring Solos Opening Reception. 6-9 p.m. at the Arlington Arts Center, 3550 Wilson Blvd. Spring Solos features seven emerging artists. Free. Wine and refreshments provided. Visit www.arlingtonartscenter.org or call 703-248-6800.

Book Launch. 6 p.m. at One More Page Books, 2200 North Westmoreland St. Launch party for "SmokeLong Quarterly: The Best of the First Ten Years, 2003-2013." Six contributors to SmokeLong Quarterly will read selections: Grant Baillie, Jeff Landon, Laura Ellen Scott, Art Taylor, Virgie Townsend, and Brandon Wicks. Visit www.onemorepagebooks.com or call 703-300-9746.

Gala and Fundraiser. 7:30 p.m. at the Fort Myer Officers Club, 214 Jackson Ave, Fort Myer. The Northern Virginia Urban League Young Professionals Network will host its 5th Annual Black Opal Awards Gala and Fundraiser. This year's theme is Honoring Our Nation's Heroes. Proceeds from the gala will support a \$5,000 annual scholarship fund as well as community-focused programs such as College Survival 101 and Opportunity to Thrive. Tickets begin at \$85. Visit www.nvulypn.org/blackopal/ for more.

Music Tour. 8:30 p.m. at the Iota Club and Café, 2832 Wilson Blvd. Nashville-born, New York City-based singer-songwriter Laura Cantrell hits the road April 6 for a spring and summer tour. Visit www.iotaclubandcafe.com or call 703-522-8340.

SATURDAY-SUNDAY/APRIL 26-27

Studio Crawl. At Columbia Pike Artist Studios, 932 S. Walter Reed Drive. Saturday 6-9 p.m., Sunday 2-5 p.m. Open house party and studio tour with 27 artists in various media. Visit columbiapikeartiststudios.org.

MONDAY/APRIL 28

Book Club Launch. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. The Holistic Health & Wellness Book Club meets to discuss "Gaining Ground: A Story of Farmers' Markets, Local Food, and Saving the Family Farm" by Forrest Pritchard. Visit www.onemorepagebooks.com or call 703-300-9746.

WEDNESDAY/APRIL 30

Author Visit. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Author and lexicographer Paul Dickson discusses and signs his newest book, "Authorisms: Words Wrought by Writers." Presenting stories behind each word and phrase, Dickson enriches our appreciation of the English language. Visit www.onemorepagebooks.com or call 703-300-9746.

THURSDAY-SATURDAY/MAY 1-3

Theatre Performance. 7 p.m., in the school's auditorium at Washington-Lee High School, 1301 N. Stafford Street, Arlington. Washington-Lee High School Presents, "Shrek- The Musical." Tickets are \$10 at the door, or \$7 in advance. Visit www.signupgenius.com/go/70A0F45ADA2CA46-macbeth1.

FRIDAY/MAY 2

Art Exhibit Opening Reception. 5-8 p.m. at Gallery Underground, in the Crystal City Shops at 2100 Crystal Drive. "Mayhem," a juried exhibit, opens with a modern dance performance by the ACW Dances Troupe. On display through May 31. Contact info@galleryunderground.org or 571-483-0652, or visit www.galleryunderground.org.

Concert. 8 p.m. at the Artisphere, 1101 Wilson Blvd. Sierra Leone's Refugee All Stars, the inspirational band and subject of a 2005 documentary, returns to Artisphere. The past 10 years for the band have been a journey from the squalor of refugee camps to the world's biggest stages. \$25-\$35. Visit <http://sierraleonesrefugeeallstars.com> or www.artisphere.com.

SATURDAY/MAY 3

Gardening Info Session. 11 a.m.-2 p.m. at The Ball-Sellers House on 5620 S. Third Street. The Ball-Sellers House will partner with the Arlington Food Assistance Center to host "Ask the Gardeners." Gardeners and experts will offer free gardening advice and tips for herb and flower

gardens, and, vegetable gardens. Visit www.arlingtonhistoricalsociety.org.
Garden Tours. 11 a.m.-4 p.m. at The Ball-Sellers House on 5620 S. Third Street. Visit www.arlingtonhistoricalsociety.org.

THURSDAY/MAY 8

Celebration of Sound Opening Reception. 7-9 p.m. in the Upper Town Hall and Terrace Gallery at Artisphere, 1101 Wilson Blvd. Exhibit runs April 24-Aug. 10. Visit www.artisphere.com or call 703-875-1100.

SATURDAY/MAY 10

Charity Walk. 9:30 a.m. at Bluemont Park, 601 N. Manchester St. Gather your neighbors and create a "pack" to walk in the Animal Welfare League of Arlington's 19th Annual Walk for the Animals. Visit www.awla.org.

American Classics Concert. 7:30 p.m. at Artisphere's Rosslyn Spectrum Theatre, 1101 Wilson Blvd. The National Chamber Ensemble plays classical, jazz and more, featuring pianist Burnett Thompson. Reception follows. \$30 adults, \$15 students. Visit tickets.artisphere.com/delta-sadler-nichols-and-cowles or call 888-841-2787.

Guitar Performance. 7:30-9:30 p.m. in the Dome Theatre at Artisphere, 1101 Wilson Blvd. Guitarist and composer Kaki King presents a visual and live music performance where the guitar is used as a projection screen. \$18 in advance, \$22 day of. Part of Celebration of Sound exhibit, through Aug. 10. Visit www.artisphere.com or call 703-875-1100.

SATURDAY/MAY 17

Arlington Festival of the Arts. 10 a.m.-5 p.m. at 1101 N. Highland St. Enjoy browsing art while listening to live music. Free. Visit www.artfestival.com for more.

Spring Concert. 2 p.m. at Washington-Lee High School Auditorium, 1301 N. Stafford St. Encore Chorale, the nation's largest and fastest growing choral program for older adults, announces the Northern Virginia Encore Chorale Spring Concert. Free. Visit <http://encorecreativity.org> or call 301-261-5747.

SUNDAY/MAY 18

Arlington Festival of the Arts. 10 a.m.-5 p.m. at 1101 N. Highland St. Enjoy browsing art while listening to live music. Free. Visit www.artfestival.com for more.



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NEWS

Study Measures Communities' Health

FROM PAGE 4

Marlene Blum, a member of the Fairfax County Health Care Advisory Board. "We are an affluent community, and we're a highly educated community. But not everybody is doing well."

Some of the health concerns in Northern Virginia are emblematic of the kinds of problems in other communities in America that have well-educated people.

For example, Alexandria has the second-lowest number of people who smoke cigarettes in Virginia overall and the lowest number of smokers for Northern Virginia. But it has the sixth highest rate of excessive drinking in Virginia and the highest rate of excessive drinking in Northern

Virginia.

"Better educated people often drink but don't smoke," said Van Dijk. "Cocktails are more acceptable than cigarettes."

"Better educated people often drink but don't smoke. Cocktails are more acceptable than cigarettes."

— Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin

SOMETIMES THE NUMBERS show trends in combination. For example, Manassas City has the highest rate of children who live in poverty in Northern Virginia. It also has the highest teen birth rate per 1,000 female population. Researchers say these two data points

speak to each other.

"There's probably some linkage there," said Van Dijk. "We know that if mom has a baby as a teenager, the likelihood that child will be raised in poverty will be much higher."

Democrats Debate

FROM PAGE 4

a health care attorney, former Capitol Hill staffer and founder of the Virginia Progressive Caucus, said he wished Moran would have been more involved in health care.

Decreasing the influence of money in politics led to some different answers among the candidates. Beyer said that super PACS should be banned and that the amount of money an individual can give to a candidate should be capped. Derek Hyra, a Virginia Tech professor, disagreed that super PACs should be eliminated, although he said they need to be limited.

PART OF THE FORUM focused on transportation issues along the Route 1 corridor, with several of the candidates supporting the extension of the yellow line from Huntington.

"I think we should declare it a national emergency that Route 1 looks the way it does," said Laverne Chatman, former president of the Northern Virginia Urban League and a graduate of Mount Vernon High

School.

State Sen. Adam Ebbin (D-30) said that it is important to note the development and density needed to support commercial taxes for a metro extension.

"The feasibility study shows that below Hybla Valley, that's not available," Ebbin said.

On environmental issues, all the candidates agreed that more needs to be done to protect the economy. Beyer, for example, has proposed a carbon tax. Former Navy pilot Bruce Shuttleworth said fighting climate change would be a fight in which he would be personally invested.

"Both of my parents died of lung cancer," said Shuttleworth. "And I think pollution killed them."

The winner of the June 10 primary could very well be the next representative for the heavily Democratic 8th district. The forum was hosted by the Mount Vernon District Democratic Committee and moderated by George Burke, chairman of the Virginia Democratic Party's 11th Congressional District.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for April 28- May 3.

Senior trips: Tuesday, Apr. 29, Petersburg Garden Week, \$34 (incl. lunch); Thursday, May 1, Tea at Beans in the Belfry, Brunswick, MD, \$34; Friday, May 2, National Cathedral Flower Mart, D.C., \$7. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Tennis, Monday through Friday, 8 a.m.-12 p.m., Bluemont Courts, Wilson and N. Manchester, free. Details, 703-228-4745.

Strength training, M-W-F, 9 a.m., Thomas

WWW.CONNECTIONNEWSPAPERS.COM

Jefferson Community Center, \$60/15 sessions or \$4 per drop-in. Details, 703-228-4745.

Seniors only weight room hours, Langston-Brown and Madison. M-W-F, \$60/15 sessions. Call for days and times, 703-228-4745.

Ice skating, Mondays, 8 a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1 (includes skates). Register, 703-228-4745.

Staying hydrated, Tuesday, Apr. 29, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

Table tennis, Tuesdays and Thursdays, 10 a.m. - 12 p.m., Walter Reed. Free. Register, 703-228-0955.



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Herbert's Blast Lifts W-L Baseball Past Yorktown

Generals manage just two hits off Yorktown's Fineman.

BY JON ROETMAN
THE CONNECTION

Yorktown pitcher Graeme Fineman knew it was gone. Washington-Lee designated hitter Teddy Herbert wasn't so sure. With Yorktown leading 3-1 in the fifth inning, Herbert drove Fineman's first pitch of the at-bat to deep right-center.

"That thing was high," Fineman said after the game. "There was no doubt about that one."

Herbert's fly ball cleared the fence in right-center for a three-run homer. It was one of just two hits for W-L on April 11, but it was enough to lift the Generals to a 4-3 victory over Yorktown at Greenbrier Park.

Yorktown led 3-0 with two outs in the fifth inning, when Fineman induced a ground ball off the bat of W-L second baseman Lucas Dolan. Instead of retiring the side, however, a Yorktown error allowed the Generals to score their first run

and brought Herbert to the plate. The sophomore slugger delivered a go-ahead three-run homer, though Herbert said he wasn't sure it was gone off the bat.

"I saw [the pitch], let it rip, see what happens, and it was good," Herbert said. "[W]hen I got to first base, I saw the [out-

fielder] at the fence looking up ..."

Washington-Lee, which defeated Yorktown in last season's National District championship game, improved to 5-1 with Friday's victory.

"It's just one of those things. You get a couple guys on against a good pitcher, hope he makes one mistake and we capitalized on it," W-L head coach Doug Grove said. "We were fortunate to win because that kid definitely pitched well enough to beat us, there's no doubt about that."

Fineman tossed a complete game, throwing 114 pitches. He allowed four runs — none earned — and just two hits in seven innings. He walked two, hit one batter and struck out two. Fineman took a no-hitter into the fifth inning before surrendering a one-out infield single to W-L third baseman Andy Collins.

Fineman's lone mistake, Herbert's home run, came after what should have been an inning-ending ground out.

"It's my job as a pitcher," Fineman said, "even if stuff behind me happens; I still have to be able to get that one out."

W-L starting pitcher Hunter Gray earned the win. He allowed three earned runs and seven hits in 5 1/3 innings. He walked three, hit one batter and struck out one.

James Mellin pitched 1 2/3 innings of relief to earn the save. The senior right-hander got out of a fifth-inning jam by inducing a 1-6-3 ground-ball double play.

Yorktown broke a scoreless tie with three runs in the bottom of the third. Third baseman Parker Denny led off the frame

"It's just one of those things. You get a couple guys on against a good pitcher, hope he makes one mistake and we capitalized on it. We were fortunate to win because that kid definitely pitched well enough to beat us, there's no doubt about that."

— W-L baseball coach Doug Grove



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Washington-Lee starting pitcher Hunter Gray earned the win against Yorktown on April 11.

with an opposite-field, solo homer to right, which landed near some fans who were grilling behind the fence. Shortstop Bennett Nagurka and second baseman Aaron Lee followed with back-to-back doubles, giving the Patriots a 2-0 advantage. First baseman Teddy Schroeder then drove an 0-2 pitch back up the middle for an RBI single, extending Yorktown's lead to 3-0.

Yorktown had runners on first and sec-

ond with two outs in the bottom of the seventh, but couldn't push across the tying run.

Lee finished 2-for-4 with an RBI. Yorktown right fielder Jeffrey Antetomaso went 2-for-3. The Patriots out-hit the Generals 8-2.

W-L will travel to Myrtle Beach, S.C., during spring break. Yorktown, which fell to 4-2 with the loss, will travel to face Fairfax at 6:30 p.m. on April 22.

SCHOOL NOTES

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

Marymount University's Student-Athlete Advisory Committee is sponsoring a "Battle of the Sexes" competition Sunday, April 27, 1-3 p.m. to raise money for St. Jude Children's Hospital. Teams of four females or four males in various games, including cornhole, minute-to-win-it and can jam. Each team is required to raise at least \$200 to participate. There will be monetary prizes for the top two teams, including bonus points awarded to the teams that raise the most money. Marymount aims to raise \$10,000 for St. Jude's. Visit <http://waystohelp.stjude.org>, click

"search for an event" and select Virginia to contribute.

Bayard B. Roberts has been selected for membership in the St. Lawrence University chapter of Pi Mu Epsilon, the national mathematics honorary society. Roberts is majoring in mathematics. He is a member of the Class of 2016. Roberts graduated from St. Mark's School.

Elizabeth Osborn, a graduate of The Madeira School, and **Anna Wissler**, a graduate of Bishop Ireton High School, were named to the Lafayette College dean's list for the fall 2013 semester.

Alyson Yee, a 2012 graduate of the School of Arts and Sciences at Tufts University, is working on a year of post-

graduate study in France through a Fulbright scholarship for the 2013-2014 academic year. A 2008 graduate of Thomas Jefferson High School for Science and Technology, Yee double majored in French and biology as a Tufts undergraduate. She also competed on the varsity sailing team. Yee is currently studying at the Institut National de la Recherche Agronomique in Rennes, France, where her Fulbright research focuses on characterizing the flavor compounds produced by propionibacteria in Swiss types of cheese.

Yorktown High School sophomore **Emily Burke** received a Scholastic Writing Awards Gold Medal for her personal essay entitled, "Lost And Found in Beirut And Amman."

Randolph-Macon Academy has an-

nounced the students who were named to the honor rolls for the second quarter of the 2013-14 school year. **Jessica Neupane**, the daughter of Ram and Goma Neupane of Arlington, was named to the Dean's List. **Erik L. Wagner**, son of Karl Wagner of Arlington, was named to the Principal's List.

The Honor Society of Phi Kappa Phi has announced that **Joseph Clearfield**, of Arlington, was initiated into Phi Kappa Phi, the nation's oldest collegiate honor society for all academic disciplines. Clearfield was initiated at Duquesne University.

Erica Taylor was recently initiated into Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines. Taylor is pursuing a degree in Education at

James Madison University.

Evelyn Hartz, who is majoring in sociology and English at Bates, delivered a presentation titled "Social Entrepreneurship and the New American Sustainable Agriculture Project" during the Mount David Summit, the college's annual campus-wide celebration of student academic achievement held in late March. Hartz, the daughter of Mr. Jerry L. Hartz and Ms. Jennifer A. Vasiloff, is a 2010 graduate of Washington-Lee High School.

School Board seeks nominees for 2014 Honored Citizens. Each year, the Arlington School Board honors volunteers who have made outstanding contributions to APS. Visit www.apsva.us

Challenging A Child's Mind Through Reading

Experts say reading is critical to cognitive and emotional development.

BY MARILYN CAMPBELL
THE CONNECTION

Arlington mother Holly Karapetkova reserves time for reading in the schedules of her two young children. It has become such an important part of their daily routine that it is a treasured family activity. It is also vital to her children's development says Karapetkova.

"Reading is an extremely complex mental activity that engages a child's — or adult's — brain much more intensively than television or video games," said Karapetkova, Ph.D., Associate Professor of Literature at Marymount University in Arlington. "When you read, you employ higher-order cognitive skills. You learn to imagine things that you have not yourself experienced."

CHILD DEVELOPMENT and literature experts say that reading helps children develop imagination skills and an ability to learn and think in new ways. It also boosts emotional development.

"You learn to empathize with others, and so you are able to grow emotionally as well," said Karapetkova. "Critical thinking, imagination, and empathy are all qualities that are essential to our nature as human beings, and essential to our success in the world."

Fred Bemak, Ed.D., Professor and Academic Program Coordinator, College of Education and Human Development at George Mason University, says that even a few minutes each day can have a significant influence. "Reading to a child 20 minutes a days will increase their ability to read and think above grade level," he said. "That is just a matter of sitting with a child and reading with them, but it has a such profound influence."

A lack of reading time also

makes an impact on children. "When a child doesn't have access to books or when a parent doesn't have knowledge about reading to a child, that is where we see an achievement gap," said Bemak.

Mary Catherine Coleman, Lower School Librarian and JK-12 Library Department Chair at St. Stephen's & St. Agnes School in Alexandria, said reading offers children a broad view of the world. "I think, and research shows, reading helps to develop children's thinking because it helps to develop a background knowledge about the world," she said. "Reading also helps children to see the world from a different perspective, helping children develop an understanding, empathy and compassion for others and the world. It challenges children to look at events, people and things in a different way."

"When it comes to imagination, books challenge children to create a movie in their minds," said Coleman. "They need to imagine a world, characters and experiences that they are not familiar with."

"Reading challenges children to move beyond what they see in front of them," said

"Reading to a child 20 minutes a day will increase their ability to read and think above grade level. That is just a matter of sitting with a child and reading with them, but it has a such profound influence."

— Fred Bemak, Ed.D., George Mason University



PHOTO BY KATIE PEEBLES

Marymount University professor Holly Karapetkova reads with her 4-year-old daughter. Experts say that reading is a complex mental activity that engages a child's brain more intensively than watching television or playing video games.

Coleman. "It also teaches children how to be storytellers, how to share experiences and fosters creativity."

Karapetkova said that reading is more open-ended than other media and challenges a child's cognitive abilities. "When you read, even when they are pictures, your brain has to do a great deal of work to process information and piece the story together," she says. "In a movie or video game, everything is predetermined and spelled out for you, and there's a lot less room left to the imagination to make leaps and discover things on its own."

Karapetkova has experienced this in her own life. "I have found with my older child that one book often leads to another," she said. "We might read something that piques his interest and sends him back to the li-

Book Suggestions

THIRD AND FOURTH GRADE:

"Escape from Mr. Lemoncello's Library"
by Chris Grabenstein
"Ophelia and the Marvelous Boy"
by Karen Foxlee
"Capture the Flag"
by Kate Messner

FIFTH AND SIXTH GRADE:

"Doll Bones"
by Holly Black
"Under the Egg"
by Laura Marx Fitzgerald
"Rump: The True Story of Rumpelstiltskin"
by Liesl Shurtliff

brary for more information, and the information he can find in the library is seemingly endless."

The same is not true with television or video games. "When he watches a film or plays a video game, he never says to me, 'I want to find out more about organisms deep under the sea because that's where Spongebob lives,'" said Karapetkova. "But when he reads a book, he asks questions and his curiosity and imagination open up."

Michael Moynihan, Upper School Head, The Heights School in Potomac, Md., believes in eschewing some electronic media and promoting "a renewed culture of reading...[and] conversation".

SO WHICH BOOKS do experts recommend? "Really, anything you and your children enjoy reading together will do the trick," said Karapetkova. "My children are several years apart. My daughter is 4 and my son is 9, and I have been amazed by how much each enjoys the books I pick out together for the other. I'll sit down with my daughter to read 'Brown Bear, Brown Bear' or another picture book and my son will stop whatever he is doing to join us."

"And my daughter also enjoys listening to what my son and I are reading aloud together," said Karapetkova. "We've been reading a variety of books this year, including things like Harry Potter and C.S. Lewis, and she listens and grasps part of what is happening. So their interest in each other's books reminds me that children can be drawn to and learn from a great range of books."

PHOTO GALLERY!
"Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

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Or to mail photo prints, send to:
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Dying of Curiosity

By KENNETH B. LOURIE



As I was completing last week's column ("I Thought I Was a Goner") and thanking my oncology nurse, Ron, in the process, for the excellent care he has provided me for nearly five years now; a week after I wrote a column thanking my Certified Holistic Health Coach, Rebecca Nenner, for the health and fitness-type knowledge she has given me over those same five years; it dawned on me that perhaps my subconscious mind knew something that my conscious mind didn't: that I should move closer to the undertaker like Radar's Uncle Ernest did two days before he died, in the M*A*S*H episode titled "Novacaine Mutiny" from season four.

I don't want to think that, and I certainly don't want to believe it; nevertheless, I thought it an interesting point to address: as a terminal cancer patient, as much as I fight against it mentally and physically, the presumptive death sentence that a "13-month to two-year prognosis" portends is the kind of news that's difficult – make that impossible – to ignore. And as much as I try to defend myself, as you know, with humor, a positive attitude and a variety of self-preservation, defense-type mechanisms – still, at the end of the day (heck, at the beginning and middle, too), I may talk and write a good game, but one's mind often interferes. The trick is knowing whether that interference (subconscious) is real or imagined. I struggle with that assessment every day, as I presume most characterized-as-terminal patients do as well.

As my struggle enters its sixth year, let me assure you, its familiarity has not bred content (nor contempt, either). Though I certainly know the warning signs, the dos and don'ts, and my responsibility in all of it, that doesn't mask – to me, anyway, the underlying reality: lung cancer kills. The survival rates, especially five years post-diagnosis, are in the low single digits. Fairly grim, I admit. Yet I am extremely happy and fortunate to say that I am one of those low-single-digits (and yes, I have been called worse; not much better though, considering my diagnosis). However, I am not in remission and I'm still receiving chemotherapy. In truth, I am an anomaly, an aberration; and expecting that my life continues without any further cancer-related ado seems naive and from most of what I read, fairly unrealistic. Now as much as I try to compartmentalize all these cancer facts and feelings – successfully for the most part, I'd like to add – the reality of my situation does manifest itself from time to time. This column has attempted to identify a recent example, my last two columns, where these facts and feelings may have collided.

Though nothing in my current health – or recent awareness of it (scans, lab work, physical exam, old symptoms, new symptoms persisting/getting worse, etc.) would indicate a change (a fatal flaw, if you will), there are always things with which I am totally unaware that may have changed and perhaps the way I learn about these changes is through my subconscious. I certainly don't know how or when I'll know when I'm at death's door. Perhaps there will be a knock, perhaps not. Still, I can't help wondering – and wanting to know – sort of.

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

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-William Van Horne

21 Announcements

LEGAL NOTICE

William Licamele MD will be retiring and closing his practice of Child Adolescent and Adult Psychiatry on June 26th, 2014. Until that date he can be reached at his office at 6760 Old McLean Village Drive, McLean Va. 22101--- phone 703-734-6927 for any questions, referrals, or follow-up. After June 26th, he can be reached at PO Box 338, McLean, Va. 22101 for any requests for information, records, referrals. Etc.

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FROM PAGE 7

FRIDAY/APRIL 25

Health Lecture: Common Foot Problems. 11 a.m.-noon at 601 S. Carlin Springs Road. Dr. Matthew Buchanan explains minor problems from everyday wear and tear. Call 703-558-6859 or visit www.virginiahospitalcenter.com.

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.
Health Fair. 10 a.m.-2 p.m. at the James Lee Community Center, 2855 Annandale Road, Falls Church. Hosted by the Northern Virginia Section, NCNW. Includes information on health screenings such as blood pressure, diabetes and women's health, with exercise demonstrations and door prizes. Free. Call 703-830-4820 or visit www.novancnw.org.

WEDNESDAY/APRIL 30

Application Deadline. High school students can apply to the "House Student App Challenge." The contest is open to all high school students who live in or are eligible to attend public schools located in the 8th Congressional District. Students must provide a YouTube or VIMEO video demo explaining their app and what they learned through the competition process by the competition deadline on April 30, 2014. More details on submitting a contest entry, the rules of the competition, and helpful programming resources can be found at U.S. Rep. Jim Moran's page at moran.house.gov/house-app-contest or through StudentAppChallenge.house.gov.

THURSDAY/MAY 1

Application Deadline. Arlington Rotary Club Education Foundation is accepting applications for the annual Arlington Rotary Scholarship. Applicants should be completing high school this year and planning to attend college in the 2014-2015 academic year. The scholarship is worth a total of \$8,000 and is paid out over 8 semesters of college. The scholarship is designed to help a deserving Arlington high school senior and is based on merit, community service and need. The application form has been sent to high school counselors in Arlington and can also be found at the Arlington Rotary website. Visit www.arlingtonrotaryclub.org for more.

FRIDAY/MAY 2

Chamber of Commerce Luncheon. 11:30 a.m.-1:30 p.m. at WETA, 2775 S. Quincy St. Meet and greet with Shannon Flanagan-Watson, Arlington's new Business Ombudsman. \$35 for members, \$50 for others. Register by noon April 30 at www.arlingtonchamber.org or call 703-525-2400.

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.
Celebrating a Legacy. 6-11 p.m. at the Crystal Gateway Marriott Pentagon City Hotel, 1700 Jefferson Davis Highway. Proceeds fund scholarships to local high school graduates as well as the organizations' community service programs and projects. Tickets are a donation of \$150 and can be purchased by email at fundraising@dstnovac.org or online at www.nvdecs.org/calendar/calendar.htm Visit www.dstnovac.org.

TUESDAY/MAY 13

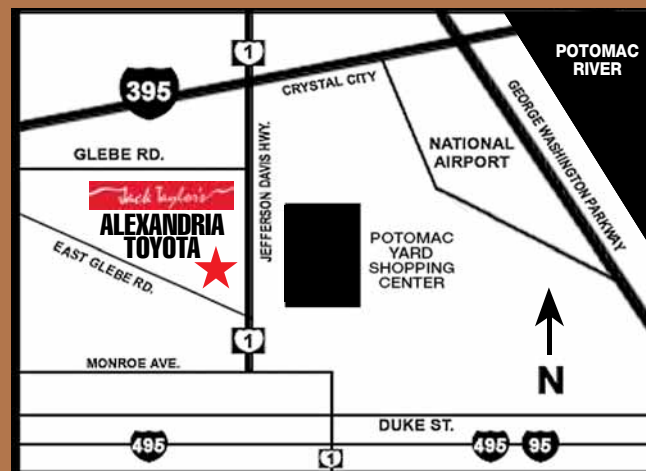
Community Input. 6:30-8:30 p.m. at Fairlington Community Center, 3308 S Stafford St. Arlington County has received a request to have a farmers' market established at Fairlington Community Center and is seeking community input. Meetings will be April 21 (to gather input) and May 13 (to discuss major themes). Call 703-228-7872.

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305

703-684-0710

www.alexandriatoyota.com



Service Department Hours:
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Saturday, 8:00am to 5:00pm

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Mufflers • Exhaust Pipes • Shocks • Struts
Toyota mufflers, exhaust pipes, shocks, struts
and strut cartridges are guaranteed to the
original purchaser for the life of the vehicle
when installed by an authorized Toyota dealer.
See us for full details.



TOYOTA
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You Have Saturdays Off
That's Exactly Why We Don't!



OIL & FILTER SERVICE SPECIAL

\$5⁰⁰ OFF

Includes: Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

VARIABLE DISCOUNT

\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
\$20.00 OFF with purchase of \$200.00 - \$499.99
\$50.00 OFF with purchase of \$500.00 Or more

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4 WHEEL ALIGNMENT

\$79⁹⁵

Includes: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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SPRING DETAIL SPECIAL

\$119⁹⁵

Includes: Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

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BRAKE SPECIAL

\$99⁹⁵

PADS

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

30000 MILES FACTORY RECOMMENDED SERVICE

\$159⁹⁹

Synthetic \$10 More

Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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BASIC MINOR SERVICE

PERFORMED EVERY 5,000 MILES OR 6 MONTHS
WHICHEVER COMES FIRST

\$69⁰⁰

2003 & NEWER
Synthetic \$10 More

Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, inspect brakes, top off under hood fluids, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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DETAIL SPECIALS

\$39⁹⁵

Wash & Vacuum

\$139⁹⁵

Hand wash, wax
& interior cleaning

\$295⁹⁵

Full premium detail

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VENTILATION SPECIAL

\$79⁹⁵

Includes: Clean condensor fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

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TRUE START BATTERY SPECIAL

\$139⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries.

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BUY 3 TIRES AND GET 4TH FOR

\$1⁰⁰



GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.

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HEADLIGHT RESTORATION SPECIAL

\$89⁹⁵

Plastic lenses can yellow with age, reducing the vehicle's market value. Headlight brightness & the overall safety during nighttime driving. The headlight lens restoration from us allows you to shine and restore headlights to like-new conditions.



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WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

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COMPLIMENTARY MULTI-POINT INSPECTION

Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

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ROTATE & BALANCE SPECIAL

\$49⁹⁵

Includes: Rotate and balance all 4 wheels and inspect brakes and tires.

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