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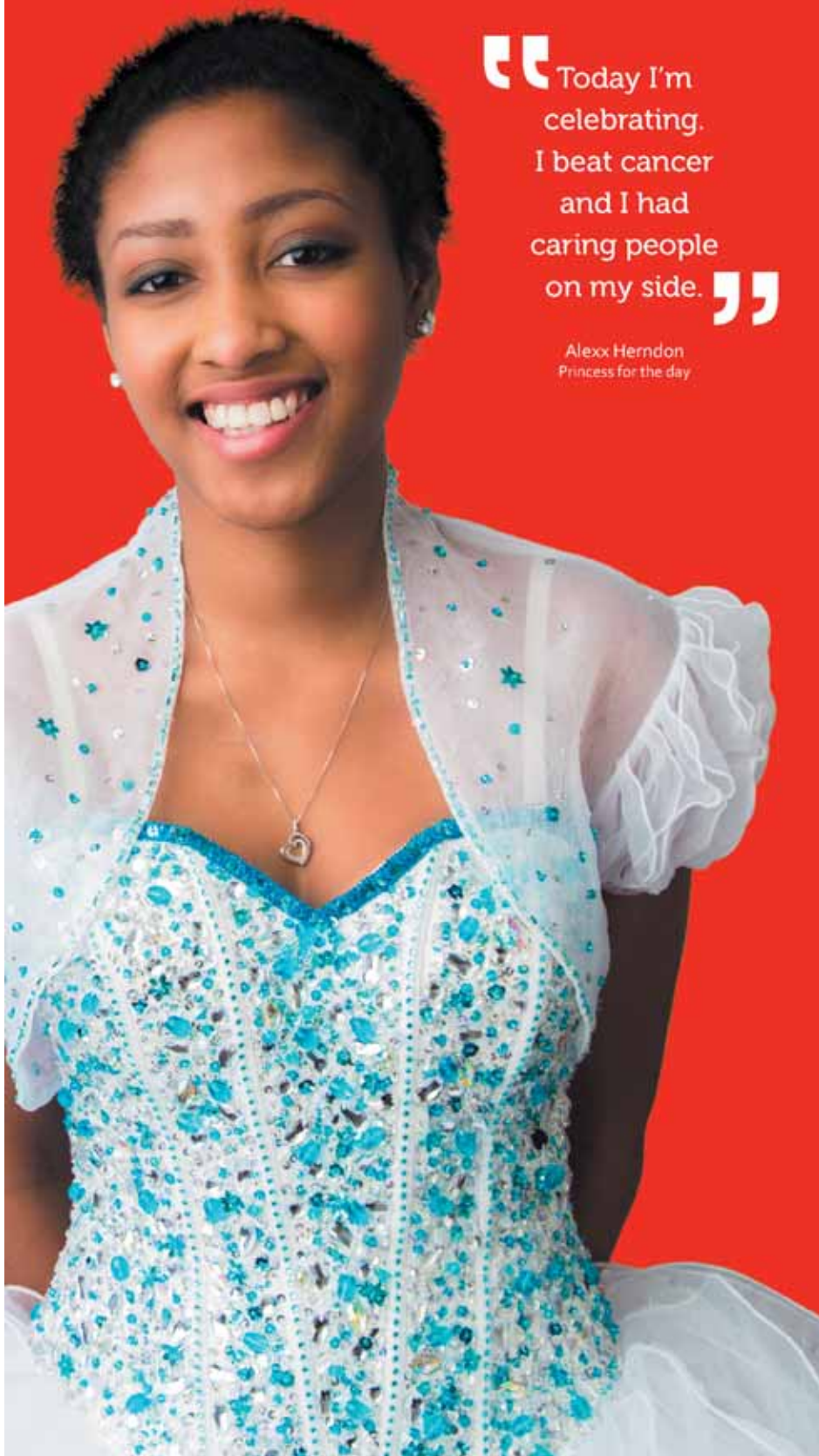
At Marymount University's 2014 Portfolio in Motion fashion show included designs by alumna Vesna Kustudic '08 with Mint Lola, a bridal accessory atelier.





Alexandria celebrated her 16th wearing her gown, not ours.

Alexx was diagnosed with bone cancer her first year of high school. Instead of going to an adult hospital, her family got help from a cancer treatment team focused completely on pediatric medicine. Watch how specialized care created a special day at JustRightForChildren.com/Alexx.



“Today I’m celebrating. I beat cancer and I had caring people on my side.”

Alexx Herndon
Princess for the day

NEWS



PHOTO CONTRIBUTED

Visitors stop by the 30th Annual Hospice Plant Sale on May 3 at the Halquist Memorial Inpatient Center.

Garden Enhances Capital Caring

Plant sale funds volunteer-operated landscaping.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Arlington’s Halquist Inpatient Center of Capital Caring, the only non-profit hospice in Northern Virginia, can be an emotionally difficult place to work, visit, and live. The six-person landscaping volunteer committee comes together to ensure that all people affected by the center — patients, employees and its neighbors — have natural gifts that make this phase of life a little more peaceful.

Saturday, May 3, was the landscaping committee’s 30th annual plant sale. The committee, which has maintained the Hospice’s well-manicured and flowered grounds for 30 years, funds its own efforts completely and raised about \$3,000 this year at the sale.

“It was a good turnout with a couple hundred people there,” Diane Oermann, head of the Landscaping Committee, said. “We vary from year to year, but there are from 100 to 150 types of plants. There were trees, shrubs, perennials, annuals and herbs.”

Oermann said the annual plant sale has blossomed into something beautiful over the past three decades. It’s a good thing because the all-volunteer committee funds the landscaping efforts completely.

“In the beginning we did it from no money,” Oermann said. “People dug up things in their yard. At first all we had to sell was liriopie and hostas. As the years went on, we wanted to improve the grounds further so we have added many beds.”

The landscaping committee procures the plants for the annual sale from volunteers, suppliers, and even from the hospice gardens.

“One year we had a lady who provided a bunch of vegetable seedlings,” Oermann said. “It changes from time to time. Some of the plants are divisions from the hospice grounds themselves. A lot of things come from landscape volunteers. We cannibalize our own yards. We also have a supplier to provide some of the other things.”

The landscaping is an important element of the Arlington hospice, and patients appreciate the natural aesthetic appeal it provides. One element of the garden in particular plays a major role.

“The landscape is an important part of the hospice itself,” Oermann said. “It is mainly for the patients. There is even a gazebo to accommodate two hospital beds. We have patient weddings there, baptisms and some have requested to pass away in the gazebo.”

While predominantly for patients, the gardens are also a retreat for staff members who need a break from difficult moments.

“It’s a nice place to contemplate, and this staff works under a lot of stress,” Oermann said. “The landscape restores peoples’ spirits.”

Malene Davis, president and CEO of Capital Caring at large, said the landscaping of the Halquist center is an example of the love and support of volunteers in the surrounding Community.

“At Capital Caring, our volunteers are very important to our commitment of providing world class care and service to our patients and their families,” Davis said. “My hat is off to the Arlington community and our team of volunteers for creating a beautiful garden and grounds at our Halquist Inpatient Center. From the day the former Woodlawn Elementary School was gifted as a place to provide the best in care, the armies of compassion in the Arlington community have been paramount to our mission of simply improving care to those with advanced illness.”

The overall community support, Oermann added, has been crucial to the blooming and growing garden.

“The immediate community associate, the Waycroft Woodland Civic Association, has been great, and we get people who help from all over Falls Church, Alexandria, Fairfax County, and throughout Arlington,” Oermann said. “We really appreciate the community’s support.”

The landscape volunteers are Wink Harned, Joe Pimenta, Kathryn Lahn, John Lynn and Bill Marshuetz. They work every Saturday of the year February through December to ensure the beauty of Halquist is suitable for its patients, staff and residential neighbors.

2014 Designer of the Year Jhane Barnes goes backstage with the senior designers before the fashion show premiere on Thursday evening, May 8.



PHOTOS BY CASPER KAY

2014 Portfolio in Motion

With a theme inspired by industrial art, Marymount University's annual fashion show premiered on May 1. Designer Jhane Barnes received Marymount's 2014 Designer of the Year Award in recognition of her innovative menswear, textiles, and creative use of mathematics in the design process.

The jury-selected garments, created by the fashion merchandising students, were modeled by Marymount students.

The alumni designers featured were Claudia Hosky '09, with her Fearless brand; Vesna Kustudic '08 with Mint Lola, a bridal accessory atelier; and Sylvie Cachay '99, the SYLA swimwear designer, who died tragically in 2010. SYLA was featured

as a tribute to this designer; The Sylvie Cachay Memorial Project combats violence against women, funds fashion design scholarships for Marymount students, and supports the Animal Lovers Initiative.

After the final runway walk, Janice Ellinwood, chair of the fashion programs, recognized outstanding fashion design student achievements: The Portfolio in Motion Award and Best Line for Craftsmanship - Lisa Sanders; The NAMSBE Foundation Arthur H. Taylor Award for Excellence in Menswear Design and Best Line for a Target Market - Si-Jin Joo; Best Line for Innovation - Kieri Borg; Best Line for Draping - Eva Ramirez and Best Line for Fabrication - Charity Peart.



A Dale Angus design modeled by Bria Scott-Fleming.



A design by Dona Adel Rajab modeled by Frank Cadle.



Mariana Choong models a dress designed by Sarah Wheeler.



Marymount President Matthew D. Shank presented Jhane Barnes with the 2014 Marymount University Designer of the Year Award.



Fashion merchandizing major Gabriela Skura '14 models Redskins fan apparel from a product development course. Designs by Breaune Lippy.



As a tribute to Sylvie Cachay '99, the SYLA swimwear designer, who died tragically in 2010, models took the stage dressed in SYLA.

Handling the Crush

What will School Board candidates do if elected?

BY MICHAEL LEE POPE
THE CONNECTION

The three candidates seeking the Democratic endorsement for School Board all say they are opposed to increasing class sizes, and all three say the School Board is probably going to have to consider boundary changes to handle the crush of new students. Beyond that, though, the candidates have a wide array of opinions about how the county schools should handle the enrollment spike. Voters will have the final say when they head to the polls May 15 and May 17.

"They are looking for someone who is going to do an excellent job managing the challenges in increasing enrollment at a time when budgets are still very hard to come by," said Arlington County Democratic Committee Chairman Kip Malinosky, a civics teacher in Fairfax County.

The candidates will be hoping to fill a seat vacated by Sally Baird, who was first elected to the School Board in 2006. When asked about her lowest point in elected office, Baird recalled a time when School Board members were considering a plan that would have created boundary changes in response to falling enrollment when she was first elected.

"If we had done what he had recommended, we would have basically been moving kids from one crowded school to another crowded school," said Baird. "Given that the trajectory has continued to go up, we would have really been in a mess."

GREG GREELEY has repeatedly criticized school leaders for not being ready for the enrollment spike that's about to happen. Since he joined the school system's facility advisory committee three years ago, Greeley says, he has come to the conclusion that Arlington needs a master plan to deal with an enrollment of 30,000 students by the next decade. On the campaign trail, he has repeatedly called for School Board members to create such a plan.

"As a school system we need to do more to prepare for this," said Greeley. "We are simply building where we can build schools to get seats in place, but that's not the same as having a vision for a

30,000 student system."

Greeley said he would support efforts to potentially use classrooms six out of the seven periods in the school day, although he acknowledged that the drawback would be that teachers would lose the traditional model. He also said he might support tweaking the admissions policy and transfer policy to ease overcrowding. On the other hand, he's more critical of efforts to team elementary schools and implement a year-round schedule. He's more open to adjusting class schedules and relocating programs, although he said he would want to see more detail on how those strategies would work before offering his full support.

"One of the disadvantages of the team concept is that it sets up inequalities of choice, and I think those kinds of inequalities of choice need to have a higher scrutiny to them," said Greeley. "I think that runs counter to what most people in Arlington would like to think about choice programs, which is if there is a choice program it should be an opportunity that's equally available to all."

BARBARA KANNINEN says school leaders have seen enrollment increases over the last decade, so the challenge of crowded schools is not a new one in Arlington. Nevertheless, she said, school leaders have fallen behind in building new facilities. As a result, she said, School Board members will need to find creative solutions to addressing the crush of new students.

"We've been watching enrollment go up over the last 10 years," said Kanninen. "We've got trailers

SEE WHAT WILL, PAGE 12



Greg Greeley



Barbara Kanninen



Nancy Van Doren



A male Baltimore Oriole, the state bird of Maryland.



Male Rose-breasted Grosbeak is among the most colorful of the migrant birds in the Washington area. They breed just to the west of this area.



Indigo buntings are common breeders in both Maryland and Virginia. Look for the bright-blue males on tree tops, like cedars or snags, and utility wires throughout the area.

Spring Songbirds Arriving Local bird groups and bird walks help beginning birders see colorful birds.

BY DONALD SWEIG

The birds are coming. The annual migration of often brightly colored songbirds from their winter homes in Central and South America, Mexico, the Caribbean Islands, and the southern U.S. is underway now. Millions and millions of avian migrants fly northward every night and the come down to rest or nest every morning. Some of the birds are enroute to nesting areas far to the north; some nest right here or nearby. Avian enthusiasts (birders/bird watchers) and general nature buffs have eagerly awaited the birds' arrival and are now out in force hoping to see some of their feathered friends.

The spring breeding birds (50 or more species) are often boldly patterned and brightly colored. They exhibit in various patterns of black, white, yellow, red, blue, orange and myriad shades of brown and grey.

And they sing. Each species has a distinct song and call. Spring songbirds can be seen in many places in the area, from a tree in any yard, to "migrant traps," natural areas that attract migrating birds and regular nesting sites.

The Baltimore Oriole, the state bird of Maryland, was named by the original settlers of Maryland in the 17th century, when they saw the orange and black bird, the same colors as the coat-of-arms of Cecil Calvert, 2nd Lord Baltimore, the founder of Maryland.

Local Birding Groups

As a novice or beginning birder, chances of seeing and identifying birds are greatly increased if one goes out with more experienced birders. Local organizations have regularly scheduled bird walks, and welcome newcomers, beginners and returning birders on most outings.

Montgomery Bird Club
www.montgomerybirdclub.org/

Northern Virginia
www.nvabc.org/ Northern Virginia

Audubon of Virginia
www.audubonva.org/ Northern Virginia

Audubon Naturalist Society
www.audubonnaturalist.org/

Also look at: <http://birding.aba.org/> (American Birding Association), Click on Maryland or Virginia to see what is being seen and where.

They declared that the oriole was "Lord Baltimore's bird."

Baltimore Orioles are easily found in late April and early May as they breed in Maryland and Virginia. Look for them along the C&O Canal, in the Great Falls Parks on both sides of the Potomac.

It's a great opportunity to see Spring wildflowers as well.

Any morning, especially with south or southwest winds, from mid-April until late May is likely to bring a new wave of birds.

The local nesters are especially vocal when the first arrive and are setting up breeding territories. Look for them on the top of trees, often singing loudly.

Go at sunrise, or shortly thereafter when the new migrants have just arrived; late afternoon (4 to 6 p.m.) is also often productive, though not as good as early morning. If you have binoculars, take them. Listen carefully and look toward any bird sound you hear.

Local bird clubs have lots of bird walks in the Spring and are usually delighted to have new folks come along, and one will see



Birders in Monticello Park in Alexandria, six acres full of migrating warblers, small colorful birds making their way north after wintering in South and Central America. Earlier this month, the park was full of birders listening to the bird calls and then searching to see such birds as Black Throated Blue Warbler, Black and White Warbler, American Redstart, Prairie Warbler and many others. One birder reported 42 species of birds on May 2.

Birding Hotspots

FAIRFAX COUNTY

Great Falls Park

www.nps.gov/grfa/index.htm

Riverbend Park along the Potomac

www.fairfaxcounty.gov/parks/riverbend-park/

Huntley Meadows Park

www.fairfaxcounty.gov/parks/huntley-meadows-park/

ARLINGTON COUNTY

Long Branch and Carlin Springs parks

www.arlingtonva.us/departments/parksrecreation/scripts/parks/LongBranch.aspx

ALEXANDRIA

A well-known and popular "migrant trap" in Alexandria is **Monticello Park**, 320 Beverly Drive.

Note

Local native Donald Sweig, Ph.D., who retired in 2002 after nearly 30-years as the County Historian for Fairfax County, is an avid birder, nature photographer, and naturalist. His observations about locally observable birds and other fauna and flora, as well as local history, will appear occasionally in the Connection. He can often be found in Riverbend Park in Great Falls, Va., along the C&O Canal in Montgomery Co., Md., and in other local natural areas, parks, and wildlife refuges.

Organized Bird Walks

Here are some planned bird walks in the area, beginners and novices welcomed.

8 a.m. Sundays, Bird Walk at Great Falls National Park, meet at the visitor center, 9200 Old Dominion Dr, McLean.

8 a.m. Sundays, Friends of Dyke Marsh lead a walk into Dyke Marsh all year long.
www.fodm.org

Wednesday, May 21, 8:30 a.m. Eakin Park 8515

Tobin Road, Annandale, www.nvabc.org

Wednesday, May 28, 8:30 a.m. Huntley Meadows, www.nvabc.org



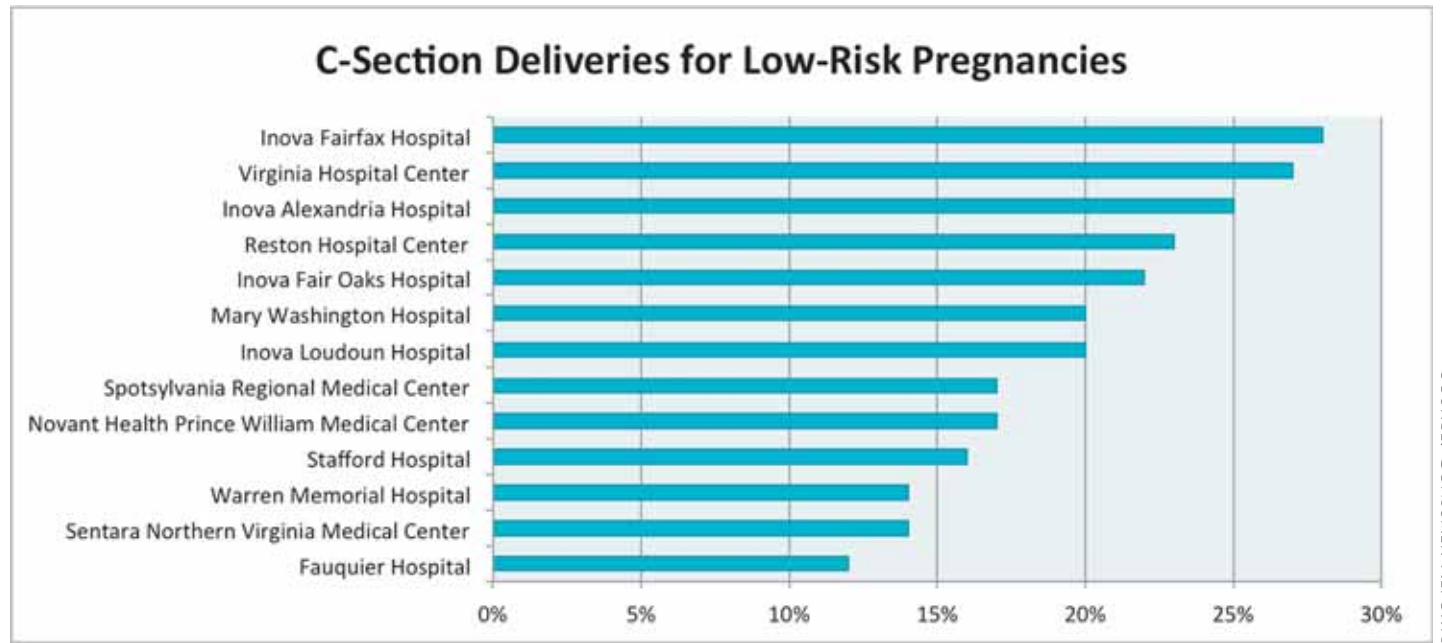
C-Section Boom in Northern Virginia

Region has some of the highest rates of cesarean-section deliveries for low-risk pregnancies.

BY MICHAEL LEE POPE
THE CONNECTION

Behind the closed doors at Inova Fairfax Hospital in Falls Church and the Virginia Hospital Center in Arlington, a quiet change has been taking shape over the last few decades. Doctors at these two hospitals have been performing cesarean-section deliveries for low-risk pregnancies at a rate that far exceeds what happens at most hospital across America. Last week, the two hospitals landed on Consumer Reports' top 10 list for hospitals with high C-section rates.

"It's an alarming trend," said Dr. Michele Davidson, associate professor and coordinator of the PhD Nursing Program at George Mason University. "You have a much higher maternal mortality and morbidity rate when you perform a C-section versus a normal



birth. So you're taking a surgical risk that does not need to be taken."

C-section deliveries have long been used for high-risk pregnancies, when the health of the mother or the baby is at risk. Since the 1960s, though, doctors have increasingly been performing C-section deliveries for low-risk pregnancies. These include women who have never had a C-section before, are not delivering prematurely or

are pregnant with a single baby that is properly positioned. Critics say the procedures drive up costs and increase risks for mothers and babies, although hospitals say they are providing options to women. "We work closely with expectant mothers and physicians to support choice, while providing a safe and personalized birth experience," said Maryanne Boster, director of corporate communications for the Virginia Hospital

Center. "We are partnering with our physicians to constantly monitor and balance the needs of the mother and baby while ensuring we work towards the best outcome for both."

SINCE 1970, the number of C-sections performed in the U.S. has increased 500 percent. Davidson said a number of reasons are driving the trend. One is fear of litigation. SEE C-SECTION BOOM, PAGE 7

SOURCE: CONSUMER REPORTS

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Virginia Proves Elections Matter

Health and economic issues are entwined.

Some people continue to assert, either with their words or by simply abstaining, that voting just doesn't matter. Here in Virginia, nearly every day we prove that is incorrect.

All of Virginia's elected representatives who are elected by the entire state are of the same political party. They are all Democrats: Gov. Terry McAuliffe, Lt. Gov. Ralph Northam, Attorney General Mark Herring and Virginia's two U.S. Senators, Mark Warner and Tim Kaine.

None were elected by a landslide but the trend is undeniable; the results are tangible.

Herring won his race over Mark D. Obenshain (R) by fewer than 200 votes out of more than 2.2 million votes cast. But that slimmest of margins has cleared the way for a new approach on many issues, especially after the previous four years of Gov. Bob McDonnell and Attorney General Ken Cuccinelli.

In January, Herring announced his office would support legal arguments that Virginia's

ban on same sex marriage is unconstitutional. Judge Arenda Wright Allen on Valentine's Day overturned that ban, and on Tuesday, May 13, the U.S. 4th Circuit Court of Appeals in Richmond begins the process that should result in same sex couples being able to marry in Virginia.

In April, Herring advised that Virginia students who are lawfully present in the United States under the Federal Deferred Action for Childhood Arrivals (DACA) program qualify for in-state tuition, provided they meet Virginia's domicile requirements.

EDITORIAL

This week, Gov. McAuliffe began administrative processes to blunt the effects of restrictive regulations placed on women's health centers that provide abortion, that would essentially have forced most to close by applying onerous standards intended for hospitals.

"I am concerned that the extreme and punitive regulations adopted last year jeopardize the ability of most women's health centers to keep their doors open and place in jeopardy the health and reproductive rights of Virginia women," McAuliffe said. He also began the process of changing the makeup of the Board of Health via appointments, including return-

ing James Edmondson of McLean to the board.

In the meantime, the gerrymandering of district lines for members of the General Assembly maintains the conservative, Republican super majority there.

Those members of the House of Delegates in particular seem prepared to cut off their noses to spite their faces, to do almost anything to deny health care to more than 200,000 very poor Virginians who could be covered by expanding Medicaid under the Affordable Care Act. Not only would this be fully covered by Federal funds for the first years and covered 90 percent thereafter, but it would bring enormous economic benefits to Virginia. McAuliffe is correct to look for ways to expand Medicaid administratively, bypassing the General Assembly. It has been done elsewhere.

"This is not just a health issue — it's an economic issue," McAuliffe said yesterday in announcing review of the regulations on women's health clinics, but the statement applies also to expanding health care in Virginia. "In order to grow and diversify our economy, Virginia needs to be open and welcoming to all."

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

FRIDAY/MAY 16

Bike to Work Day. Morning and afternoon commute includes six pit stops in Arlington with free food and drinks. Visit www.bikearlington.com/

pages/news-events/bike-to-work-day-2014 for information and www.biketoworkmetrodc.org to register to win prizes.

FRIDAY-SUNDAY/MAY 16-18

Honoring Animals Weekend. At Arlington Metaphysical Church, 5618 Wilson Blvd., Arlington. Three days of workshops, readings and activities designed especially for pets and their humans, including Blessing of the Animals Service 11 a.m. Sunday. Call

703-276-8738, ext. 1002 or visit www.arlingtonmeta.org.

SATURDAY/MAY 17

Plant Sale. 9 a.m.-3 p.m. at Space #13, Green Spring Gardens, 4603 Green Spring Road, Alexandria. Perennials, natives and more. Grown in the gardens of Virginia Cooperative Extension Master Gardeners and in VCE Demonstration Gardens in Arlington and Alexandria. Visit www.ext.vt.edu.

Orchestra Auditions. 9 a.m.-4 p.m. at Immanuel Church on the Hill, 3606 Seminary Road, Alexandria. Auditions for the Washington Metropolitan Youth Orchestra and the Washington Metropolitan Concert Orchestra, both for young musicians. For complete audition information, requirements and registration visit www.wmpamusic.org/wmyo-auditions.html for the youth orchestra and www.wmpamusic.org/wmco-auditions.html for the concert orchestra. Visit wmpamusic.org.

SUNDAY/MAY 18

Death Café Discussion. 3-5 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Small group discussion and tea party with the Memorial Society of Northern Virginia. Free. Call 703-271-9240.

MONDAY/MAY 19

Orchestra Auditions. 4:30-9 p.m. in the Ainslie Arts Center at Episcopal High School, 3800 West Braddock Road, Alexandria. Auditions for the Washington Metropolitan Youth Orchestra and the Washington Metropolitan Concert Orchestra, both for young musicians. For complete audition information, requirements and registration visit www.wmpamusic.org/wmyo-auditions.html for the youth orchestra and www.wmpamusic.org/wmco-auditions.html for the concert orchestra. Visit wmpamusic.org.

WEDNESDAY/MAY 21

Leadership Arlington Awards Ceremony. 6-10 p.m. at The Westin Arlington Gateway, 801 N. Glebe Road. Leadership Legacy Awards will be presented to Randy Anderson, Rich Doud and A-SPAN. Event also celebrates graduation of the Leadership Arlington class of 2014. \$125 admission includes dinner. Visit www.leadershiparlington.org.



PHOTO CONTRIBUTED

Going Green

Hundreds of students in Arlington elementary schools were enrolled in Dominion's Project Plant It! program this spring. They learned how trees benefit the ecosystem with educational lesson plans and got a redbud tree seedling to plant in honor of Arbor Day on April 25. Above are students from Jamestown Elementary School. They planted a tree on the school grounds in an Earth Day and Arbor Day celebration with assistance from volunteers with Dominion, the parent company of Dominion Virginia Power. For more information, visit www.projectplantit.com.

The
Arlington
Connection

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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C-Section Boom in Region

FROM PAGE 5

tion, largely driving by high-profile lawsuits involving women whose uterus ruptured when they tried to induce labor in a pregnancy following a previous C-section delivery. Another trend driving the increased number is that more and more women are electing to have the procedure, a practice known as cesarian-on-demand.

"They're done with such frequency that they are a very safe procedure," said Del. Patrick Hope, who is a lobbyist with the American College of Cardiology. "Of course, what we are seeing is that the health plans are paying it. And so the health plans, which have everything at stake and are looking at the procedures and looking at the guidelines, they are clearly indicating it's appropriate."

Ultimately, though, the higher numbers may be related to money. Doctors can get higher rates of reimbursement when they opt for C-section deliveries. They also free up their schedule, allowing them to see more patients. The average labor time for a first-time baby is 16 to 18 hours, precious moments for doctors whose time is money. Davidson said she once worked at a hospital in Washington, D.C. where one doctor had a 100 percent C-section delivery rate.

"The only way one of his patients would deliver vaginally is if she walked in complete and he wasn't there," said Davidson. "He C-sectioned everyone because he didn't want to wait around for these women to deliver."

ANOTHER POSSIBLE explanation for Northern Virginia having higher rates of C-section deliveries for low-risk pregnancies has to do with the culture in the region. Many professional women want to have a baby on their schedule rather than waiting around for labor. And military families are often under pressure to have babies on a schedule that has a strict deadline related to deployment. In many cases, these women undergo selective induction, a process in which labor is induced on demand.

"When you give someone the medication to start labor when her body is not really

"It's an alarming trend. You have a much higher maternal mortality and morbidity rate when you perform a C-section versus a normal birth. So you're taking a surgical risk that does not need to be taken."

— **Dr. Michele Davidson, associate professor and coordinator of the PhD Nursing Program at George Mason University.**

ready, you start to see failed inductions which lead to a C-section," said Davidson. "So that's another factor that we did not have in the 1960s at all."

In March, the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine published in new practice guidelines designed to curtail the number of unnecessary C-sections. The two groups acknowledged that, in some cases, the procedure is medically necessary for the health and well-being of the mother or the baby. For example, the groups concluded cesarean delivery is firmly established as the safest route of delivery when conditions such as placenta previa or uterine rupture.

"Childbirth by its very nature carries potential risks for the woman and her baby, regardless of the route of delivery," the women's health organizations reported. "For most pregnancies, which are low-risk, cesarean delivery appears to pose greater risk of maternal morbidity and mortality than vaginal delivery."

ALTHOUGH MOST of the increase in C-section deliveries came in the 1970s and 1980s, recent years have seen yet another spike. Since the mid-1990s, C-section deliveries have increased yet again. In 2011, for example, one in three women in the U.S. gave birth by cesarean delivery, a 60 percent increase since 1996. Some are concerned that the rapid increase in cesarean birth rates raises significant concern that cesarean delivery is overused without clear evidence of improved maternal or newborn outcomes. Some leaders in the American Congress of Obstetricians and Gynecologists are calling it a "epidemic."

"I like to use that word because it's dramatic," said Aaron B. Caughey, M.D., a member of The College's Committee on Obstetric Practice who helped develop the new recommendations.

"I use that word because this is nationwide and worldwide. It's something that's occurring that we need to understand better, and in my opinion it's something that we should work to forestall."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 27-31.

Senior trips: Tuesday, May 27, Lewis Ginter Botanical Gardens, Henrico, Va., \$39 (includes lunch); Thursday, May 29, Valley Forge and King of Prussia Mall, Pa., \$15; Friday, May 30, Bluegrass Jam, Round Hill, Va., \$12; Saturday, May 31, Signature Theatre, "The Threepenny Opera," \$67. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Arlington senior centers will be closed Monday, May 26 in observance of Memorial Day.

Guiding Eyes for the Blind demo, Tuesday, May 27, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Beginners full fitness exercise class, Tuesdays and Thursdays, 10 a.m., Lee. \$60/15 sessions. Details, 703-228-0555.

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ENTERTAINMENT

'Shutdown' a New Beginning for BoxCartel

Arlington band BoxCartel hosting a CD release party May 24 at the Rhodeside Grill.

BY AMBER HEALY
THE CONNECTION

Last fall's closure of the federal government for more than two weeks might have been a frustrating time for some, but five local men used it to make a record.

The members of BoxCartel saw the 16-day closure, during which time they were expressly forbidden from working, as an opportunity to put together their new 11-track album, aptly titled "Shutdown," a process that otherwise would've taken up to a month or longer.

Lead singer and songwriter Ken Feldman and bassist Pat Kehs have played in bands together for several years, but it's only been the past two-and-a-half years that BoxCartel has been around, Kehs said. Joined by lead guitarist Jeff Blakeman, guitarist Paul Kluetz and percussionist and saxophonist Doug McKalip, the band gets together at least once a week to practice their sound, an eclectic mix of bluesy Southern rock, alternative country, Americana and roots.

"Ken and I were doing a neighborhood party together, and we both live in Arlington," Kehs said. "Originally we just did covers, but as Ken started writing great songs, I wanted to include some friends of mine — Doug, Jeff and I have been playing together since the '90s."

It's an easy friendship and musical collaboration among the five of them, which

translates into a freewheeling stage presence that's both carefree and precise, as solos are easily transitioned back into a song's main structure.

When asked for inspiration, McKalip, who also served as engineer, recorder and mixer for the band's debut album, cited "everything from The Police to The Band to all kinds of [other styles]." Their sound is fitting for an area like the greater Washington, D.C. region, he said.

"D.C. is such a crossroads for types of music and cultures," and that's seeped into BoxCartel's sounds, he said. "American Rockabilly, rock and roll, alt country," all are welcome.

Blakeman, who mastered the album, said one of his favorite albums growing up was the Allman Brother's "Live at the Fillmore East," an iconic record. "That's how I started up," he said. "I said, 'I want to make that sound.'"

Kluetz said his own musical background includes bands that had "a lot of funk influence."

Meet the Band

BoxCartel's new album, "Shutdown," will be available for purchase during the CD release party on Saturday, May 24 from 9 p.m.-12 a.m. at Rhodeside Grill, 1836 Wilson Blvd. in Arlington. The band also has a Summer Solstice party scheduled for Saturday, June 21, at the Westover Beer Garden on Washington Boulevard, starting at 6 p.m. Visit www.boxcartel.com for more on the band and samples of the new album.

IT TOOK MOST of the band's first two years to put together their sound, but now they're ready to unleash it.

"We all trust each other enough to do what they think is best for a song," Blakeman said. "Everybody has a really good musical ear."

As the primary songwriter, Feldman has learned a little bit of wisdom for a new creation.



BoxCartel will have a CD release party at Rhodeside Grill on May 24 for their new album, "Shutdown." From left: Jeff Blakeman, Ken Feldman, Doug McKalip, Pat Kehs and Paul Kluetz.

"When you come in with a new song, you have to let it go," he said. "These guys are so talented. Doug has a great ear for what a song should be."

That's why McKalip took the lead on preparing the new album last fall. He recorded his drum tracks first, then sent the files to the other members of the group to have them record their pieces independently. Given the government closure, they had time on their hands. The record came together more quickly than expected.

So how do they juggle careers and wives and kids with being in a band?

"For me, this is the smelling the roses part of life," Kehs said. "It's what I do for fun. We get together for practice about once a week, but we're flexible. Every day there's just so much," so if things need to be re-

scheduled or shifted around, everyone understands.

"It's so different from any other band I've been in," Kluetz said. "We don't need to practice as much because we all get along musically."

The band describes the new album as "real music for real life," Kehs said. "You can play it live. There are no samples [mixed in electronically that can't be reproduced easily on stage]. You can step onto a stage and just play."

The upcoming gig at Rhodeside Grill on May 24th will serve as a CD release party.

"That was one of the first places we played," Kehs said. "Hopefully we can get beyond our own friends and family [in the audience]. We're just trying to get into people's heads."

CALENDAR

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Theater. Through May 18, "Tango Turco" (Turkish Tango), a play by Rafael Bruza, runs at Gunston Arts Center, Theater Two, 2700 S. Lang St. In Spanish with English surtitles. Post-performance discussions Fridays. Childcare available Sundays with advance notice, \$10 per child. 8 p.m. Thursdays, Fridays and Saturdays, and 3 p.m. Sundays. Prices vary: \$15 all Thursdays, \$30 students/seniors and \$35 general admission Fridays and Saturdays; \$25 all Sundays. Visit www.teatrodelaluna.org, www.ticketplace.org or www.goldstar.com.

Art Exhibit. Through May 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. Contact info@galleryunderground.org or 571-483-0652, or visit www.galleryunderground.org.

Theater. Through June 8, Synetic Theater presents a new adaptation of Jerome K. Jerome's "Three Men in a Boat (To say nothing of the dog)," through June 8 at 1800 S. Bell St., Arlington. Tickets \$35+. During the Sunday, May 18 performance childcare is provided at Synetic Studio for \$5. Call 866-811-4111 or visit www.synetictheater.org.

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.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for

best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

WEDNESDAY/MAY 14

55+ Fitness Day. 9 a.m.-3:30 p.m. at the Walter Reed Community Center, 2909 16th St. S. Enjoy fitness activities and demos for all levels like boomer boot camp and dance fusion. Free. For information or to register contact 703-228-0955 or jcollins@arlingtonva.us or visit <http://parks.arlingtonva.us/events/55-fitness-day>.

YA Book Club. 5 p.m. at One More Page Books, 2200 N. Westmoreland St. "The Fault in Our Stars" by John Green. Visit www.onemorepagebooks.com or call 703-300-9746.

THURSDAY/MAY 15

Book Signing. 6:30-8 p.m. at the Arlington Historical Museum in the Hume School, 1805 S. Arlington Ridge Road. Local author Charlie Clark of "Arlington County Chronicles" will sell and sign books.

Visit www.arlingtonhistoricalsociety.org.
Author Reading. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Hilary Davidson with her first stand-alone novel, "Blood Always Tells." Visit www.onemorepagebooks.com or call 703-300-9746.

FRIDAY/MAY 16

Children's Math Movies. 7:30 p.m. at the David M. Brown Planetarium, 1426 N. Quincy St., Arlington. "Schoolhouse Rock Multiplication Rock" (1973) and "Powers of Ten" (1968). Total running time 45 minutes. Suitable for family audiences. Schoolhouse Rock is targeted to children in grades K-5. \$3 for children 12 and under, \$5 for friends, members and seniors (60+), \$7 for teens and adults. Visit <http://friendsoftheplanetarium.org>.

Polka Party. 7:30 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Kirsten Warfield & Present Company. Free, but donations accepted. Light

refreshments. Email kwarfield@mac.com for more.
Live Music. 8 p.m. at Artisphere, 1101 Wilson Blvd. Los Master Plus, the kings of cumbiatrónica. Visit <http://artisphere.com>.

Future Fund Awards Gala. 8-11 p.m. on the Cherry Blossom Charter, located behind the Torpedo Factory in Old Town, Alexandria, 105 N. Union St. The evening will feature hors d'oeuvres, an open bar and dancing. Tickets are \$75 for Future Fund members and \$95 for nonmembers. Visit <http://www.cfnova.org/ffgala> for more.

FRIDAY-SUNDAY/MAY 16-18

Art Sale. At St. Andrews Episcopal Church, 4000 Lorcom Lane. 7-9 p.m. Friday, 11 a.m.-5 p.m. Saturday, 11 a.m.-2:30 p.m. Sunday. Art from 40 participating artists from the Arlington Artists Alliance. All pieces \$95 or less. Visit standrewsnet.org or www.arlingtonartistsalliance.org.

SEE ENTERTAINMENT, PAGE 13

Signature Stages 'The Threepenny Opera'

Musical presents dark critique of capitalism.

BY STEVE HIBBARD
THE CONNECTION

"Life's a bitch and then you die." Signature Theatre in Shirlington is staging an updated version of "The Threepenny Opera" through June 1. While it was written in 1920s Germany (and based on John Gay's 1728 "The Beggar's Opera"), its themes are timeless: the brutality of humanity and the scathing critique of a capitalist society.

With a dark translation by Robert David MacDonald and Jeremy Sams, the play is set in a miserable future surrounding the coronation of King William V — currently Prince William — in the underworld of London. Director and choreographer Matthew Gardiner and Scenic Designer Misha Kachman make use of graffiti by Banksy, a British artist/political activist as well as a neon LED stock market screen.

Gardiner said Signature had discussed doing "The Threepenny Opera" for many years, adding that it feels truly relevant today — especially with the Pew Research Center's report that income inequality is at

its highest level since 1928 — coincidentally, the same year that the play premiered.

"I wanted to tell the story that [Kurt] Weill and [Bertolt] Brecht intended to tell. It is a scathing satire and I feel that in many translations/adaptations of Brecht's and Weill's musical, that is lost," said Gardiner. "[English translators] Robert David McDonald and Jeremy Sam's adaptation is everything I wanted for a contemporary audience. I hope that the audience can see the world we live in now. This play is brutal in its view of the world. I hope we achieved painting it in that way."

As far as challenges, Gardiner said Brecht is stylistically a very challenging playwright. "How do you respect his techniques and at the same time make them relevant for a contemporary audience. How do you continue to shock, surprise and rally an audience into a desire to make a change," he said. "It was a difficult but thrilling challenge."

Actress Erin Driscoll plays the role of Polly Peachum, a spoiled young woman who marries her parents' arch-nemesis in an act of rebellion. "She plays dumb and coy but



PHOTO BY MARCOT SCHULMAN

Polly Peachum (Erin Driscoll) sings "Pirate Jenny" in "The Threepenny Opera," at Signature Theatre through June 1.

underneath is a cunning woman who is just as ruthless as Mack the Knife," said Driscoll.

In acting in this Brecht piece, she said, "The point of the piece is to not be acknowledged for your acting and singing chops, but to get the message of the piece across. The goal is to keep the audience from connecting in a personal way with your character and as an actor, that is something you normally want from your audience."

Nataschia Diaz plays the role of Jenny, the ex-flame of MacHeath. "They lived together, and, out of economic desperation, budding antisocial behavior, he basically whored her out for money to support them," she said.

For Jenny, Mack the Knife's demise is inevitable. Diaz said that he moved on to rapping, killing and womanizing other women, where in his world he is treated like a rockstar. She said, "[Jenny] was offered money to turn him in. There is nowhere else for their 'love' to go. His ego and criminality takes over and as a result, love gets left behind," Diaz said. "There is no room for love in Brecht's world, and he shows us why."

Diaz said she hopes that audiences will hear Brecht's confrontation of hypocrisy in commenting about societal structures, and in examining the opposing agendas in our own human nature. "I hope they will enjoy stretching themselves to receive a piece of theatre that is not just a fun, passive distraction, but an important piece of theatre that came as a rally cry in the late 1920s in Germany for authenticity in artistic expression, and facing the stark realities of the human condition as a result of poverty, war, and economic inequality."

"The Threepenny Opera" is showing through June 1 at Signature Theatre, 4200 Campbell Ave. \$47-\$104. Showtimes Tuesday-Saturday, 7:30 or 8 p.m.; Sundays, 2 p.m. and 7 p.m. Visit www.signaturetheatre.org or call 703-820-9771.

Neighborhood Day is Saturday, May 17!



As a Neighborhood Day kick-off event, join Joint Base Myer-Henderson Hall for their **Twilight Tattoo event on Wednesday, May 14 at 6:45 p.m. at Summerall Field!**

Neighborhood Day events happening May 17/18:

- Family Fun Day at Alcova Heights Park * Fairlington
- Day at Fairlington Community Center Grounds
- Turtle Trot 5K at Lower Bluemont Park * Nauck
- Neighborhood Clean-Up * Truck Day at Central Library * High View Park/Waverly Hills/Cherrydale
- Walkabout * Taste of Arlington



For a complete list of events, visit parks.arlingtonva.us, search "Neighborhood Day"



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Outdoor Entertaining

Local style gurus offer tips for alfresco soirees

BY MARILYN CAMPBELL
THE CONNECTION

The mild temperatures that usher in late spring and early summer beckon many outdoors for alfresco parties. Whether held on a patio, deck or veranda, the necessary logistics for coordinating even a simple gathering can be daunting.

Local tastemakers have unveiled the latest in elegant accessories, colorful furnishings and creative strategies for transforming a simple outdoor party into a chic and elegant endeavor. From serveware and centerpieces to lighting and cushions, style gurus explain how you can keep your cool while hosting a warm weather event.

"We love using our indoor-outdoor rugs as the starting point for decorating outdoor spaces," said Ann O'Shields of The Nest Egg in Fairfax.

"We have a huge selection of patterns and colors from Dash & Albert that are perfect for grounding your space and creating an area to entertain."

Marrying comfort and style in outdoor seating can transform virtually any space into a festive oasis, say designers. Sunbrella fabrics are the ideal textile for upholstered furniture and throw pillows, says O'Shields.

Outdoor pillows by Elaine Smith are the top choice of interior designer and home furnishings boutique owner Victoria Sanchez of Victoria at Home in Old Town Alexandria. She says that the cushions are polished enough to adorn a home's interior, but hefty enough



PHOTO COURTESY OF ANN O'SHIELDS

Colorful serving pieces made of melamine are ideal for outdoor entertaining and more environmentally friendly than their disposable counterparts.

to withstand exterior elements. "The pillows have grommets and embellishments, but are machine washable and can sit outside," said

Sanchez. "Something like that can do a lot to spiff up the same old furniture and set a tone for a festive environment."

When it comes to place settings and serveware, resist the urge to bring indoor dinnerware outside, eschew the disposable varieties, and instead opt for dinnerware made of melamine.

"It is perfect for outdoor entertaining because it's durable and won't break if dropped," said Courtney Thomas of The Picket Fence in Burke. "A bright serving tray or bowl adds some fun to outdoor dining."

Whether from one's own garden or a favorite florist, no smartly dressed table is complete without fresh foliage.

"Flowers go without saying," said Sanchez. "They add color, and when your guests walk in and see fresh flowers, it signals to them that the event is special and festive."

To create bouquets with bursts of vibrant summer colors, Evelyn Kinville of The Behnke Florist Shop in Potomac, Md. recommends graceful blossoms like lisianthus, iris, hydrangea and godetia.

"These can all be used together. Godetia is very pretty and comes

in cherry red, salmon and fuchsia," said Kinville.

When choosing a color scheme, try going back to the basics. "It goes back to color theory — stay with a color wheel," said Sanchez. "Opposite sides of the color wheel are always safe, like orange and blue."

Use lighting to create ambience. "Candles make great outdoor accessories, especially if you are entertaining at night," said Thomas. "Hang a few votive lanterns from nearby trees or use a row of smaller lanterns as a centerpiece on the table. Even placing a few tea lights on the table creates a warm glow."

Cold libations and melodies wafting through the air are summer soiree essentials. "For entertaining, it's always fun to have great music and refreshments which are fun to serve in buckets filled with ice and drinks," said O'Shields.

When in doubt, opt for understated décor. "Keep it simple and colorful," says Sanchez. "No one knows what you forgot. They only see what is there."



PHOTO BY MARILYN CAMPBELL

Brightly hued, fresh flowers add a pop of color to outdoor table décor.

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SPORTS

O'Connell Baseball Reaches WCAC Tournament Finals

Knights have four sophomores earn all-conference honors.

While having four sophomores earn all-conference honors speaks highly for the future of the Bishop O'Connell baseball program, the Knights' young talent found a way to experience success in the present, as well.

The Bishop O'Connell baseball team finished runner-up at the Washington Catholic Athletic Conference tournament over the weekend. The Knights reached the WCAC tournament finals, where they fell short against top-seeded St. John's. The Cadets won 3-0 on May 9 and 16-0 on May 10.

"It's been a great year for the O'Connell baseball program and, despite the fact that we fell short in the WCAC championship series, it has still been an historic and highly-successful season," head coach Kyle Padgett wrote in an email. "O'Connell baseball hadn't won a WCAC playoff game in nine years and hadn't finished as the 1 or 2 seed in 30 years, so those are two things we're very proud of. We have a very young team in that on most days we've got six sophomores in our starting lineup, so these guys grew up by leaps and bounds as the year progressed and the future is very bright."

O'Connell entered the tournament as the No. 2 seed and defeated St. Mary's Ryken



Bishop O'Connell sophomore Corey Burch received WCAC honorable mention in 2014.

9-0 in the quarterfinals on May 4 before facing Good Counsel in a best-of-three semifinals series. After dropping the opener, 1-0, on May 5, O'Connell bounced back by winning Game 2, 4-2, on May 6 and Game 3, 10-2, on May 7 to advance to the finals.

"To come back and win a three-game series after losing the first one at home was awesome to see," Padgett wrote. "Our pitching was truly amazing as we got three complete games and only allowed five runs in three games. Brian Murray, Corey Burch,



PHOTO: SBY LOUISE KRAFT/THE CONNECTION

The Bishop O'Connell baseball team, seen during a doubleheader against St. Mary's Ryken on April 19, lost to St. John's in the WCAC tournament finals May 9-10.

and Hayden Basse were all outstanding. We did what has made us successful all season long in that we played excellent defense and allowed our offense to work and grinded it out." O'Connell concluded the WCAC tournament with a 16-13 record.

"The kids and my assistant coaches deserve all the credit in the world," Padgett wrote, "as they've done something in two years that I envisioned taking closer to five years."

O'Connell sophomore pitcher/infielder

Rafi Vazquez was named WCAC Player of the Year. Sophomore outfielder Myles Hudzick earned first-team all-conference honors, senior catcher Drew Tessier and sophomore shortstop Patrick Ryan were second-team selections, and sophomore pitcher/infielder Burch garnered honorable mention.

O'Connell faced Norfolk Academy in the VISAA state quarterfinals on Tuesday, after The Connection's deadline.

— JON ROETMAN

NEWS

What Will School Board Candidates Do If Elected?

FROM PAGE 3

at most schools," said Kanninen. "So the fact is that we haven't kept up, and I'm running to help us get there."

On the campaign trail, Kanninen has advocated for school leaders investigating the possibility of moving some high school students to leased space at the soon-to-be-vacated building that now houses the National Science Foundation.

She also supports efforts to look at creating schools within schools for smaller learning environment, although she said she would prefer schools to actually be small rather than subdividing larger schools. She said she might support the school system's proposal of using classrooms six out of seven periods a day, but only if teachers approve.

"I think it's a great potential solution, mathematically, but the question becomes will it work for teachers?" asked Kanninen. "I would only want to proceed with that if teachers were on board."

NANCY VAN DOREN says her first priority would be using all the available space to the maximum available potential, which would involve how classes are scheduled as well as potentially reconfiguring facilities to be more efficient.

She said her second priority would be to look at property that Arlington County owns in an effort to use government-owned space for classrooms.

"We need to be doing a lot more long-term planning, and I think the county and APS should have a long-range planning process that goes 20 years or 30 years out," said Van Doren. "The county already has a comprehensive plan, and I think that out plan needs to dovetail with that comprehensive plan."

Van Doren said that many of the strategies would be unworkable because they rely on moving students to facilities with room. The problem with that, she said, is that none of the schools will have room. By 2018, according to school officials, only seven elementary schools will be at a capacity under 100 percent.

On the issue of relocating programs to shift students to schools that have capacity, Van Doren says that's an option that might have physical adjustments requiring substantial investments.

"That's not just moving a few classrooms into already existing facilities," said Van Doren. "You can't just pick up H.B. Woodlawn and move it to a new building without reconfiguring a new building physically."

Strategies on the Table

- ❖ **Increased Class Size:** One option under discussion would be to add one student to each elementary-school classroom. This will allow for fewer teachers and fewer relocatables.

- ❖ **Increased Utilization Model:** Increasing the use of each classroom at the middle and high school levels from having five classes a day to having six classes a day.

- ❖ **Adjusted Class Schedules:** Schools would offer early morning classes, after-school classes, evening classes, and Saturday classes.

- ❖ **Teamed Elementary Schools:** Students at clusters of neighborhood schools would have priority to transfer among schools that have not reached capacity.

- ❖ **School Within a School:** This approach establishes a school within a smaller educational unit with a separate educational program with its own staff and its own budget.

- ❖ **Year Round Schools:** Multi-schedule year-round schools would divide the student body into different schedules so three of the four schedules would be attending schools while the fourth is on vacation.

- ❖ **Double Shifting:** This scheduling option would operate schools in two shifts with the first group of students arriving early in the morning and departing at mid-day.

- ❖ **Relocate Programs:** This would balance

student enrollment by relocating programs from overcrowded schools to ones that have room.

- ❖ **Virtual Classes:** By expanding virtual class offerings, fewer students would be physically in the building.

- ❖ **Admissions Policy Changes:** By changing admissions policies, priority could be given to students in overcrowded schools seeking admissions in schools that have room.

- ❖ **Transfer Policy Changes:** The transfer policy for siblings at overcrowded schools could be adjusted, and transportation could be provided for students to transfer to under-capacity schools.

- ❖ **Pre-K Centers:** Students in pre-Kindergarten could be offered instruction at a pre-K center rather than their neighborhood elementary school.

- ❖ **Dual Enrollment:** Students would be able to take college-level classes at local colleges, opening up room at county schools.

- ❖ **Leased Space:** Students would attend classes in former leased commercial facilities that are converted for educational use.

- ❖ **Shared Space:** Students would attend classes at facilities that are shared with county-owned buildings or institutions of higher learning.

- ❖ **Boundary Changes:** School Board members would consider redistributing students by reassigning neighborhood schools.

ENTERTAINMENT

FROM PAGE 9

FRIDAYS/MAY 16-SEPT. 26

Fashion Trucks. Fridays 11 a.m.-2 p.m., May 16 through Sept. 26, fashion trucks are stopping in Rosslyn to sell an array of clothing and accessories. Visit www.rosslynva.org/do/fashion-truck-fridays.

SATURDAY/MAY 17

Neighborhood Day. Neighborhoods across Arlington will organize events ranging from picnics to sporting events. Full list of submitted events at <http://parks.arlingtonva.us/events/neighborhood-day-2014-3>. For more information about how to get involved in Neighborhood Day, contact Laura Barragan at lbarragan@arlingtonva.us.

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.

Secretive Snakes 10-11 a.m. at Fort CF Smith Park, 2411 N. 24th St. Snakes are often feared and misunderstood. Learn more about some of the smaller, more secretive snakes in Arlington. Program #632724-B. \$5. Call 703-228-3403 or visit registration.arlingtonva.us.

Turtle Trot 5K. 10 a.m.-1 p.m., starts at the South Bluemont Park Shelter, parking lot at the intersection of 4th Street N. & Manchester Street. Registration begins at 9 a.m., race starts at 10. \$30 fee for adults and teens, \$15 fee for children. Funds raised support local turtles. Call 703-228-6535 or contact Cliff Fairweather at cfairweather@arlingtonva.us. Register at Active.com.

Author Reading. 10:30 a.m. at One More Page Books, 2200 N. Westmoreland St. Author Mary Quattlebaum will read from her latest Jo MacDonald book, "Jo MacDonald Hiked in the Woods," and from "Pirate vs. Pirate." Free, with Children's Book Week giveaways and crafts. Call 703-300-9746 or visit www.onemorepagebooks.com.

Spring Concert. 2 p.m. at Washington-Lee High School Auditorium, 1301 N. Stafford St. Northern Virginia Encore Chorale Spring Concert. Free. Visit <http://encorecreativity.org> or call 301-261-5747.

Cyclo-Cross Bicycle Race. 2-6 p.m. at 1851 South Bell St. The Phoenix Derby will transform an indoor parking garage into an urban cyclo-cross race course and spectator event. Free for spectators, registration required for a variety of races. The derby will raise funds for Phoenix Bikes, a nonprofit that teaches teens bike repair, mechanics and sales. Visit phoenixderby.kintera.org/home or call 703-517-5017.

Author Event. 4 p.m. at One More Page Books, 2200 N. Westmoreland St. Marie Bostwick promotes "Apart at the Seams," from the Cobbled Court Quilt series. Games and prizes, a drawing and goodie bags from Cherrywood Fabrics and Arifil Threads. Visit www.onemorepagebooks.com or call 703-300-9746.

Argentine Festival. 4 p.m. at the Thomas Jefferson Theater, 125 S. Old Glebe Road. Authentic food, crafts and a performance by Argentinian artists. Rain or shine. \$20 in advance at Tickeri.com or \$30 at the door, includes raffle ticket. Visit www.festivalargentino.org.

Campfire: Beetles Everywhere. 7-8 p.m. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road. Learn about beetles. Register adults and children; children must be accompanied by a registered adult. Program #632954-F. \$5. Call 703-228-6535 or visit <https://registration.arlingtonva.us>.

Movie Night at the Planetarium. 7:30 p.m. at the David M. Brown Planetarium, 1426 N. Quincy St., Arlington. "Little Man Tate" (1991), rated PG. Running time 99 minutes. \$3 for children 12 and under, \$5 for friends, members and seniors (60+), \$7 for teens and adults. Visit <http://friendsoftheplanetarium.org>.

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.

ADHD Walk and Family Fun Day. 11 a.m.-3 p.m. at Bluemont Park, 601 North Manchester St., Arlington. T-shirt with \$10 registration; \$25 for families. Event seeks to increase awareness and reduce the stigma of Attention-Deficit/Hyperactivity Disorder. Visit www.chadd.org/ADHD_Walk.

Children's Math Movies. 1:30 and 3 p.m. at the David M. Brown Planetarium, 1426 N. Quincy St., Arlington. "Schoolhouse Rock Multiplication Rock" (1973) and "Powers of Ten" (1968). Suitable for family audiences. Schoolhouse Rock is targeted to children in grades K-5. \$3 for children 12 and under, \$5 for friends, members and seniors (60+), \$7 for teens and adults. Visit <http://friendsoftheplanetarium.org>.

Notable Nature: Stories and Sketches. 2-3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. A lesson in nature journaling for the whole family. Make a nature journal and listen to stories about spring. Walk outside to find and sketch signs of spring. Program #632954-M. Free. Call 703-228-6535 or visit <https://registration.arlingtonva.us>.

Walkabout. 3-5 p.m., starting at the

Langston-Brown Community Center, 2121 N. Culpeper St. Explore High View Park, Waverly Hills and Cherrydale with WalkArlington. 2.5 mile route is a shortened version of the full two-loop neighborhood walking tour. Visit www.walkarlington.com/pages/Walkabouts.

Performance. 3 p.m. at Artisphere's Spectrum Theatre, 1101 Wilson Blvd. The show, hosted by the local non-profit This is My Brave, features essays, music and poetry performed by individuals living with, or loving someone with, a mental illness. Visit www.thisismybrave.com.

Young Adult Author Panel. 3 p.m. at One More Page Books, 2200 N. Westmoreland St. Featuring S.E. Green, Anne Blankman and Kristin Bailey. Visit www.onemorepagebooks.com or call 703-300-9746.

Dance Fundraiser. 6-8 p.m. at the Arlington Arts Center, 3550 Wilson Blvd. "Zip Through a Tight Space," featuring food, drink, dance and a silent auction, benefits Jane Franklin Dance. \$40 in advance, \$45 at the door. Visit www.janefranklin.com/support/benefit.

MONDAY/MAY 19

Author Discussion. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Local authors Kathleen Wheaton ("Aliens & Other Stories") and Robert Herschbach ("Loose Weather"). Visit www.onemorepagebooks.com or call 703-300-9746.

MONDAY-SUNDAY/MAY 19-25

Film Festival. Venues in Alexandria and Washington. The 56-film GI Film Festival includes advanced screenings and world premieres, showcasing battlefield scenes and issues facing returning GIs on the home front. \$245 all-access pass, \$70 for weekend pass May 24-25; military discounts. Visit gifilmfestival.com.

TUESDAY/MAY 20

Mystery & Suspense Book Club. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. "Midnight Riot" by Ben Aaronovitch. Visit www.onemorepagebooks.com or call 703-300-9746.

WEDNESDAY/MAY 21

Book Discussion and Signing. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Peter Van Buren, author of "Ghosts of Tom Joad: A Story of the #99 Percent." Visit www.onemorepagebooks.com or call 703-300-9746.

THURSDAY/MAY 22

Author Reading. 7 p.m. at One More

Page Books, 2200 N. Westmoreland St. Sarah Pekkanen with "Catching Air." Visit www.onemorepagebooks.com or call 703-300-9746.

FRIDAY/MAY 23

Bloodsuckers Campfire. 7:30-8:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Children must be accompanied by a registered adult. Program #632854-E. \$5. Call 703-228-3403 or visit <https://registration.arlingtonva.us>.

SATURDAY/MAY 24

Arlington History Bike Tour. Begins

9 a.m. at Ballston Metro Station, southeast corner of N. Stuart Street and Fairfax Drive. 23-mile leisurely ride with many stops at Arlington parks and historic sites. Easy route. Bring lunch, water and any type of bike. Wear helmet. No reservations necessary. \$2. Contact Bernie Berne at 703-243-0179 or bbberne@yahoo.com or visit www.centerhikingclub.org.

SUNDAY/MAY 25

Ride of the Patriots. 6:30 a.m.-noon, begins at Patriot Harley-Davidson, 9739 Fairfax Blvd., Fairfax. Visit www.rideofthepatriots.com.

Saint Ann Catholic Church

<p>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</p>	<p>DAILY EUCHARIST: Weekdays Monday-Friday, 6:30 AM & 8:30 AM Saturday, 8:30 AM</p>
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<p style="font-size: 1.2em; font-weight: bold; color: white;">FREE Fill</p> <p style="font-size: 1.5em; font-weight: bold; color: white;">Playground Chips & Organic Compost \$29.99 cu. yd.</p>	<p style="font-size: 1.5em; font-weight: bold; color: white;">Bulk Mulch \$24.99 cu. yd.</p>	

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21 Announcements

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21 Announcements

21 Announcements

21 Announcements

21 Announcements

State Water Control Board Public Notice

An enforcement action has been proposed for Crystal Aquatics, Inc.. The Consent Order describes a settlement to resolve violations of State Water Control Law and the applicable regulations associated with the Kent Gardens Recreation Club Pool located in McLean, Virginia. A description of the proposed action is available at the DEQ office named below or online at www.deq.virginia.gov. Daniel Burstein will accept comments by e-mail, Daniel.Burstein@deq.virginia.gov, fax, 703-583-3821, or postal mail, Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193, from May 15, 2014 through June 19, 2014.

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Still Curious, But Maybe Not Dying



By KENNETH B. LOURIE

Although one never knows, especially if that one is living in "cancerville." And by "cancerville" I mean, euphemistically speaking, anywhere where one of us diagnosed with cancer is living. Living being the operative word. Still, as my column from a few weeks ago entitled, "Dying With Curiosity" discussed, cancer patients are often besieged by their subconscious, changing fact into fiction and manipulating feelings into inevitabilities. If only there was a switch to turn off the mind games that don't exactly mind their "man-ners" or "women-ers" for that fact, I'd flick it in a second. Cancer creates physical problems – as we all know, but I have to tell you, it's the mental problems that can be just as deadly.

It was in this column that I attempted to flesh out why I was – at this particular point in my cancer career – thanking people, people I had never previously thanked and people who quite frankly needed thanking. But was I thanking them ("I Thought You Were a Goner" and "Thanks, Coach") because it was the proper thing to do, or was it my subconscious cashing a check that I had not realized needed to be written – if you know what I mean? And if you don't, to clarify: did my subconscious know something that my conscious mind had yet to find out? Was I in fact getting things in order before it was too late?

Conversely (oddly enough), my columns published over the most recent two weeks were what we call non-cancer columns: "Father and Son 'Twogether'" and "A Tale of Two Seasons," as if a didn't have a cancer thought on my mind, subconsciously or otherwise, that needed to be written. No feelings – or facts for that matter, about cancer that one might interpret as creepy or curiously prophetic, given the terminal diagnosis with which I live every day. No. Just normal, everyday-type minutiae that those familiar with my first 10 years of columns published in this space (I guess we'll call them pre-cancer columns now), are likely familiar. Topics ranging from the mundane to the ridiculous, as if I didn't have a care in the world; certainly not a cancer care, that's for sure.

And so it dawned on me: were these two columns ("Father and Son 'Twogether'" and "A Tale of Two Seasons") examples of my subconscious mind once again exerting its power over my conscious mind and providing fodder for non-cancer columns because it could? Or was this my subconscious mind telling me to relax and not think so much, especially about the two "thank-you" columns: "I Thought You Were A Goner" and "Thanks, Coach"? Either way, it seemed to me an odd juxtaposition of material over a 4-week period: two columns that contemplated death (sort of) and two other columns which contemplated nothing, really, certainly not death, anyway.

The upshot of which has been to unburden me a little bit, to make me a little less focused on the presumptive path that lies ahead and instead direct me onto an alternative route, one that features more future and less past. I'd like to think I can live like that; I just hope my subconscious mind has no more to say about it.

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

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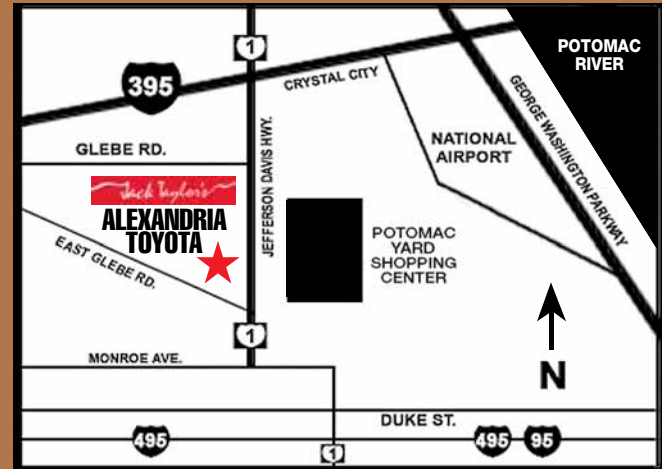
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TOYOTA LIFETIME GUARANTEE Mufflers • Exhaust Pipes • Shocks • Struts Toyota mufflers, exhaust pipes, shocks, struts and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer.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

TOYOTA Let's Go Places

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



TOYOTA GENUINE SERVICE
BUY 3 TIRES AND GET 4TH FOR



GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT

\$79⁹⁵

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE
SPRING DETAIL SPECIAL

\$119⁹⁵

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 & SUV's add \$20.00.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE
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 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE
SPRING VENTILATION SPECIAL

\$79⁹⁵

Includes: Clean evaporator with power foam, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE
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. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE
10% OFF FACTORY RECOMMENDED SERVICE

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TOYOTA GENUINE SERVICE
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 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE
COMPLIMENTARY MULTI-POINT INSPECTION

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE
ROTATE & BALANCE SPECIAL \$49⁹⁵

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.



Jack Taylor's
ALEXANDRIA TOYOTA / SCION

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