

The  
**Arlington**  
Connection

The Fried family runs together past the Fairlington Community Center during the 2nd Annual Fairlington 5K Run & Walk on Saturday, April 11.

Mister Reeves' Neighborhood

NEWS, PAGE 3

TechShop To Host Tours at Open House

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# Running For a Cause

NEWS, PAGE 2

APRIL 15-21, 2015

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)





**Ten-year-old Finley Schumacher Sundberg placed 22<sup>nd</sup> in the run out of 349 finishes. He also placed first in the 10 & under division. Beyond Finley are Israel Bairnes (9), Dave Walz (332) and Laura Koss (153).**



**5K Run leaders Mike Sandy, Han Samaniego and Doug Scott pass the circle at S. Stafford Street.**

PHOTOS BY LOUISE KRAFT/THE CONNECTION

## 5K Run & Walk Supports A Cure for Ellie Fund

Promoting health and physical fitness; bringing the community together.

**T**he 2nd Annual Fairlington 5K Run & Walk was held Saturday morning, April 11. The family friendly event is hosted by Abingdon Elementary School and the Fairlington Citizens Association. The mission is to promote health and physical fitness while bringing raising money and awareness for Ellie McGinn and Abington Elementary.

Ellie is a first grader at Abingdon Elementary and a Fairlington resident who was diagnosed with leukodystrophy (LBSL) in September 2011. LBSL is a rare degenerative brain and spinal cord mitochondrial disease. Due to the rare genetic disorder, Ellie's body does not produce a protein essential for the

production of myelin. Myelin is a critical substance for the brain and nervous system, provides insulation, and helps transmit signals from the brain to the rest of the body. There is no known cure yet for leukodystrophy.

The Fairlington 5K is organized by Abingdon Elementary physical education teacher, Joe Reed and Joe Hartman from the Fairlington Citizen Association. Top three overall runners in the men's and women's division were: Hans Samaniego (1), Doug Scott (2) and Mike Sandy (3) in the men's division; Sarah Goggin (1), Emily Childress (2) and Katherine Smith (3) in the women's division. For more information visit [www.fairlington5K.com](http://www.fairlington5K.com).



**Michael Creadon came in 4<sup>th</sup> overall in the 2<sup>nd</sup> annual Fairlington 5K on Saturday.**



**A few four-legged friends also joined in for the 5K run through Fairlington Village.**

## Get Hands-on Experience at TechShop

Visitors can use high-end tools most home workshops only dream of.

BY MICHAEL MCMORROW  
THE CONNECTION

**S**ome folks always want to build "it" with their own hands, whatever "it" may be. Inventors/entrepreneurs believe a solid, hand-held prototype will help sell a new idea. All they lack is a modern \$1,500,000 (give or

take a few dollars) workshop in the garage or basement. Now they have one, here in Arlington, and it is open 24 hours a day.

A glance around the shop floor reveals the ordinary and the extraordinary. There are well-lighted worktables,



power cords, grinders, wrenches, hammers and other items found in any workshop. Stepping up a level, industrial sewing machines and larger than usual lathes and routers are at hand. The extraordinary equipment includes 3-D printers, up-to-the-minute computer programs for creating designs and a cutting machine that blasts water

### Open House

**Saturday, April 18, 11 a.m.-4 p.m.**

"The First Anniversary Celebration" Free admission. Tours. Raffles and prizes. Equipment demonstrations. Crafts for children.

2110-B Crystal Drive  
Arlington, VA 22202  
703-302-8780  
[info.dca@techshop.com](mailto:info.dca@techshop.com)  
[www.techshop.ws](http://www.techshop.ws)

Free tours of the shop are available year-round for those considering membership in "the maker community."

and garnet dust through 2-inch steel under 60,000 psi pressure. What more could any handyman (or handywoman) want?

SEE TECHSHOP, PAGE 13





Joan Horwitt on the front porch of Reevesland.



PHOTOS BY VERNON MILES / THE CONNECTION

Chris Gaines, a Boy Scout with Troop 111, added an additional four garden beds to the Reevesland Learning Garden as part of his Eagle Project.

## Mister Reeves' Neighborhood Renovations to Reevesland put on indefinite hold.

BY VERNON MILES  
THE CONNECTION

**W**hen Ron Battocchi first moved to Boulevard Manor neighborhood in Arlington in 1977, he said one of the first knocks at his door was from his new neighbor: Nelson Reeves. Reeves introduced himself, gave Battocchi one of his famously huge beets, and offered to till Battocchi's yard to help get him started in gardening. It wasn't an empty gesture either; Reeves not only helped till Battocchi's yard, but offered parts of the neighboring Reevesland farm to grow flowers on and gave Battocchi seeds to start his own garden. Today, Battocchi's garden is in full bloom with various flowers and vegetables, some still on the property that once belonged to Reeves. Reevesland, on the other hand, sits isolated and abandoned on top of the adjacent hill.

"The house has deteriorated," said Battocchi, describing one tour into the building where county staff found dead animals rotting inside. "It has not been properly maintained. It's valuable to preserve that history. It needs to be put to a good use."

Reevesland was Arlington's last dairy farm. Built in 1865, the Reeves home and surrounding property is a relic of Arlington's days as a rural farming community. Nelson Reeves died in 2000, just a few weeks shy of his 100th birthday. His three children sold the property to the county for \$1.8 million in 2001 in hopes that the county would preserve the property, but despite being named a "historic district" in 2004 by the county, the property has sat empty and is begin-

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ning to show signs of its disuse. The milk shed behind the building has suffered structural deterioration, leading the county to erect temporary wooden supports to hold the building

upright.

The Reevesland restoration project was given a \$500,000 budget. However, reports from the county staff indicated that stabilizing the building's foundation alone would cost \$710,000.

"After staff conducted design studies and evaluations, it was determined the cost estimate to stabilize the foundation exceeded the budget," said Jessica Baxter, a communications specialist for the Arlington County Department of Environmental Services, in an email. "The board has requested recommendations on alternative options, which will be submitted by the county manager this spring. A public announcement will then be made of the board's guidance."

According to Susan Kalish, public relations director for the Arlington County Department of Parks and Recreation, the project has been put on hold at 60 percent through the design phase. The county has spent \$63,453 for design development during the first phase of the project and on repairing damage caused by water leakage in the roof and foundation.

"The goal was to stabilize the farmhouse," said Kalish. "We were originally planning on rebuilding the foundation and installing a new basement, as well as remediate hazardous building materials, like asbestos, but it became obvious it was going to cost more."

Joan Horwitt, who's made it a personal mission to bring new life and community interest to the site, said the county's inability to renovate the site is unacceptable. In 2010, Horwitt started "Lawns 2 Lettuce 4 Lunch," a program that brings Ashlawn El-

ementary School students to the gardens at Reevesland where they help plant vegetables, observe their growth, and ultimately enjoy a salad almost entirely of their making.

Because of the site's status as a historic site, Horwitt couldn't plant the vegetables directly into the ground, so Lawns 2 Lettuce 4 Lunch created eight raised beds to plant in. Later, an Eagle Scout project added four beds to the site. On April 11 and 12, Chris Gaines and other Boy Scouts from

SEE RENOVATIONS, PAGE 4



Milk shed on the Reeves property with wooden structural supports installed by Arlington County.





**Joan Horwitt points to the first annual lettuce crops in the Reevesland Learning Garden.**

PHOTOS BY  
VERON MILES  
THE CONNECTION

**Boy Scouts and parents assemble a garden bed behind the Reeves Farm House.**



# Renovations to Reevesland Put on Indefinite Hold

FROM PAGE 3

Troop 111 added another set of four garden beds as part of Gaines' Eagle Scout project.

Horwitt says the garden currently grows about half the produce Reeves created in his garden. While the raised beds were initially a frustrated obstacle, Horwitt said they discovered that they were actually very beneficial for teaching students. A class could gather around a bed and easily walk between the garden lanes or look down at the growth from eye level.

While Horwitt says the gardens have been a major success, her main goal is restoration of the house as a learning center. More than 100 citizens, including Reeves' chil-

dren, showed up to a March 24 Arlington County Board Public Hearing in support of this aim.

"We have been asking for years for use of the house," said Horwitt, citing community benefits like community growth and improved education, as well as a long term reduction in childhood obesity. "We renovate parks for thousands of dollars. Taxpayers funded the Artisphere (\$6.7 million initial conversion cost), paid for a dog park (James Hunter Park, renovated for \$1.6 million) ... we all pay for that. When things are a priority in Arlington, they get funded. To me, allowing a historic home in Arlington to be boarded up is outrageous."

"Reevesland as an agricultural-based

learning center would be a perfect fit," said Battocchi. "What Joan [Horwitt] has done with the place is extraordinary."

According to Kalish, the main house is unstable, and for any kind of activity to take place within the building it would have to be brought up to health and safety code standards.

"It needs work," said Kalish.

In the mean time, Horwitt says she will continue to bring school classes out to Reevesland in hopes of passing Nelson Reeves' love of gardening on to another generation. In a few weeks, a class from Carlin Springs Elementary School will be visiting and helping to plant a "Tops and Bottoms" garden, in reference to the 1995

Caldecott Honor Book "Tops & Bottoms" by Janet Stevens, where a rabbit plants a garden with a variety of vegetables that grow above and under the soil to confuse a greedy bear.

Horwitt says the book and garden teach students about the variety of produce and differences in how they are grown.

With one of the recent classes, Horwitt said they planted a thimbleful of lettuce, based on advice by Thomas Jefferson. The students were initially very disappointed; nothing seemed to be happening. But suddenly, on one trip, the lettuce had suddenly burst into full bloom. With any luck, Horwitt is hoping Reevesland itself can experience a similar revival.

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for April 27- May 2.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16<sup>th</sup> St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18<sup>th</sup> St.

**Senior trips:** Tuesday, April 28,

Potomac Mills and Wegmans, Woodbridge, \$8; Wednesday, April 29, Baltimore Museum of Art and lunch, \$58; Friday, May 1, Flower Mart at Washington National Cathedral, D.C., \$12; Saturday, May 2, Chevrolet Grand Feature Parade, Winchester, \$23. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**Cooking for One,** Monday, April 27, 11 a.m., Langston-Brown. Free. Reg-

ister, 703-228-6300.

**Tips for Spring cleaning, shopping and more,** Monday, April 27, 1 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Update on Arlington Neighborhood Villages,** Monday, April 27, 1 p.m. Free. Culpepper Garden. Register, 703-228-4403.

**Strength training classes at TJ,** Mondays, 9 a.m., \$60/15 sessions or \$4

drop in. Details, 703-228-5920.

**Pickleball games and instruction,** Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

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

**Cyber security program,** Tuesday, April 28, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

**Beginners full fitness exercise,**

Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

**Arlington Mill Trekkers,** Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

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

**Food handling safety,** Wednesday, April 29, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

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## 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:

[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Or to mail photo prints, send to:  
The Arlington Connection, "Me and My Mom Photo Gallery,"  
1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.





PHOTOS BY EDEN BROWN/THE CONNECTION

Members of the Yorktown Orchestra and Madrigals visit the State Capitol.

## Yorktown Musicians Rated 'Superior'

Groups judged with high school bands from North Carolina and Massachusetts.

BY EDEN BROWN  
THE CONNECTION

Yorktown High School's Concert Band, led by Brian Bersh, and Yorktown's Madrigals, led by Roger Oliver, travelled to Richmond on Friday, April 10, to perform at the Dixie Classic Festival, held at Hanover High School from 4:30 to 9:30 p.m. They left at 7 a.m. from Arlington, and upon arrival in Richmond started band and choir clinics with Dr. Terry Austin and Rebecca Tyree at Virginia Commonwealth University's Concert and Recital Halls, working on technique until noon.

They toured the State Capitol from 1:30 to 3:30 p.m., and then drove to their event at Hanover High School just outside Richmond. After a quick change into concert attire and warm up, the groups went on stage to be judged by a panel of adjudicators featuring Austin, director of bands at VCU; Thomas Palmatier, conductor emeritus of the U.S. Army Band, Washington, D.C.; Gordon Ring, director of bands, Longwood University; and Jack Winn, former supervisor of music, Chesterfield, Va.



Brian Bersh conducts the Yorktown Concert Band at King's Dominion Park.

After the students' performances, they received another clinic as a follow up. Yorktown's two groups performed three pieces each, and were rated and recorded by the panel. They received "superior" ratings, the highest level, a confirmation of the complexity and quality of their work as assessed by the panel. The students returned to Arlington via King's Dominion, where the band played several pieces beneath the park's "Eiffel Tower."

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Photo by Ed Knepley

## Community Open House

Put yourself in this picture • Come Live Your Dream!

**Sunday, April 19, 2015, Noon – 4:00 p.m.**

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## Improving Economic Equality for Women

BY DON BEYER  
U.S. REPRESENTATIVE (D-8)

I have been surrounded by strong women all of my life. My grandmother was a suffragette, economics professor, labor leader, and advocate for most of her 98 years. My mother is famous in the intellectual disability community for her work with the ARC. One of my four incredible sisters has been CFO in our family business for a generation. My oldest daughter shares management responsibilities for our largest store, and my wife has long been a powerful voice for women in business.

I am committed to doing all I can to help create the new American economy. We can begin by addressing women's economic equality. Every step we take toward ensuring greater economic strength for women will mean great strides for middle class families.

Women are now the sole or majority breadwinner in over 40 percent of American households with a child under the age of 18. And a growing percentage of women are single mothers: More than half the women under 30 who give birth do so outside of marriage and consequently serve a significant economic role for

that child.

Yet women still have no guarantee of equal pay for equal work, struggle disproportionately with the burden of finding affordable child care or coping with inadequate workplace policies on family leave, still need greater reproductive health protections, and are less likely than men to be part of some of the more lucrative career paths, such as math, science, and engineering.

Here are a few specific policies I want to work on in Congress to attain these goals:

- ❖ Raising the minimum wage, including tipped minimum wage. Today's minimum wage employees earn almost 25 percent less than they did fifty years ago, when adjusted for inflation. The majority of the beneficiaries of this improved policy would be women: Nearly 60 percent of minimum wage workers are women.

- ❖ Equal pay for equal work. Women working full-time earn roughly 77 cents for every dollar their male counterparts make. The pay gap is even larger for Latinas and African-American women.

- ❖ Paid family and medical leave. Over 20 years ago, Congress passed the Family and Medical Leave Act, giving many U.S. employees 12 weeks of job-protected, unpaid leave

for qualifying medical or family reasons, such as the birth or adoption of a child, a family illness, or family military leave. It is high time we guaranteed paid leave for such circumstances. Today, only the United States and Papua New Guinea offer no paid maternity leave. I am cosponsoring legislation that would grant six weeks of paid family or medical leave to federal employees.

- ❖ STEM education and training. Jobs in science, technology, engineering and math, or the STEM fields, pay more and often have faster career ladders than other career paths. Women in these fields earn a third more than their non-STEM counterparts. We must look for ways to stop the historic underrepresentation of women in these fields by recruiting women and girls to these educational paths, connecting them role models and mentors, and supporting policies that help retain them in these jobs.

Perhaps the most important initiative, however, is changing the way we think about women in the workforce. We have abundant evidence that women make an enormous difference to our GDP, our profitability, and our quality of economic life. My grandmother would want to know that every American woman has an equal opportunity to make that difference.

### COMMENTARY

### LETTER TO THE EDITOR

## Thoughts On Wellbeing

To the Editor:

Thanks so much for the Connection's "Wellbeing" section. I think the wellbeing efforts in our community are a serious benefit to us.

I attended George Mason University's recent conference on "Leading to Well-Being in Workplaces, Organizations, and Communities," held at the Fairview Park Marriott in Falls Church.

My takeaway: Marching to your

own true self or identity not only promises individual health and well-being, but also enhances organizational health and success. Regarding organizational success, best-selling author Daniel Pink ("A Whole New Mind") spoke to these Gallup poll results: 30 percent of workers in organizations surveyed are engaged, 50 percent are not engaged, and 20 percent are actively not engaged. "Humans are not engaged by management, they're engaged by self-direction." They're engaged by authenticity, being who they really are, not what they're expected to be.

"Being you" is not a new idea, but surprisingly it's practiced by relatively few organizations. Pink cites Google as one of the few, but one with notable results. Google's 20 percent program (employees work one day per week on their own self-inspired, self-directed project) is credited with a substantial number of its successful products.

"Real you," "true identity," "inner self," "bigger self," "self-awareness," "know yourself" — all were offered throughout the conference as the basis for healthy individual growth and productivity in an or-

ganization.

The truth of that message naturally resonates. But it also begs important questions touched on surprisingly little over the two-day conference: Is there work to be done by most of us to know our "inner" selves better? Are we practiced enough at being true to our inner selves to provide the authenticity required for successful leadership? If not, how do we fix that? Through psychiatry? Meditation? Spiritual practice? Questions, perhaps, that require their own conference.

**Richard Geiger**/Arlington

### EDITORIAL

## Mother's Day Photos

Mother's Day is May 10 and, every year at this time, the Arlington Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. 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.) You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com).

### 'Ban the Box' Effort

**Burke Brownfeld, member of the board of directors of Offender Aid and Restoration (OAR) announces an award presented by Mondre Kornegay to Alexandria Mayor William Euille for his efforts to eliminate the "check the box" initiative which required a former offender to check yes on employment forms. A similar award was presented to County Executive Barbara Donnellan, Arlington county manager. Gale Arnall, OAR executive director, told the attending crowd that Gov. Terry McAuliffe last week had also "banned the box" on state employment applications. The awards were given at the second Annual Second Chance Fundraising Breakfast April 12 at the Sheraton Pentagon City Hotel. OAR was founded 41 years ago as a community-based non-profit serving Arlington County and the cities of Alexandria and Falls Church. OAR provides vital reentry services for men and women recently released from incarceration and has a recidivism rate of 8 percent while clients are active in the program.**



PHOTO BY SHIRLEY RUE/THE CONNECTION

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## NEWS



PHOTOS CONTRIBUTED

### New Animal Hospital

**Dr. Dana Carr (left) and Dr. Adrienne Hergen, pictured with pups Lola and Widgit, are the veterinarians at the newly opened Shirlington Animal Hospital located near the Shirlington Dog Park. The hospital is partnered with Lucky Dog Animal Rescue and offers discounted services to its foster dogs and free first time exams for their adopted dogs. Hergen, a native of Alexandria, also volunteers at the Animal Welfare League of Arlington. For more information call 703-570-6600 or visit [shirlingtonanimalhospital.com](http://shirlingtonanimalhospital.com).**

### BULLETIN BOARD

Email announcements to [arlington@connectionnewspapers.com](mailto: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.

#### APPLICANTS NEEDED

**Arlington Commission on Long-Term Care Residences** needs advocates who work or live in Arlington. The commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: [commissions.arlingtonva.us/ltrc/](http://commissions.arlingtonva.us/ltrc/), or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail [ArIAAA@arlingtonva.us](mailto:ArIAAA@arlingtonva.us).

#### THURSDAY-SUNDAY/APRIL 16-19

**Book Sale.** Various times at Central Library parking garage, 1015 N Quincy St. Friends of the Arlington Public Library Annual Spring Book Sale. Free to attend. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).

#### FRIDAY/ APRIL 17

**Legislative Breakfast.** 7-9 a.m. at The Westin Arlington Gateway, 801 N. Glebe Road, Arlington. Leadership Arlington invites community members to their annual legislative breakfast. Legislators will share their experiences from the 2015 Virginia General Assembly. \$45 members; \$55 general public. Breakfast is included. Visit [www.leadershiparlington.org](http://www.leadershiparlington.org) or call 703-528-2522 to register.

**St. Mary's Parish Reception.** 7-9 p.m. at National Rural Electric Cooperative's Conference Center, 4301 Wilson Blvd. Adult parishioners are invited to celebrate Father Merrow's 30 years of ministry at St. Mary's. Free. RSVP at [stmarysparishreception@stmarysarlington.org](mailto:stmarysparishreception@stmarysarlington.org).

**Dr. Jane Goodall.** 7 p.m. at DAR Constitution Hall, 1776 D St., Washington, D.C. Marymount University presents primatologist and conservationist Jane Goodall, who will speak on her latest publication, "Seeds of Hope." Tickets start at \$25.

Visit [www.marymount.edu](http://www.marymount.edu).

#### SATURDAY/APRIL 18

**High School Leadership Academy.** 8 a.m.-4 p.m. at George Mason University-Arlington, 3351 N Fairfax Drive. High School students are invited to learn the skills necessary to research, craft, design, manage and execute an issue advocacy campaign. Registration is \$20 for members of Virginia Young Democrats and \$25 for nonmembers. Visit [www.vayd.org](http://www.vayd.org).

**Collection and Recycling Event (E-CARE).** 8:30 a.m.-3 p.m. at Thomas Jefferson Middle School, 125 S. Old Glebe Road. Arlington County is hosting its biannual E-CARE event where residents can safely dispose of hazardous household materials, recycle bikes, small metal items, shoes, clothing and even exchange old CFL lightbulbs for new LED lightbulbs. Free with valid Virginia ID. Visit [www.recycling.arlingtonva.us](http://www.recycling.arlingtonva.us).

**Marymount University 5K.** 9 a.m. at Marymount University, 2807 N Glebe Road. Marymount University's Doctor of Physical Therapy program, in conjunction with Ace Physical Therapy & Sports Medicine Institute, presents their inaugural 5k race. Registration is \$35. Visit [www.marymount.edu/5K](http://www.marymount.edu/5K).

**Small Spaces Gardening.** 10:30 a.m.-12 p.m. at Burke Branch Library, 4701 Seminary Road, Alexandria. Learn the practice of planning and creating small but intensively planted gardens. Free. Call 703-228-6414 or e-mail [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Listening with the Ears of the Heart.** Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Listening with the Ears of the Heart: A contemplative approach to the Torah portion: Shemini: Youthful enthusiasms, extremely harsh punishments, grief and spontaneity. Email [admin@kolaminvrc.org](mailto:admin@kolaminvrc.org) for more.

**"The Ups & Downs of Aging in Your Home."** 7 p.m. at Marymount University, 2807 North Glebe Road. Learn about some of the pros and cons of aging at home from experts in the field. Dinner is \$28 for members of the Arlington Committee

SEE BULLETIN, PAGE 10

[www.ArtFestival.com](http://www.ArtFestival.com)

3RD ANNUAL

# Arlington Festival of the Arts



April 18th & 19th, 2015

Saturday & Sunday

10am-5pm

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# ENTERTAINMENT

Email announcements to [arlington@connectionnewspapers.com](mailto: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

**“Spring Lights.”** Through April 25, 10 a.m.-6 p.m. Monday-Friday; 10 a.m.-2 p.m. Saturday at 2011 Crystal Drive. Gallery Underground celebrates natural light with a new exhibit. Free. Visit [www.galleryunderground.org](http://www.galleryunderground.org).

**“Soon.”** Through April 26 at Signature Theatre, 4200 Campbell Ave. A twenty-something mourns the hottest summer in human history from her couch in this Nick Blaemire musical. Tickets start at \$48. Visit [www.signature-theatre.org/shows/soon](http://www.signature-theatre.org/shows/soon) for tickets.

**“Creating Across the City.”**Through June at Reagan National Airport, Three organizations; Critical Exposure, The National Building Museum and ARTLAB+ have teamed up for “Creating Across the City: A Teen Art Showcase,” which provides an outlet through art and design for creative local teens. Free.

**Crystal City 5K.** Fridays in April, 6:30 p.m. at 2121 Crystal Drive. Crystal City hosts this after-work race. Runners will receive deals from participating establishments. Each of the four races is \$20, or run all four for \$60. Visit [www.runpacers.com/race/crystal-run-5k-fridays/](http://www.runpacers.com/race/crystal-run-5k-fridays/).

**LGBT & Straight Friends Social.** Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) for more information.

**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](http://www.RiRa.com/Arlington) for more.

**Invasive Plants Removal.** Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us). Free, no registration required.

**Poetry Series.** 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Open Mic Nite.** 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Karaoke.** 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit [www.galaxyhut.com](http://www.galaxyhut.com) or call 703-525-8646.

**Pub Quiz.** 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit [www.whitlows.com](http://www.whitlows.com) or call 703-276-9693.

**Storytime.** Mondays and Fridays,

10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

**Lego Club.** Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

**Family Nights.** 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

**Ball-Sellers House Tours.** 1-4 p.m. at The Ball-Sellers House, 1015 N. Quincy St. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

## CAMPS, 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](http://www.encorestageva.org) for a list of classes.

**Synetic Theater.** Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to physical theater, acting and dance that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit [www.synetictheater.org/studio](http://www.synetictheater.org/studio) or call 703-824-8060.

**Teen Camp Summer Intensive.** June 22-July 1, 9 a.m., at the Synetic Studio. Eight days of actor training and new play development led by Synetic teaching artists and DC theatre professionals, culminating in the production of Star Force, a physical musical theatre parody of everyone’s favorite intergalactic space odyssey. Register at [www.synetictheater.org](http://www.synetictheater.org).

**Youth and Teen Winter Fitness Programs.** Winter speed and explosion workshops at Swanson Middle School will focus on mental preparation, speed, explosion, agility, fitness and conditioning training. Teens ages 13-19 can take advantage of programs focused on baseball and softball. Ages 9-13 will enjoy a more generalized program. The key objective of workshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn and maximize their performance and to achieve peak condition. For full time and session dates or to register visit [www.registration.arlingtonva.us](http://www.registration.arlingtonva.us) and use activity code 720515.

## THROUGH APRIL 17

**ArtFest.** Various times at Fort C.F. Smith Park, 2411 24th St. The 12th Annual ArtFest will feature an art show, sale, talks, demonstrations, and workshops. Free. Visit [www.artistsalliance.org](http://www.artistsalliance.org).

## THROUGH APRIL 18

**Teen Hamlet.** Performances are at 8 p.m., except on April 12, there will be a 2 p.m. performance at Synetic Theater, 1800 S. Bell St. Teenage performers will perform “Hamlet... the rest is silence,” a silent adaptation of the original play. Tickets are \$5-17, Visit

[www.synetictheatre.org](http://www.synetictheatre.org) for more information.

## FRIDAY/APRIL 16

**Art for Life.** 4:30-7:30 p.m. at Hyatt Regency Crystal City, 2799 Jefferson Davis Highway. Artwork by Beverly Ryan, a local artist from the Torpedo Factory, will be displayed in the hotel’s atrium. A donation will allow access to event, beverage and fare. Visit [www.torpedofactory.org](http://www.torpedofactory.org).

**Native Plants Workshop.** 6:30 p.m. at The Arlington Central Library, 1015 N Quincy St. Lauren Beatty and Lynn Scholz will discuss “Native Plants for Difficult Places” and “Practical Steps for Transforming Your Yard.” Learn details on the “Audubon at Home” program in which a representative will visit your yard and provide a native plant consultation. Free. Visit [www.armn.org](http://www.armn.org).

**Fatoumata Diawara.** 8-10 p.m. at Artisphere, 1101 Wilson Blvd. Folk singer/songwriter Fatoumata Diawara will perform, followed by a Q&A session. Admission is \$24. Visit [www.artisphere.com](http://www.artisphere.com) for more information.

## THURSDAY-SATURDAY/APRIL 16-18

**“Revisions & Extrapolations.”** 7:30 p.m. on Thursday and Friday, 4 p.m. on Saturday at Gunston Theatre Two, 2700 South Lang St. ACW Dances, a modern dance troupe based in Arlington, presents new choreography. Tickets are free for children; \$5 for admission on Thursday and \$10 on Friday and Saturday for adults 12 and up. Visit [www.artful.ly/acw-dances/store/events/5075](http://www.artful.ly/acw-dances/store/events/5075).

## FRIDAY/APRIL 17

**Crystal City Walkabout.** 12-1 p.m. at Crystal City Metro, 1750 South Clark Street. Get a tour of Arlington on foot. Free. Visit [www.walkarlington.com](http://www.walkarlington.com).

**“Black Holes.”** 6:30 p.m. at David M. Brown Planetarium, 1426 N Quincy St. Friends of the Arlington Planetarium present “Black Holes: The Other Side of Infinity,” a documentary narrated by Liam Neeson detailing the birth of the universe. Tickets are \$5 for members, children under 12, and seniors; \$7 for everyone else. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

**“Astronaut Diaries.”** 7:30 p.m. at David M. Brown Planetarium, 1426 N Quincy St. Learn the details of astronaut training and traditions from the crew of the Columbia. Tickets are \$5 for members, children under 12, and seniors; \$7 for everyone else. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

## FRIDAY-SUNDAY/APRIL 17-19

**NASA Program at Planetarium.** 7:30 p.m. on Friday and Saturday, 1:30 and 3 p.m. on Sunday at David M. Brown Planetarium, 1426 N Quincy St. Friends of the Planetarium will celebrate Captain David Brown’s birthday with a weekend of NASA-themed programming including a documentary with footage shot by Brown and an intermission show called “Images of the Universe.” Tickets are \$3 for ages 12-60, and \$2 for everyone else. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

## SATURDAY/APRIL 18

**Art Festival.** 10 a.m.-5 p.m. at 1101 N. Highland St. The 3rd Annual Arlington Festival of the Arts will convene 100 artists from all over the country. Also find live music and an art giveaway. Free. Visit



PHOTO COURTESY OF SIGNATURE THEATRE

**Director James Lapine will receive a Sondheim Award.**

## Signature Theatre to Honor James Lapine

The Stephen Sondheim Award is presented each year by Signature Theatre to an outstanding figure in the industry. Director of “Into the Woods” starring Anna Kendrick, James Lapine will be honored at the 7th Annual Sondheim Award Gala on Monday, April 20. Composer Darius Smith will also receive recognition and be honored with the Stephen Sondheim Young Artist Citation. Debra Monk, Brynn O’Malley, Claybourne Elder, and Donna Migliaccio will provide entertainment at this year’s gala. Previous honorees have included Patti LuPone, Angela Lansbury, Bernadette Peters, Harold Prince, and Jonathan Tunick. The gala will be held at the Embassy of Italy, 3000 Whitehaven St NW. Individual tickets are \$1,000. Visit [www.signature-theatre.org](http://www.signature-theatre.org) to learn more about Signature Theatre and the Stephen Sondheim Award.

[www.artfestival.com](http://www.artfestival.com).  
**TechShop Anniversary.** 11 a.m.-4 p.m. at TechShop DC-Arlington, 2110 Crystal Drive. Arlington’s TechShop location, a venue where members have full access to industrial tools and equipment, is celebrating its first birthday with an open house. Find machine demonstrations and more. Free. Visit [www.techshop.ws](http://www.techshop.ws).

**“Sole Celebration.”** 3:30-6:30 p.m. at Lyon Hall, 3100 Washington Blvd. “In Christy’s Shoes,” a local nonprofit dedicated to inspiring women in challenging circumstances, is hosting a “Sole Celebration.” Attendees are invited to bring new or gently-worn women’s shoes for donation, benefiting Doorways for Women and Families, and partake in food, drinks and entertainment. Tickets are \$35. Visit [www.inchristyshoes.org](http://www.inchristyshoes.org).

**A Night of H.O.P.E.** 6 p.m.-12 a.m. at Arlington Rooftop Bar and Grill, 2424 Wilson Blvd. The Arlington Food Assistance Center Young Professionals are throwing a fundraising party. Find live music by Down Wilson, silent auction and drink specials. Tickets are \$35 for one, \$60 for two. Visit [www.brownpapertickets.com/event/1260788](http://www.brownpapertickets.com/event/1260788) to purchase tickets.

**Open Studios.** 6-9 p.m. at Arlington

Arts Center, 3550 Wilson Blvd. Ten resident artists will open their studios to the public. Attendees will find wine and works-in-progress. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more information.

**Opening Reception.** 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center celebrates the launch of the “Spring SOLOs” exhibit. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more.

**“Astronaut Diaries.”** 7:30 p.m. at David M. Brown Planetarium, 1426 N Quincy St. Learn about the details of astronaut training and traditions from the crew of the Columbia. Tickets are \$5 for members, children under 12, and seniors; \$7 for everyone else. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

**“Jaranas and Fiestas.”** 7:30 p.m. at Gunston Theatre One, 2700 South Lang St. Los Quetzales Mexican Dance Ensemble presents, “Jaranas and Fiestas,” a showcase of mexican folkloric dance. Tickets are \$12-15. Visit [www.quetzales.org](http://www.quetzales.org).

**Renaissomics Performance.** 8 p.m. at St. George’s Church, 915 N Oakland St. Renaissomics performs “New Worlds,” a concert of polyphonic chamber and dance music



# ENTERTAINMENT

from 16th and 17th Century Italy, England, Spain, and the Americas. Tickets are \$25, \$10 for students. Visit [www.capitolearlymusic.org](http://www.capitolearlymusic.org).

## APRIL 18-JUNE 28

**Spring SOLOS.** 12-5 p.m. Wednesday-Sunday at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center hosts several solo exhibits each season. This spring, they welcome Bradley Chriss, Nichola Kinch, Kate kretz, A. Gray Lamb, Nate Larson, Dan Perkins, and Paul Shortt. Admission is free. See [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

## SUNDAY/APRIL 19

**Apollo 17: Stereo View.** 2:15 p.m. at David M. Brown Planetarium, 1426 N Quincy St. Witness a 30-minute presentation of footage collected by NASA. Free. Visit [www.friendsoftheplanetarium.org](http://www.friendsoftheplanetarium.org).

**"Gypsy Dances and Reverie."** 3 p.m. at Rock Spring Congregational United Church of Christ 5010 Little Falls Road. IBIS founders Joe and Susan will present music by Ravel, Debussy, de Falla, Caplet and more. Free. Visit [www.ibischambersociety.org](http://www.ibischambersociety.org).

**Mongolian School Concert and Dinner.** 4:30-7 p.m. at The Wilson School, 1601 Wilson Blvd. The Mongolian School will host a fundraising concert and dinner with traditional food, dancing and music. Tickets are \$40. Visit [www.facebook.com/groups/MSNCA](http://www.facebook.com/groups/MSNCA) for more information.

## MONDAY/APRIL 20

**Annual Sondheim Award Gala.** 6 p.m. at The Embassy of Italy, 3000

Whitehaven St. Signature Theatre will honor Broadway and film director James Lapine with the Sondheim Award. Sponsorship starts at \$1,000. Visit [www.signaturesignaturetheatre.org](http://www.signaturesignaturetheatre.org).

## TUESDAY/APRIL 21

**Launch Party.** 7 p.m. at One More Page Books, 2200 N Westmoreland St. Mystery author Ellen Crosby will celebrate the launch of "Ghost Image: A Sophie Medina Mystery." Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## WEDNESDAY/APRIL 22

**Doorways for Women Poetry Slam.** 7-9 p.m. at Busboys & Poets, 4251 S Campbell Ave. The Alexandria Sexual Assault Center and Doorways for Women and Families of Arlington present a poetry slam and spoken word event in honor of sexual assault awareness month. Admission is free. Donations accepted. Visit [www.busboysandpoets.com](http://www.busboysandpoets.com).

## THURSDAY/APRIL 23

**Launch Party.** 6:30 p.m. at One More Page Books, 2200 N Westmoreland St. One More Page will host the launch of Doug Eby's new book, "Blood Herring." Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more information.

## FRIDAY/APRIL 24

**Of Wine and Words.** 7 p.m. at Jones Day Rooftop Terrace, 300 New Jersey Ave. Washington, D.C. Arlington-based nonprofit The Reading Connection hosts their annual "Of Wine and Words" benefitting their literacy programs. Find wine, beer and cocktails tastings and a live

auction. Tickets are \$125. Visit [www.thereadingconnection.org](http://www.thereadingconnection.org) for more information.

**Miss Gay Arlington Pageant.** 8 p.m. at Freddie's Beach Bar, 555 23rd St. S. Arlington Gay and Lesbian Alliance is hosting their 5th Annual Miss Gay Arlington Pageant. Tickets are \$10. Visit [www.agla.org](http://www.agla.org).

## SATURDAY/APRIL 25

**"A Night of Old Hollywood."** 7 p.m. at Women in Military Service for America Museum, 2 Memorial Ave. Borromeo Housing Inc., a nonprofit that works to aid young mothers with a residential program, education and counseling, will throw their annual benefit. Tickets are \$125. Visit [www.borromeohousing.org](http://www.borromeohousing.org).

**Capitol City Spring Beer Festival.** 12-7 p.m. at The Village at Shirlington, 4001 Campbell Ave. A \$30 ticket buys a wristband, tasting glass and 10 drink tickets. RSVP at [www.facebook.com/capcityspringbeerfest](http://www.facebook.com/capcityspringbeerfest).

## SATURDAY-SUNDAY/APRIL 25-26

**Shoe School.** 1-2 p.m. at Nordstrom The Fashion Centre at Pentagon City-Women's Shoes, 1400 S Hayes St. Co-Founder of "Shoes of Prey," a custom shoe brand, will be providing tutorials on how to use the system. Free. visit [www.shop.nordstrom.com](http://www.shop.nordstrom.com).

## TUESDAY/APRIL 28

**Air Force Band Chamber Recital.** 7:30 p.m. at Brucker Hall, 400 McNair Road, Fort Myer. Public Concert-classical works featuring musicians from each of the nation's premier service bands. Free. Visit [www.usafband.af.mil](http://www.usafband.af.mil).



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# Moving for Academic Excellence

Researchers say frequent physical activity can lead to success in school.

BY MARILYN CAMPBELL  
THE CONNECTION

Inside an elementary school classroom in Bethesda, Md., a class of third grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D., assistant dean, early childhood education and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide



PHOTO COURTESY OF NORWOOD SCHOOL

**Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.**

## Resources for Movement Activities

**Recessitate**, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

**"10 Simple Ways to Encourage Physical Activity in the Classroom."** These suggestions do not require equipment and are easy to incorporate throughout the day. Visit [www.yourtherapysource.com/10simple.html](http://www.yourtherapysource.com/10simple.html).

COMPILED BY IVY BERINGER, PH.D.,  
NORTHERN VIRGINIA COMMUNITY COLLEGE

them with knowledge that will allow them to be active outside of school.

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early childhood education, Northern Virginia Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In

a fundamental way, it teaches children to not be sedentary."

**ONE SOLUTION** for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

## SCHOOL NOTES

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

The following students earned dean's list recognition at the University of Mary Washington (Fredericksburg, Va.) for the fall 2014 semester: **Nicole Dobson, Elyse Bush, Christine Rumpf, Christine Downie, Kathryn Tsagronis, Enisa Turko, John Dierkes, Alexander Clegg, Sarah Heisey, Amanda Halprin, Thallya Diaz, Aicha El Mahmoudi, Zachary Norrbom, Dominique Lopez-Piper, Alseny Diawara, Noelle Carlson, Hope Neuling, Heather Banikas, Noah Goodwin, Kelsey Steffen, Emma Leheney, Thomas Fontaine, and Sofia Dimick.**

**Jessica Neupane, Michael Grieg, Michael Ferguson and Erik Wagner** of Arlington have been named to the president's list at Randolph-Macon Academy (Front Royal, Va.) for the second quarter of the 2014-15 semester.

**Cheri Guikema** of Arlington graduated from Troy University during Term 3 of the 2014-15 academic year.

**Elizabeth Woolford and Allison Marie McGlone**, both 10th graders at Yorktown High School have been selected as finalists for the Gaithersburg Book Festival's fifth annual High School Student Short Story Contest.

**Ann Bellinger** of Arlington has received dean's list recognition at Tufts University (Medford, Mass.) for the fall 2014 semester.

The following Arlington residents were recently initiated into The Honor Society of Phi Kappa Phi: **Jermain McDermott** of Arlington, George Mason University; **Kerin Seward** of Arlington, George Mason University; **Stephanie Brown** of Arlington, George Mason University; **Christopher Dawson** of Arlington, George Mason University; **Dulce Zahniser** of Arlington, George Mason University; **John Cotton** of Arlington, George Mason University; **Ryan Buschmann** of Arlington, Longwood University; and **Lindsay Cowen** of Arlington, Radford University.

**John Dillard**, of Arlington, recently received the Outstanding Recent Alumni Award for the Department of Agricultural and Applied Economics from the Virginia Tech College of Agriculture and Life Sciences.

**Joshua Conrad** of Arlington plays wing-center for the Mount St. Mary's University Men's Rugby Team and is heading to the national "Final Four" competition.

## BULLETIN BOARD

FROM PAGE 7

of 100 and \$30 for nonmembers. Visit [www.arlingtoncommitteeof100.org](http://www.arlingtoncommitteeof100.org).

### SUNDAY/APRIL 19

**Spring Garden Tour.** 12-4 p.m. Visit two properties in the same neighborhood with collections of native plants and nonnative plants. Admission is free. Visit [www.vnps.org](http://www.vnps.org).

**"Who Can Afford to Live Here?"** 3-4:30 p.m. at Arlington Mill Residences, 901 S Dinwiddie St. A discussion on affordable housing will be moderated by Mary Margaret Whipple. Free. RSVP to [LWVArlingtonVA@gmail.com](mailto:LWVArlingtonVA@gmail.com).

### MONDAY/APRIL 20

**ADA Legacy Tour.** 12-2 p.m. at The ENDependence Center of Northern Virginia (ECNV), 2300 Clarendon Blvd. ECVN will be a stop on the ADA's Legacy Tour with the "Road to Freedom" bus where people can add their own photos and stories, and an ADA quilt which participants from across the country will sign at every stop. Free. Visit

SEE BULLETIN, PAGE 11



## Making, Donating Baby Blankets

When Madelyn Kellen was growing up, her family always performed community service together during the holiday season, whether that meant volunteering at a soup kitchen or helping a family in need. When she went off to Marymount University, the Ashburn native decided to continue the tradition with a dozen of her new friends, who made 22 fleece-tie blankets for a local crisis pregnancy shelter.

This year the project really took off. At a resident assistant service party on Dec. 5, more than 60 Marymount students made 141 blankets for Hope in Northern Va. Inc. The effort was led by Kellen, a resident assistant in Rowley Hall.

Eight other RAs helped organize the event: Senior J.C. Hoellich; Sophomore Robert Hoffman; Senior Juna Luzi; Senior Chesney Rhodes; Senior Kate Schmidt; Junior Rosemary O'Connor; Sophomore Taylor Rivera-Silva; and Graduate Student Elizabeth Beaulieu.



PHOTO CONTRIBUTED

**More than 60 Marymount University students made 141 fleece-tie blankets for a local crisis pregnancy center. Several students are shown here at work. Top row, from left: Juna Luzi, Elizabeth Beaulieu and Joanna Chennaile. Bottom from right: Jessie Klien and Maria Camarca.**

## BULLETIN BOARD

FROM PAGE 10

[www.adalegacy.com/ada25](http://www.adalegacy.com/ada25).

**“Growing Ornamental Edibles.”** 7-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Attend a workshop on soil, containers, maintenance and selection of suitable plants. Free. Call 703-228-6414 or e-mail [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

### TUESDAY/APRIL 21

**“Managing the Vegetable Garden.”** 7-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. New gardeners will learn the principles of pollinators, crop rotation, companion planting and more. Free. Call 703-228-6414 or e-mail [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

### TUESDAY-WEDNESDAY/APRIL 21-22

**Global Studies Conference.** 4:30-8 p.m. on Tuesday, 9 a.m.-3:30 p.m. on Wednesday at George Mason University Founders Hall, 3351 N Fairfax Drive. George Mason's Global Studies department will hold their Spring conference with keynote speakers Senator Tim Kain and Jan H. Kalicki. Free. Register at [cgs.gmu.edu](http://cgs.gmu.edu).

### WEDNESDAY/APRIL 22

**Creative Preschool Registration.** Arlington County half-day preschools provide children ages 3-5 with their first social experience outside the home. Choose a two, three or five-day-a-week program from 9:30 a.m.-2:30 p.m., September to May. Registration for returning students begins April 22. New participants

may register beginning April 29. Visit [parks.arlingtonva.us/creative-preschool-program](http://parks.arlingtonva.us/creative-preschool-program).

**Power Surge and Shred.** 7 a.m.-7 p.m. at 1900 Crystal Drive. Citizens may safely recycle unwanted electronics and documents. Take a photo of purged items, post on Twitter or Instagram with #PowerPurge and be entered to win a gift certificate at TechShop. Free. Visit [www.crystallcity.org](http://www.crystallcity.org).

### THURSDAY/APRIL 23

**Seminar on Affordable Housing.** 6-8:30 p.m. at Church at Clarendon, 1210 N. Highland St. Learn how affordable housing offers community-wide benefits. Free. Visit [www.allianceforhousingolutions.org](http://www.allianceforhousingolutions.org).

### APRIL 24-MAY 17

**Birdathon.** Participants may bird in groups of two or five, secure pledges or make donations and then spend 24 hours hunting for species. Visit [www.audubonva.org](http://www.audubonva.org).

### SATURDAY/APRIL 25

**Aprilfest.** 9 a.m.-2 p.m. at Walker Chapel United Methodist Church, 4102 N Glebe Road. The Walker Chapel's annual fundraiser will sell books, plants, mulch and food to assist those in need. Free to attend. Call 703-538-5200.

**Community Engagement Workshop.** 1 p.m. at Artisphere, 1101 Wilson Blvd. Nina Simon will present a workshop on how to connect with arts audiences. Free. Visit [www.culturecapital.com](http://www.culturecapital.com).

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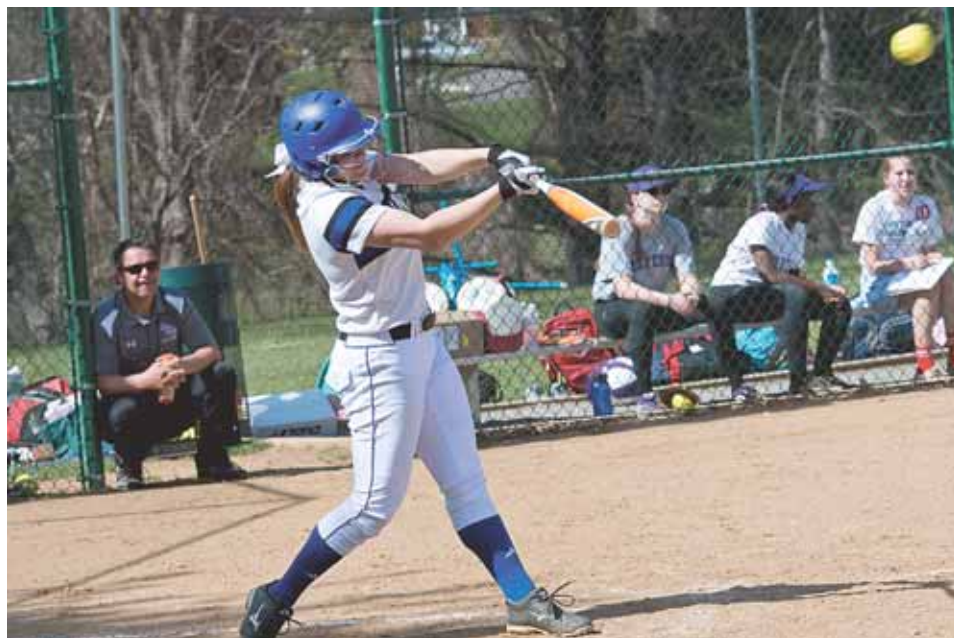
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Sophomore transfer Patty Maye Ohanian has been a key addition for the Bishop O'Connell softball team.



Bishop O'Connell senior Olivia Giaquinto is one of the Knights' top hitters, as well as a member of the team's talented pitching staff.

## Pitching Staff Gives O'Connell Softball Chance to be 'Special'

Freshman Sandercock throws no-hitter, strikes out 12 against Holy Cross.

BY JON ROETMAN  
THE CONNECTION

Starting in the pitcher's circle for the second time in her high school career, Bishop O'Connell freshman Kathryn Sandercock is overpowering Holy Cross, continuously blowing fastballs by the overmatched Tartans.

Sandercock is piling up strikeouts as the game progresses, reaching double digits by the fourth inning. Meanwhile, head coach Tommy Orndorff stands near the Knights' bench, confident he has three other players who can step into the circle and have success.

**"It's certainly a problem, but it's a nice problem to have. There are a lot of people that would like to have just one of those guys."**

**— O'Connell softball coach Tommy Orndorff**

Playing left field on this sunny day in Kensington, Md., is sophomore transfer Patty Maye Ohanian, a travel-ball pitcher who committed to the University of Illinois as a freshman. She allowed just one run in seven innings on April 11 against a tough Brookville team.

At first base is Olivia Giaquinto, who wants to play college softball in the Ivy League. Orndorff has confidence in the junior right-hander to enter the circle as a reliever.

Watching from the bench on this Monday afternoon is Erin Sweeney, who will play for Mount St. Mary's

next season. Sweeney leads O'Connell in innings pitched (32), wins (6) and strikeouts (35) during the 2015 season. Orndorff says he trusts his senior hurler more than any of the Knights' other talented pitchers. Sweeney started in the circle for O'Connell's 2014 state championship team while dealing with the pressure that came with replacing 2013 graduate Tori Finucane, a two-time All-American who was named 2014 SEC Freshman of the Year as a pitcher for the University of Missouri.

While Orndorff is confident Ohanian, Giaquinto or Sweeney can succeed in the circle, today is about the Knights' freshman flamethrower, who finished her performance by striking out two more Tartans in the fifth and final inning.

The Bishop O'Connell softball team cruised by Holy Cross, 18-0, on April 13, improving the Knights' record to 10-0. Sandercock tossed a no-hitter and struck out 12 while walking just one.

"Today, she looked very, very good," Orndorff said. "Her location at times has probably bothered me, but she seemed to be pretty much on target today. ... I'm not sure that she could do much better."

While many teams would love to have Sandercock, who can touch 66 mph with her fastball, as their unquestioned starter, No. 32 is merely a piece of an O'Connell pitching staff that offers Orndorff a seemingly unfair number of options.

While depth is a benefit, it comes with a



Bishop O'Connell pitcher Kathryn Sandercock threw a no-hitter against Holy Cross on Monday. The freshman struck out 12 and walked one.

price. How does a head coach keep four talented and competitive pitchers happy when there are only so many opportunities to go around?

"I don't know if there's a correct answer for that," Orndorff said. "It's certainly a problem, but it's a nice problem to have. There are a lot of people that would like to

have just one of those guys."

Sandercock improved her season strikeout total to 23 on Monday. She has allowed five hits and four earned runs in 11 innings, giving her an ERA of 2.55.

"Kathryn," Orndorff said, "when it's all said and done, may be the best of the bunch."

On April 2, Sweeney allowed one earned run and scattered eight hits in five innings during an 8-1 victory over defending WCAC champion St. Mary's Ryken.

Last season, St. Mary's Ryken defeated O'Connell in the WCAC final, snapping the Knights' streak of 10 consecutive titles.

"That was a big game for us," said Sweeney, who earned the win in the circle on April 2. "Yes, [losing in last year's WCAC final] definitely serves as motivation for us. At O'Connell, we know how to win and so that's expected of us. ... I know we are very motivated us this year. We want that title back."

Ohanian pitches for her travel team and wants to pitch in college, but has been limited in her opportunities at the high school level. As a freshman at Lake Braddock, Ohanian was stuck behind standout senior pitcher Ashley Flesch, who helped the Bruins reach the state tournament. Instead of pitching, Ohanian played

third base.

After transferring to O'Connell, Ohanian has 13 strikeouts and an ERA of 0.64 in 11 innings during the 2015 season.

"It's definitely hard to get used to because for my travel team I do pitch a lot," Ohanian

PHOTOS BY HARVEY LEVINE/THE CONNECTION



# TechShop To Host Tours at Open House

FROM PAGE 2

Space and convenience are important factors in the Arlington shop. There is plenty of room for moving pieces of material about. A loading dock allows delivery and removal of large pieces of material and segments of whatever is being built. Storage lockers can be rented to avoid transporting tools and equipment each visit. A limited stock of basic supplies is available for retail purchase.

For safety purposes, as well as having someone “to turn to when stuck,” technically educated staff is always on duty no matter when the urge to work besets any member. An example is Sean Kennon. He can operate every machine in all areas of the shop, be it woodworking, electronics, fabrics, computer design, or bicycle repair and maintenance.

No surprise there since his college degree is for industrial design.

Asked about unusual projects pursued by a member, Kennon recalls a consultation with a member in the textile shop who was “making an improved bulletproof vest.”

Kelly Austin, events and outreach coordinator, pointed to part of an experimental airplane resting against a partition. “Actually,” she said, “it is [the member’s] second airplane. I am told they actually fly.”

Since Austin’s background, and college degree, is art, she mentioned “putting the



PHOTOS BY MICHAEL MCMORROW/THE CONNECTION

Starting up the \$250,000 water jet cutter.

Sean Kennon levels a machine.

‘A’ in the now-popular ‘STEM’ for children.” TechShop makes it possible, she says, to open the minds of young people by showing them modern tools of design and how technology can be applied to artistic pursuits. “Where else will we get the next generation of innovators and artists if the children are not introduced to these ideas?”

To this might be added the “Summer of Creation” program, held during July and August, which exposes young people to the making of things through technology with

topics like robotics, high-tech fashion and jewelry techniques.

**MEMBERSHIP** in the nation-wide organization can be had on a daily, monthly, or annual basis, so it matters not at all at what stage the individual’s building project stands. With safety ever in mind, each member is trained in use of a particular piece of equipment before he or she is allowed to hit the “on” button. Additionally, classes are conducted for members and the public that

cover many manufacturing skills, for example, welding.

TechShop was incorporated in 2006 based on a model originating in the “silicon valley.”

There are now eight workshops coast-to-coast, the latest being the one in Arlington. Future sites in planning stages include St. Louis, Mo., Los Angeles, and the first overseas location in Munich, Germany.

SEE TECHSHOP, PAGE 15



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### APRIL

4/29/2015.....A+ Camps & Schools Pullout  
4/29/2015...Mother’s Day Celebrations, Dining & Gifts I  
4/29/2015.....Spring Outlook 2015

### MAY

5/6/2015.....McLean Day Pullout  
5/6/2015.....Mother’s Day Dining & Gifts II  
5/6/2015.....Wellbeing  
*Mother’s Day is May 10*  
5/13/2015.....HomeLifeStyle  
5/20/2015..A+ Camps & Schools, Proms, Summer Planning  
*Memorial Day is May 25*  
5/27/2015.....Summer Fun, Food, Arts & Entertainment

### JUNE

6/3/2015.....Wellbeing  
6/10/2015.....Father’s Day Dining & Gifts  
6/10/2015.....HomeLifeStyle

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## 21 Announcements

**ABC LICENSE**  
Big Mooks BBQ, LLC trading as Mookies, BBQ, 1141 Walker Rd. Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverages license to sell or manufacture alcoholic beverages. Brian Varani, member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## 21 Announcements

**ABC LICENSE**  
JMKN Group, LLC trading as Osteria Da Nino, 2900 S. Quincy St. Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on/off Premises and Mixed beverage on Premises license to sell or manufacture alcoholic beverages. Antonino Pino, member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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## 117 Adoption

## 21 Announcements

## 21 Announcements

### PUBLIC NOTICE

AT&T proposes a modification to an existing facility with tip heights of 167 feet on a building at 2625 Jefferson Davis Highway in Arlington, VA (National Airport). In accordance with federal regulation 47CFR 1.1307, the NEPA and the ACHP 36 CFR 800, parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so by contacting Scott Horn (856-809-1202, [scotthorn@acerassociates.com](mailto:scotthorn@acerassociates.com)) at ACER Associates, LLC at 1012 Industrial Dr., West Berlin, NJ 08091.

## 21 Announcements

**ABC LICENSE**  
Big Mooks BBQ, LLC trading as Mookies, BBQ, 1141 Walker Rd. Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer Limited license to sell or manufacture alcoholic beverages. Brian Varani, member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## 21 Announcements

**ABC LICENSE**  
Robinson Hill LT, Inc. trading as Lebanese Taverna Express, 2401 Smith Blvd Reagan National Airport Terminal BC Space BC-20A, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine On Premises license to sell or manufacture alcoholic beverages. Robinson Hill LT, Inc.  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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## Up and Down and All Around

By KENNETH B. LOURIE



No. That's not my stomach talking. Nor is it the recurring effects of the six-plus years of chemotherapy. Fortunately, nausea has rarely been a part of that experience. However, like so many others, I have endured my share of side effects: I've lost my hair, lost weight, lost interest in food/lost taste, lost energy, lost sleep and a few other things I can't remember I've lost ("chemo brain"), but amazingly, I've not lost my life. Neither have I lost my will to live. Still, living with cancer is hardly the stuff of which dreams are made; more likely, they're nightmares. And though living is its own reward, for a cancer patient/survivor, it's not a given; you sort of have to take it.

To say that "living with cancer" – meaning you're the one afflicted – is like being on a roller coaster, would be unkind to all roller coasters. I can't really see that there are any thrills to being on board for this emotional/physical ride. Aside from there not being a safety bar, there are no guarantees that you'll survive the trip/ordeal; and unlike the ride at the amusement park, it's unlikely you'll want to go on again. For cancer patients, being diagnosed once is more than enough. And if your diagnosis is the terminal kind, once really is all there needs to be. Because if there's one thing that cancer has proved to be beyond a reasonable doubt, is an indiscriminate killer with reach beyond many a grasp.

Ergo; assimilating, integrating, processing this fact into your daily existence is hardly the pause that refreshes. It's more of the premature finish that you worry about. Immediately, your outlook on life changes. Whatever plans/expectations you may have had for a long life may have to be modified. I had a modest plan, more like a presumption: that I would live into my mid eighties, as both my parents had. Learning at age 54 and a half that my presumption turns out to be an assumption I shouldn't have made, is unsettling to say the least, and extremely disappointing to soften the most. Finding a level, a mechanism, a rationalization, a sense of purpose in the midst of such a devastating change of plans is the axis on which your life – with its cancer-related fits and starts – twists and turns.

As difficult as this challenge is, it is particularly difficult during the weeks leading up to your CT Scan and the days following, until your appointment with your oncologist when the results are finally discussed. Then you'll know where you stand or whether you should be sitting; whether your life hangs in the balance or whether the balance is completely out of whack. It's rare that you'll be pardoned; realistically speaking, all you can hope for is lighter duty. But that's the problem, there's nothing light about it. It's all heavy and often very unpredictable. And there's very little that's amusing about it. And unlike a roller coaster which has a beginning and an end with a middle to die for, cancer's beginning, middle and end is all to die for.

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

## SPORTS

## O'Connell

FROM PAGE 12

said. "Wherever I can help out, that's where I want to be. ... It was hard for me [at Lake Braddock] because I love pitching; that's what I'm going to do, hopefully, in college. I definitely had to learn my place — I had never played third base before, [I was] learning a completely new position. But I think last year really helped me work on my offensive game, which I think has really carried through to this season.

"But I'm hoping as the years progress, here at O'Connell, I'll pitch more and more and more."

Ohanian has been the Knights' best hitter, batting .684 with five doubles, two triples, one home run and 23 RBIs in 10 games.

Giaquinto has yet to surrender an earned run in eight innings of work. Offensively, she's hitting .444 with three home runs and 22 RBIs.

Orndorff said he will continue to evaluate his pitchers and use whoever has the hot hand as the season progresses.

O'Connell has its sights set on repeating as state champion and avenging last season's WCAC championship defeat against St. Mary's Ryken. The Knights like their chances, thanks in large part to a very talented pitching staff.

"This team could be very, very special," Orndorff said. "They're very capable of getting that [WCAC] championship trophy back and doing well at states."

## NEWS

## TechShop

FROM PAGE 13

Each site "partners" with a company or agency. Christa Vu, part of TechShop's headquarter's public relations team, identifies Ford Motor Company, Intel, Lowe's and Arizona State University. In the case of TechShop DC-Arlington, the partners are Department of Veterans Affairs and Defense Advanced Research Projects Agency.

DARPA's official webpage explains the relationship with TechShop: "Supporting initiatives that expand the number and diversity of talent contributing to the nation's defense is critical to DARPA's efforts in advanced manufacturing."

Another implicit endorsement of TechShop occurred in June 2014 when the President spoke at the Pittsburgh, Pa. facility. According to a transcript, two major points were registered: The needs to revitalize American manufacturing and to encourage entrepreneurs and inventors. TechShop was cited as furthering both objectives.

TechShop offers this self-description: "[A] vibrant, creative community that provides access to tools, software and space . . . Part fabrication and prototyping studio, part hackerspace and part learning center ...."

Austin echoes this in saying that the "do-it-yourselfer" is given access to all the tools needed to make "almost anything."

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-William Van Horne

## 21 Announcements

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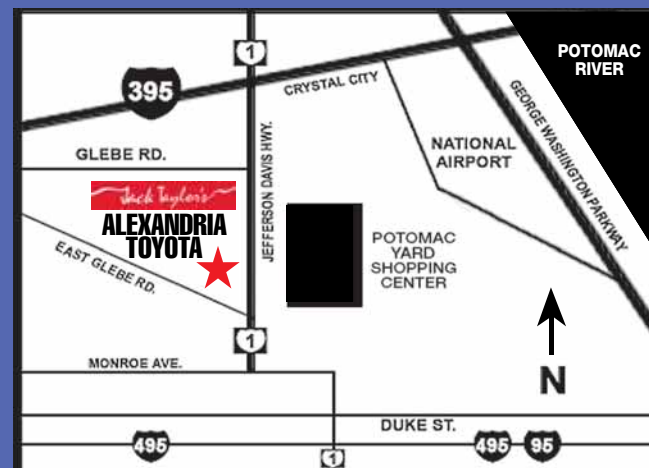


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2. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Plus plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details.

3. \$1,250 Cash Back from Toyota Motor Sales U.S.A., Inc. available on new 2015 Prius. Customers can receive cash back from Toyota or can apply to down payment. Excludes plug-in models. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Plus plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details.

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